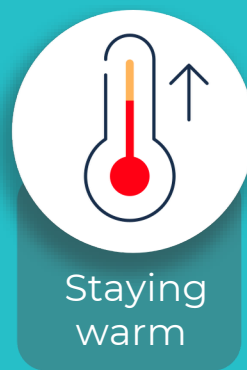
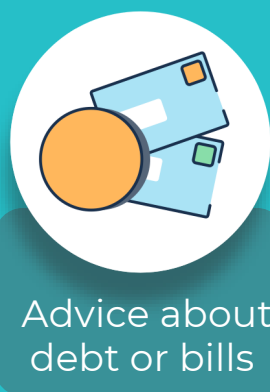




# Wythenshawe

Local neighbourhood support this  
winter

*Published November 2024*



Call Manchester's free Cost of Living Advice Line

**0800 023 2692**

Lines open: Monday to Friday, 9am to 4.30pm

text 07860 022 876

[manchester.gov.uk/coladvice](https://manchester.gov.uk/coladvice)



# Local services that can help you

We know this winter will be hard, but there is help for people in Manchester. This leaflet outlines some of the local offers that are available for you in Wythenshawe, Brooklands and Northenden if you need support.

**Offers may change.** For the latest offers, opening times and information on support across the area, please follow the Facebook page - **Fighting the Cost of Living Crisis across Wythenshawe**. Just search for it on Facebook.



## Local food banks, clothing and warm hubs.

*Vouchers for foodbanks can be obtained from a number of agencies across Wythenshawe:*  
**[wythenshawe.foodbank.org.uk/get-help/foodbank-vouchers](http://wythenshawe.foodbank.org.uk/get-help/foodbank-vouchers)**

### Woodhouse Park

#### The Dandelion Centre

Community food and foodbank as well as a clothes and bric-a-brac section. A warm welcome with tea or coffee and a friendly chat. Voucher required for the foodbank.

- Monday and Wednesday 10am to 1pm
- Oatlands Rd, Woodhouse Park M22 1AH
- ☎ **0161 437 4392**
- [facebook.com/TheDandelionCommunity](https://facebook.com/TheDandelionCommunity)

#### Bread and Butter Thing at St Luke's

Community food membership and foodbank at St Luke's Church Hall, Brownley Road, Wythenshawe, M22 5EB.

- Voucher required.
- Saturday, 11am to 12 noon
- Church Hall also open Wednesday 9am to 11am for hot drinks, toast and warmth.

#### William Temple Church Hall

A warm inviting safe space with hot drinks and toast.

- Thursday 12noon to 2pm
- William Temple Vicarage, Robinswood Road, Wythenshawe, M22 0BU (close to Asda car park)

#### Lifestyle Styles Café

Healthy lunches at great prices.

- Monday to Friday 9am to 2pm
- Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, M22 1QW

### Baguley

#### Sacred Heart Club House

Voucher required. Foodbank on Wednesday 12noon to 2pm at Sacred Heart and Saint Peter's Catholic Church, 98 Floatshall Road, M23 1HP

#### Little Lighthouse Baby Bank

For all your baby needs (clothes, milk, nappies, wipes etc). Free place of welcome with coffee, tea and biscuits.

- Thursday 10am to 12noon
- St Marting Church Hall, Bowland Rd, Baguley M23 1NA

#### Tree of Life

Low-cost furniture, health and wellbeing activities, community café, foodbank (voucher required) and pantry. Open throughout the week at Tree of Life, Greenbrow Road M23 2UE

#### The Bideford Community centre

Providing fresh produce, ambient food, and baked goods. There is no charge for perishable food, other food items and toiletries are available at a fraction of the regular retail price.

- No referral is needed.
- Tuesdays and Thursdays 12am to 2pm
- Bideford Community Centre, 32 Bideford Dr. M23 0QN



# this Winter.



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

## Northenden

### Eden Family Café

A family friendly place to meet over a cuppa have a chat whilst the children play. Very low cost.

- Friday 9am to 10.30am (term time only)
- St Michael's Community Hall, Northern Moor, Orton Road M23

### Benchill Community Centre Foodbank

Voucher required. Friday 1pm to 2pm at Benchill Community Centre, Benchill Road, Wythenshawe, M22 8EJ

### Benchill Community Centre Winter Warmer

Free hot drinks, soup and biscuits for over 50's. Meet new people and find out what's on in wonderful Wythenshawe.

- Friday 11am to 2pm
- Benchill Community Centre, Benchill Road, Wythenshawe, M22 8EJ

## Brooklands

### Lawton Moor Methodist Church

Lunch club with two course meal and hot drink for £3.50.

- Wednesday 11.30am to 1pm
- Lawton Moor Methodist Church, Lawton Moor Road, Button Lane M23 0ND
- Rummage sale on 1st Saturday of the month, 11am to 12 noon.

