



Support near you to help with winter worries

Neighbourhood Winter Services Guide Hulme, Moss Side and Rusholme



- 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 your neighbourhood. Please don't be afraid to ask for support if you need it and make contact with the services listed below.



Local food and essentials support.

Anson Community Grocer

Purchase approximately £12 worth of food for £2.50. Referral not required.

- The Anson Community House 38 Meldon Road Manchester M13 0TR
- Thursdays 12pm to 6pm
- Call 0753 9268 269

Hulme Community Grocer

Provides food parcels to the community. Open to everyone. Email before attending.

- £2 single bag, £4 double bag, toiletries available.
- Aquarius Centre, 21 Eden Close, M15 6AX
- Wednesdays 10am to 4pm
- Call 07488 264408 or email dynamicsgm@gmail.com

The Bread and Butter Thing

Provides food parcels to families - £35 worth of food for £7.50 or less. People need to sign up to the service to access it.

- Text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from.
- Thursdays 1.30pm to 2pm at the Zion Centre, 339 Stretford Road, M15 4ZY
- Tuesdays 2pm to 2.30pm at The Work Shop, Alexandra Road, M16 7HA
- Thursdays 2.30pm to 3pm at Compassion Food Bank (outside Powerhouse) 300 Moss Lane East, M14 4LB
- hello@breadandbutterthing.org

Claremont Food Bank

£3 for 15 items. Open to Manchester residents.

- Claremont Resource Centre, 2 Jarvis Road, Hulme, M15 5FS
- Monday to Friday, 9am to 4pm £3 for 15 items
- Call 0161 226 6334 or email admin@accg.org.uk

Rasta HQ

Food parcels, cheap hot meals, tea & coffee.

- 232 Claremont Road, M14 4TS
- Thursdays 1pm to 5pm
- Call 0754 1983 086

Mustafia Sharif

Food parcels & other support.

- Trinity House, Grove Close, off Platt Lane, M14 5AA
- Mondays 12.30pm to 2pm
- 0161 718 3292

Somali Adult Social Care Agency

Food parcels for home-bound service users.

- 153b Princess Road, M14 4RE
- Call 0161 7102 660 or email info@sasca.org.uk

The Well

Free meals, groceries and wellbeing programme. Open to Hulme residents & any university students or staff.

- St Peter's House, Oxford Road, M13 9GH
- Call 0161 275 2894

Manchester Mind - Food for All

Meals and activities for people with emotional or mental health needs. Community Gatherings are held weekly at different venues across Manchester.

- Monday to Thursday 10am to 2pm
- 0161 769 5732

Caritas Cornerstone Day Centre

Free breakfast & lunch, hot showers, services and a range of activities For homeless people.

- 104b Denmark Road, Manchester M15 6JS
- Monday to Friday, 10am - 3pm
- Call 0161 232 8888 or email info@cornerstonecds.org.uk

Clothes swap and coffee morning

Provides clothes for adults and children plus hot drinks. Open to everyone.

- Powerhouse, 140 Raby Street, M14 4SL,
- First Tuesday of the month, 10am to 1pm
- Call 0161-226 4335

ACCG Lunch Club

Day centre and wellbeing service for older adults: lunch club, delivered meals, fitness sessions, day care service.

- Claremont Resource Centre, 2 Jarvis Road, Hulme, M15 5FS
- Monday to Friday 9am to 4.30pm
- Call 0161 226 6334 or email admin@accg.org.uk

Wesley Community Furniture

Furniture, domestic appliances, household goods and clothing for people on a tight budget. Delivery possible.

- St Wilfrid's Hall, Birchvale Close, M15 5BJ
- Monday to Friday from 9.30am to 4pm
- Call 0161 226 9051

this Winter.



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Repair Cafe

Bring damaged or broken items (electrical, clothes, furniture, bikes) and have experts help to fix them for free. You don't need to be 'handy'.

- Boiler House, 9 Wilcock Street, M16 7DA
- Last Sat of every month 10am to 12pm
- Call 0161 465 6954 or email info@boilerhouse.org



Financial advice.

Help through Hardship

Free helpline providing income maximisation and benefits advice, signposting to other specialist advice such as debt and housing, and food bank referrals.

- 9am to 5pm, Monday to Friday
- Call 0808 2082 138.

Community Advice Link

Work Club, advice, ESOL. Open to everyone.

- Powerhouse Library, 145-151 Princess Rd, M14 4RE
- Tuesday 10am to 2pm, Wednesday and Thursday 11am to 2pm
- Call 0161 272 7909 or email info@somadvicelink.co.uk

Ethnic Health Forum

FREE Benefit Check to see if you are entitled to additional government support. Help navigating the health and social care system. Bilingual staff speaking Arabic, English, Urdu and Kurdish.

- Trinity Resource Centre, Grove Close, off Platt Lane, M14 5AA
- Wednesdays 10.30am to 2.30pm
- Call 07918 830170

ACCG

Advice and support with benefits, housing, social needs, debt, finances etc. Home visits possible.

