



Support near you to help with winter worries

Neighbourhood Winter Services Guide Chorlton, Whalley Range and Fallowfield



- 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.

Chorlton and Didsbury Foodbank

Provides food parcels and drop-in service. People must be referred via their housing association, Citizens Advice, social worker or social prescriber.

- Wednesdays 11am to 12.30pm at Christ Church, Darley Ave, West Didsbury, M20 2ZD
- Fridays 12.30 to 2pm at St Barnabas Church, Chorlton, M21 8DH
- Delivery service for people with mobility issues and large families on Tuesdays 1.30pm to 3pm.
- Call 0793 8191 038 or email info@chorltondidsbury.food.org.uk

Fallowfield and Withington Foodbank

Provides food parcels and drop-in service. People must be referred via their housing association, Citizens Advice, social worker or social prescriber.

- Tuesdays 12pm to 2pm at St Cuthberts, 3 Palatine Road, Withington, M20 3LH
- Wednesdays 5pm to 6.15pm at The Place, Fallowfield Library, 3 Palatine Road, M20 3LH
- Fridays 12pm to 2pm at Union Chapel, 2b Wellington Road, Fallowfield, M14 6EQ
- Saturdays 10am to 12pm at Holy Innocents, 2 Wilbraham Road, Fallowfield, M14 6JZ
- Call 07411 077 654 or email info@fallowfieldwithington.foodbank.org.uk

Manchester South Central Foodbank

Provides food parcels and drop-in service. People must be referred via their housing association, Citizens Advice, social worker or social prescriber. Referrals accepted before 5pm the day before.

- Unit 3, The Wesley Centre, Corner of Old York Street and Royce Road, Hulme, M15 5BP
- Call 0161 226 3413 or email referrals@manchestersouthcentral.foodbank.org.uk
- Monday and Wednesday delivery service after 12pm. Friday collection only between 12 and 3pm.

Emmeline's Pantry

Helping women and families access food, toiletries, cleaning products baby equipment and clothes. Referrals must come from registered professional.

- FOOD BANK is for people who have no money for essential items
- FOOD PANTRY is for people with less than £10 per adult and £5 per child per week for food. Donation required - amount dependent on size of the family.
- Call 0161 204 3373 or email emmelinespantryparlour@gmail.com

Reach out to the Community

Emergency food parcels for people experiencing homelessness. Referrals can be made by a community organisation, NHS, GMP or social worker.

- 488 Wilbraham Road, Chorlton, M21 9AS.
- The community hub is open Monday to Friday from 10am to 4.30pm.
- Please call to arrange a food parcel 0161 862 9415.

Barakah Food Aid

Provides food parcels. Call 07506 527523

The Bread and Butter Thing (TBBT)

£7.50 for £35 worth of shopping. Text 0786 006 3304 with your full name, postcode and the name of the HUB you'll be collecting from (HUB locations are listed on www.breadandbutterthing.org).



Support and advice.

One Manchester Money Advisers

Provide help and support with debt, benefit applications and appeals, budgeting and saving money, payment holidays for personal finances, insurance and access to food and furniture.

- Call 0330 355 1000 or email onemoney@onemanchester.co.uk
- People must be tenants of One Manchester

South Manchester Credit Union

Community-based credit union offering saving accounts and loans and support with people's finances.

- Available to anyone in the South Manchester area – postcodes include: M90, M22, M23, M20, SK4, M19, M21, M14, M16, M15, M13, M12, M18
- 187 Fog Lane, Burnage, M20 6FJ
- www.smcreditunion.co.uk

Greater Manchester Law Centre

Offers support with employment law, housing, domestic violence and immigration and asylum.

- 669 Stockport Road, Manchester, M12 4QE.
- Call 0161 769 2244 or email reception@gmlaw.org.uk

this Winter.



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Family support & activities.

How Are You? (HAY)

A drop-in group, providing a supportive and confidential space where new parents have a hot drink and meet others. This group is run by volunteers.

- The Youth Centre, St Clements Church, Edge Lane, Chorlton, M21 9AE
- 10am to 12pm Mondays during term-time
- There is a small charge of £1.50 per session
- Please note: this is not a playgroup.

Children's Craft Club

Free creative activities for children aged 5 to 13.