### Brooklands Community Café and Pantry

Held at Church of the Nazarene, Wendover Road M23 9FN

- Free Foodcycle community meal, community café and food pantry, Wednesday 5pm to 7pm.
- Brooklands Community Café and Pantry, Thursday, 11am to 2pm.

### The Hope Project - Foodbank

The foodbank is open every Wednesday, 10am to 2pm at St Aidan's Church Community Room, Northolt Road, Northern Moor, M23 0HH

## Across Wythenssawe

### Warm Hubs and support at Manchester's libraries

All 22 of Manchester's libraries are offering warm hubs if you need somewhere safe and warm during the day.

- Visit [www.manchester.gov.uk/libraries](http://www.manchester.gov.uk/libraries) for details
- People who have device but can't afford data, can get a free 6 month data package from the library
- Staff who can signpost to other support agencies
- Digital drop-ins one day a week
- Under 5s story times at 11am.

### Wythenshawe Infant Feeding Cost of Living Project

Support for parents and carers of children under the age of 12 months that are struggling to purchase formula milk due to the rising cost of living.

- For people who live in M22 or M23 only
- Referral only - families can be referred by any organisation that works with a families requiring this financial support.
- Crossacres Family Hub, Poundswick Lane, Wythenshawe, M22 9TA.
- ☎ **0161 529 0080** - call for further info on how to refer.





## Sharston

### The Sharston Shop

Donated adult and children's clothing and shoes available at no charge for families in M22 or M23.

- Crossacres Family Hub, Poundswick Lane, Sharston M22 9TA
- ☎ **0161 529 0080**
- [www.facebook.com/wythenshawechildrenscentres](https://www.facebook.com/wythenshawechildrenscentres)

### St Richards Foodbank

Voucher required.

- Tuesdays from 9.30 to 10.30am
- St Richards Peel Hall, 100 Peel Hall Road, Wythenshawe M22 5HB
- ☎ **0161 998 2071**

### Bread and Butter Thing @ St Luke's

Community food membership and foodbank. Voucher required.

- Saturday 11am to 12 noon
- St Lukes Church Hall, Brownley Road, Wythenshawe, Manchester, M22 5EB.
- St Luke's also opens Wednesdays 9am to 11am for hot drinks, toast and warmth.

### Know Africa Food Pantry

Providing food pantry and essential supplies.

- Also serving as a hub for connecting community members to additional resources, such as mental health support, domestic violence services, and business empowerment programmes for women.
- We maintain an open-door policy, welcoming anyone in need of support. We also accept referrals from other service providers to ensure no one struggling is left without assistance.
- Thursday 10am to 12 noon
- Wythenshawe Community Church, 94 Crossacres Road M22 5BS

### The Message Community Grocer

Community food, debt advice, money courses and life skills.

- £5 annual membership gives you access to up to 3 weekly shops.
- Monday to Friday 9.30am to 4.30pm (Tuesday from 10am)
- Harper Road, Sharston, M22 4RG

### United Estates of Wythenshawe

The foodbank offers food and baked goods.

- Monday to Friday from 10am to 5pm.
- No referral is needed.
- Broadoak Road, Wythenshawe, M22 9WF

### Mo's Cabin

A charity shop and a warm welcome with tea and toast available.

- Tuesday and Friday 9.30am to 12 noon
- Brownley Green Methodist Church, 57 Broadoak Road, M22 9NE



## Financial Support and Advice

### Wythenshawe Legal Advice Clinic

Free and confidential legal advice - benefits, DWP applications/appeals, housing and employment advice.

- Sessions available across Wythenshawe
- Run by Greater Manchester Law Centre
- ☎ **07907 368 415**

### CAP Debt Centre for Wythenshawe

Support on your journey out of debt.

Recommended by Martin Lewis the Money Saving Expert. Call Claire ☎ **0800 328 0006** to book an appointment.

### South Manchester Credit Union

Community-based credit union offering saving accounts and loans to the people of South Manchester.

- 1a Hale Top, Civic Centre, Wythenshawe M22 5RN
- [www.smccreditunion.co.uk](http://www.smccreditunion.co.uk)

### Citizens Advice Manchester

Free, confidential and impartial advice on debt, welfare benefits, energy, housing, employment and more.

- Visit [citizensadvicemanchester.org.uk](http://citizensadvicemanchester.org.uk) for more information.
- Adviceline ☎ **0808 278 7800**
- Energy team ☎ **07360 546 111**
- Drop-in at Forum Library, Forum Grove M22 5RX - every Wednesday from 1pm to 4.30pm





## Wythenshawe Wellbeing



### Wythenshawe Good Neighbours

Reducing social isolation and promoting wellbeing for over 50s who live in M22 or M23.

