



Support near you to help with winter worries

Neighbourhood Winter Services Guide Cheetham and Crumpsall



- Local foodbanks and Warm Hubs
- Advice on finances, energy and much more
- Family support and activities
- Other local offers to help you this Winter.

Call Manchester's free Cost of Living Advice Line **0800 023 2692**

Open Monday to Friday, 9am-4.30pm

Text us on **07860 022 876** manchester.gov.uk/coladvice

Local services that can help you

If you need help and support this Winter, there are a wide range of local services that are there to help you if and when you need them. From food support to money advice, and staying connected, help is at hand in the Cheetham and Crumpsall neighbourhood. Please don't be afraid to ask for support if you need it and make contact with the services listed below.



Local food banks and clothing.

Welcome Centre

Emergency food bank only with limited supply. Also has a clothing bank. You need to be referred from the NHS or other agencies to this service.

- Monday to Thursday 9am to 3pm - Welcome Centre, Brentfield Avenue, Cheetham M8 0TW.
- Call 0161 513 4126

Feed My City food van

Hot food and drinks – all welcome.

- Monday 10.30am to 1pm - at The Welcome Centre, 2 Greenhill Rd, Cheetham Hill M8 9LG

Feed My City Foundation

Providing dry food bags and vegetarian hot meals. All welcome.

- Outside the Welcome Centre, 18-32 Brentfield Avenue, M8 0TW
- Every Thursday, 11am to 1pm
- Call 03003 653101 or email info@feedmycity.org

Rainbow Surprise

Community pantry, cheap clothing and household items available to anyone. Daily food bank service is run from Crumpsall Community Hall, Cleveland Rd M8 4GS.

- Visit www.rainbowsurprise.com, email hello@rainbowsurprise.com or call 07515 110208

Irish Community Care luncheon club

Free luncheon club every Wednesday for over 50s.

- Wednesday 12noon to 2pm - Irish World Heritage Centre, 1 Irish Town Way, Cheetham Hill M8 0AE
- Call 0161 205 9105 or email advice@irishcommunitycare.com

St Matthews Church Lunch'n'Linger

Anyone welcome for lunch and to meet new people in a warm space. The cost is £3.50 and numbers are limited so please book by the Wednesday before.

- First Monday of every month – St Matthews Church, Cleveland Rd, Crumpsall M8 4QU

The Lalley Centre

Foodbank, information and guidance, tea and toast.

- Wednesday, Thursday and Friday 10am to 4pm - Eggington Street, Manchester M40 7RG
- Call 0161 817 2250 or email info@caritassalford.org

Coffee for Craig

Home cooked meals, shower, medic, barbering, support and advice for homeless people.

- The Meanwhile, Unit 5, 153 Great Ducie St. M3 1FB

Manchester Youth Zone Pantry

Struggling families with children accessing Manchester Youth Zone have access to the pantry supplying care products and limited food items.

- Call 0161 203 5333 or email info@manchesteryz.org
- The pantry is based at 931 Rochdale Road, M9 8AE



Support and advice.

Cheetham Hill Advice Centre

Offers free impartial, confidential advice on welfare benefits, budgeting, debt, housing and immigration. Can also issue foodbank vouchers. Need to be a resident in Manchester to access.

- Email triage@cheethamadvice.org.uk or call 0161 740 8999.
- For new issues people can come to the office Monday to Thursday 10am to 1pm at 1-3 Morrowfield Avenue, M8 8AR

North Manchester Community Partnership

Provides support and advice on welfare and benefits, form filling, online services, employment and CVs as well as immigration forms and school applications.

- Call 0161 792 9760 or email hello@nmcp.org.uk

Irish Community Care

Offers a free and confidential advice and information service including benefits support, housing, Irish passport applications and more. Their advocacy and support programme offers person centred, one-to-one support based on individual health and social care needs. Provides an outreach service at the Irish World Heritage Centre in Cheetham Hill as well as a phone advice service.

- Call 0161 205 9105 or email advice@irishcommunitycare.com

this Winter.



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Citizen's Advice Drop In

Get help with welfare benefits, debt and money, housing, energy and utilities, using internet services and much more.

- Welcome Centre (Cheetham) M8 0TW - Weds AM
- Book a slot via 0161 513 4126



Family support & activities.

Women's Wellness Group

Promoting health and wellbeing open to all women through meet encouraging positivity, learning and wellbeing. Women only (children welcome).

- Every Monday fortnightly 12 to 2pm at ITC Centre, 122 Waterloo Road M8 8AF
- Call 0161 839 9817 or email info@itccollegeuk.com

Saturday Family Day

Saturday session for Manchester Youth Zone members and their families to engage in activities together. Free hot meal for everyone attending.

- Every Saturday at Manchester Youth Zone, 931 Rochdale Road, M9 8AE.
- 12 to 1pm closed session for invited families
- 1 to 2pm lunch served - all welcome
- 2 to 4pm open session with staff led activities.

Sunday Inclusion Day

Session specifically for members with additional needs and disabilities with a wide range of activities to get involved in. Free hot meal for everyone attending.

- 12 to 3pm every Sunday - Manchester Youth Zone, 931 Rochdale Road, M9 8AE.

Universal Youth Sessions

Wide range of activities for young people age 8-19 to participate in, for example, arts and crafts, football, rock climbing, basketball, dance, careers and enterprise, music, cooking and a maker's space. Free hot meal for every child who attends. You need to join Manchester Youth Zone to access.

- Visit www.manchesteryz.org/whats-on for more information on different sessions by age group or call 0161 203 5333.



Other local offers.

North Manchester Community Partnership Digital Offer

Providing digital support and training including Manchester Move, Universal Credit or any other online benefit application, Council tax, school applications, help with any online forms, view your rent account, help with online basics such as email, uploading documents etc. Data and device bank advice. Everyone welcome to drop in.

- Monday 10am to 1pm - Simpson Memorial Hall, 361 Moston Lane, Moston, M40 9NB
- Monday 10am to 12.30pm - Northwards Housing, White Moss Road, Blackley, M9 6NZ
- Monday 1.30pm to 3.30pm - Newton Heath Library, 2 Old Church Street, Newton Heath, M40 2JF
- Tuesday 10am to 2pm - Welcome Centre, 18 - 32 Brentfield Ave, Cheetham Hill, Manchester M8 0TW. Appointment only. Call: 0161 792 9760
- Tuesday 10am to 12pm - No 93, 93 Church Ln, Harpurhey, Manchester M9 5BG
- Wednesday 10am to 2pm - Newton Heath Library, 2 Old Church Street, Newton Heath, M40 2JF
- Wednesday 10am to 2pm - Simpson Memorial Hall, 361 Moston Lane, Moston, Manchester M40 9NB.

Wai Yin Society

Community support including English for Speakers of a Foreign Language classes, arts and crafts, music and calligraphy classes

- Open Monday to Thursday 9am to 3pm - The Welcome Centre, 18-32 Brentfield Avenue, Manchester, M8 0TW.
- Drop in or visit www.waiyin.org.uk/centres/welcome-centre

Get vaccinated this Winter

COVID and Flu are about. Don't forget to get your free vaccinations if you're eligible. Find out how and where at www.manchester.gov.uk/getmyjab or call **0800 840 3858**.



Need support with your mental health? You can contact the Mind infoline on 0300 123 3393 for advice. Greater Manchester Mental Health also run a 24/7 helpline on 0800 953 0285 for crisis or urgent support.

Thank you to all voluntary groups and organisations for providing these services and information, we genuinely value your support in keeping our residents healthy and well.

Cheetham and Crumpsall

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