- Claremont Resource Centre, 2 Jarvis Road, Hulme, M15 5FS
- Monday to Friday 9am to 4.30pm
- Call 0161-226 6334 or email advocacy@accg.org.uk

Somali Adult Social Care Agency

Advice on benefits, housing, debt, health and more.

- 153b Princess Road, M14 4RE - drop ins Monday to Wednesday 10am to 1pm
- Call 0161 710 2660 or email info@sasca.org.uk



Family support & activities.

Family Support Sessions

Can support with referrals to charitable organisations for food, clothing and more. Families must have children under the age of five years.

- **Martenscroft Nursery School and Children's Centre**, 33 Epping Street. Hulme, M15 6PA
 - Open Monday to Friday 9am – 4pm
 - Call 0161 226 1266
- **Rusholme Children's Centre**, 420, Great Western Street Rusholme, M14 4HA
 - Open Monday to Friday 9am – 4pm
 - Call 0161 510 0000
- **Moss Side Children's Centre**, St Mary's Primary School, Bungalow, Adcombe Street, M16 7AQ
 - Open Tuesday to Friday 12.30pm – 4pm
 - Call 0161 226 1266

Somali Adult Social Care Agency

Mental health project for Somali women and men.

- 153b Princess Road, M14 4RE - Thursdays and Fridays respectively
- Call 0161 710 2660 or email info@sasca.org.uk



Befriending services.

Manchester Cares one-to-one friendship programme

Matching younger and older people. Older person must be over 65; does not have a diagnosis of dementia; can independently engage in our activities without one-to-one physical or emotional support.

- 0161 207 0800 (option 1)
- hello@manchestercares.org.uk

ACCG Befriending Service

Over the phone befriending service. Open to all.

- Call 0161 226 6334 or email admin@accg.org.uk

Being There

Emotional and practical support and counselling for adults with life limiting illness.

- Monday to Friday, 9am to 4.30pm
- Call 07845 793889 or email southmancs@beingthere.org.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.



Digital support.

Ethnic Health Forum

Join our digital learning sessions and get a free sim and data for six months, plus free calls and texts.

- Trinity Resource Centre, Grove Close, off Platt Lane, M14 5AA
- Thursdays 12pm to 2pm
- Bilingual staff speaking Arabic, English, Urdu and Kurdish.
- Call 07918 830170

Manchester Digital Collective

SIM cards with data. Open to anyone. Visit: digital.lifeshare.org.uk/apply-for-sim/



Other local offers and groups.

Women's Shed and Men's Shed

A place for making and mending. All materials are provided for free, and the session is run by a qualified woodworker.

- Boiler House 9 Wilcock Street, M16 7DA
- Call 0161 465 6954 or email info@boilerhouse.org
- Women's Shed: Wednesdays 10am to 12pm
- Men's Shed: Wednesdays 2pm to 4pm

Coffee Mornings

- Wednesdays 11.30am to 1.30pm at Powerhouse Library, 140 Raby Street, M14 4SL
- Tuesdays 10am to 11am at Hulme High Street Library, Hulme High Street, M15 5NN

Carers Manchester Central

Support services for carers living in central Manchester.

- Call 0161226 6334, email Carers-mcr-central@accg.org.uk or visit face to face at ACCG, Claremont Resource Centre, 2 Jarvis Road, Hulme, M15 5FS Mon-Fri 9am to 4.30pm



Local libraries and warm hubs.

The library is a free, safe, warm space that is open to all and full of resources, including: Wi-Fi, newspapers, information, story times and a free 6-month sim data package for people who are eligible.

- **Fallowfield Library**, The Place at Platt Lane, Platt Lane M14 7FB
 - 0161 227 3744
- **Longsight Library and Learning Centre**, 519 Stockport Road, Longsight, M12 4NE
 - 0161 227 3706
 - longsightlibrary@manchester.gov.uk
- **Moss Side Powerhouse Library** 140 Raby Street, Moss Side, M14 4SL
 - 0161-227 3758
 - powerhouselibrary@manchester.gov.uk
- **Hulme High Street Library**. Hulme M15 5NN
 - 0161 227 3739
 - hulmelibrary@manchester.gov.uk

Bridging the Gap

Warm space, information and signposting and hot drinks and a snack.

- Fridays 13.00 - 15.00pm at Ascension Church 282 Stretford Rd M15 5TQ
- Email info@manchestersouthcentral.foodbank.org.uk or call 0161 226 3413 for information.

African Caribbean Care Group

Open to elderly people, people with disabilities and adults. Free use of computers or tablets, hot food, TV, radio or film screenings, charging facilities for phones or other devices and board games/playing cards.

- Wednesdays 10am to 2pm at Claremont Resource Centre, 2 Jarvis Road, Hulme M15 5FS
- Email community@accg.org.uk or call 0161 226 6334 for more information.

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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Manchester Local
Care Organisation



MANCHESTER
CITY COUNCIL