- The Place at Platt Lane, Platt Lane, M14 7FB
- Every Monday, 3.30pm to 5pm
- For more information call 07940 758 168 or email michelle.wright@onemanchester.co.uk



Other local offers.

Mandem Meet Up

Offering a place for men to connect and talk, free from judgment or expectation.

- Fortnightly meet-ups on Monday evenings
- Other events include hiking and camping
- Details of all events can be found at www.mandemmeetup.org

Assist Neighbourhood Care

Providing support services and activities for older people designed to help them to continue to live independent, active and fulfilling lives.

- Assist Neighbourhood Care, Withington Methodist Church, 439 Wilmslow Road, Withington, M20 4AN
- 9.30am to 12.30pm, Monday to Friday
- To join a group or refer someone else call 0161 434 9216 or email withingtonassist@gmail.com

Chorlton Good Neighbours

Supporting adults, aged 65+ with visits, transport, odd jobs and social activities. There is also a parent and toddler group and a positive living group.

- Chorlton Good Neighbours Care Group, Wilbraham St Ninians Church, Egerton Road South, M21 0XJ
- Monday, Tuesday, Thursday and Friday: 9.30am to 12.30pm and Wednesday 12pm to 3pm
- To join a group or refer someone, call 0161 881 2925 or email helen@chorltongoodneighbours.org

Chorlton Family Practice Walking Group

Join a gentle walk with the practice health champions and meet people from the local area. All welcome.

- Chorlton Health Centre, 1 Nicolas Road, M21 9NJ
- For more information, call 0730 594 3204
- 1pm on alternate Thursdays.

Barlow Moor Community Association

BMCA, 23 Mersey Bank Ave, M21 7NT.

Provides crisis support, warm hub, health and wellbeing, food provision (food parcels and lunches) children and young people activities.

Chats and crafts

- Benito Lounge, 595/597 Wilbraham Road, M21 9AJ
- Make friends at the Chatty Cafe every Thursday from 1pm to 3pm
- Join local crafters for a brew and chat while working on your own projects, Tuesdays from 1pm to 3pm
- For more information contact Laura Cassidy on 07818 522 978 or Laura.Cassidy@gmmh.nhs.uk

Whalley Range Women's Group

- Social group for all women in Whalley Range every Wednesday, 1pm to 2.30pm (term time only)
- St Margaret's Centre, Brantingham Road, Whalley Range, M21 0TT
- For more information contact Laura Cassidy 07818 522 978 or email: Laura.Cassidy@gmmh.nhs.uk

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.



Warm Hubs.

St Margaret's Centre Cozy Café

Keep warm and join us for a natter over free drinks and snacks. Donations and bakes are a welcome.

- St. Margaret's, corner of Rufford Rd & Whalley Rd, Whalley Range, M16 8AE
- Thursdays 1pm to 3pm over the colder months
- For more information or to volunteer, email stmargaretscentre1@gmail.com

JNR8 Youth and Community Centre

Pop along for a brew and a chat and find out about the other Whalley Range Community Forum activities.

- Fridays from 10am to 12pm
- JNR8 Youth and Community Centre, 82 Cromwell Avenue, Whalley Range, M16 0BG
- Call 0161 881 3744 or email wrcommunityforum@gmail.com

Chorlton Central Warm Hub

Warm food and company.

- Thursdays 3:30pm to 6pm at Chorlton Central Church, Barlow Moor Rd M21 8BF

St Clements Warm Hub

Warm space and refreshments.

- Wednesday's 10.30am to 12 noon at St Clement's Church, Edge Lane, Chorlton M21 9AE

The Place at Platt Lane

Meet new people, enjoy a brew and join some of the activities - card games, jigsaws, books, games.

- Monday to Saturday, 9am to 5pm through winter
- The Place at Platt Lane, Fallowfield, M14 7FB
- Call 0161 227 3744



COVID and Flu are about this Winter - Get your Flu vaccination and COVID winter booster!

Those eligible, which includes everyone over 50, are urged to get both the Autumn COVID booster and the flu vaccine so you not only avoid getting ill yourself, but also so you don't pass either virus to anyone else.

You can find out about if you can get it and where to get your vaccinations at www.manchester.gov.uk/getmyjab or by calling **0800 840 3858**. It's open five days a week from 9am to 5pm with a translation service available.

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.

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