- Running coffee mornings, lunches, newsletters and day trips.
- Membership offers volunteer Driver Scheme to access essential journeys
- [www.wythenshawegoodneighbours.com](http://www.wythenshawegoodneighbours.com)
- Email: [wgnteam@outlook.com](mailto:wgnteam@outlook.com)
- ☎ **0161 905 3898**

### Blossom - Health Through Activity

Weekly sessions, activities and workshops. Supporting people to grow and cook their own food as well as practical ideas to save money and manage budgets.

- Wednesdays and Thursdays 1pm to 4pm
- Saturdays 10am to 1pm
- Wythenshawe Park, Horticulture Centre, Wythenshawe Rd M23 0AB
- Email [info@blossom-mcr.co.uk](mailto:info@blossom-mcr.co.uk)

### Talk English Women's Group

Join our women's group to practice English and enjoy different activities. Opportunities to learn and enjoy cultural exchanges.

- Thursday 10:30am to 12:30pm
- St Aidens, Wythenshawe Road M23 0PH
- ☎ **07824 329 331**
- [Lana.osman@caritasshrewsbury.org.uk](mailto:Lana.osman@caritasshrewsbury.org.uk)

### MENd Minds

Aimed at improving the wellbeing of local men through developing a community nature garden.

- St Aidan's Centre, 230a Wythenshawe Road M23 0PH
- Call Gerry ☎ **07825 219 214**
- [info@caritasshrewsbury.org.uk](mailto:info@caritasshrewsbury.org.uk)

### Be Well Social Prescribing Offer

Empowering people aged over 18 to make positive changes to health and wellbeing.

- One to one health and wellbeing coaching, weight management groups, employment coaching and signposting to specialist support.
- Contact Be Well ☎ **0161 470 7120**
- Services provided at local venues.

### Directions for Men

Men's mental health support.

- Woodhouse Lifestyle Centre, Portway, Wythenshawe M22 1QW
- Call Alan ☎ **07894 971 434**
- [hello@directionformen.org.uk](mailto:hello@directionformen.org.uk)

### Thrive MCR Walks

Short walk suitable for all (can be adapted to suit your needs). A chance to chat and walk followed by a drink afterwards.

- Wednesday 11am meet outside Boxx2Boxx Café, Northenden M22 4FY; Free drink afterwards at the café (sponsored by Express Solicitors)
- Thursday 10am meet by the bus interchange at The Forum
- Friday 11am meet outside Woodhouse Park Lifestyle, M22 1QW
- Call Chantel (Thrive Manchester) ☎ **07859 832533**

### Self Help services

Providing support with your mental health

- For more information and referrals visit: [www.selfhelpservices.org.uk/referrals/self-referrals](http://www.selfhelpservices.org.uk/referrals/self-referrals)
- ☎ **0161 226 3871**

### Emmaus South Manchester

Local homeless charity, supporting people who are homeless or struggling. Come and volunteer or visit our emporium for a good rummage for bargains and our café offers cheap affordable snacks.

- Open Wednesday to Saturday from 10am to 4pm
- St Andrews Methodist Church, Brownley Road M22 0DW
- ☎ **0161 769 9555**
- [www.emmaus.org.uk/south-manchester/shop/emporium/](http://www.emmaus.org.uk/south-manchester/shop/emporium/)



# Catching flu costs you



**time**



**plans**



**money**



**health**

The flu jab is free, and done in minutes.  
Check if you should have it:

[manchester.gov.uk/getmyjab](https://manchester.gov.uk/getmyjab)

**#StayKindManchester**



# The Vaccination Van is Touring Manchester



- ✓ **No documents required**
- ✓ **No appointment – just come along**
- ✓ **Flu and COVID vaccines for eligible adults**

## FLU VACCINES

### Which adults are eligible for a flu vaccine from our vaccine van?

- Residents in care homes for older adults
- Adults aged 65 years and over
- Adults at increased risk, this includes pregnant women and people with asthma
- Frontline health and social care workers and care home staff
- Adults who live with someone with a weakened immune system
- Adults who are carers.

### From the age of 2 (up to 15), children will be offered a flu vaccine every year

- If children are younger than school age, they can get their flu vaccine from their GP practice.
- School-aged children will be offered the flu vaccine at school.

## COVID VACCINES

### Which adults are eligible for a COVID vaccine from our vaccine van?

- Residents in care homes for older adults
- Adults aged 65 years and over
- Adults who are in a clinical risk group
- Frontline NHS and social care workers, and those working in care homes for older people.

**Find out where vaccination walk-ins are happening across Greater Manchester**

[gmintegratedcare.org.uk/covid-vaccine-walk-in-clinics](https://gmintegratedcare.org.uk/covid-vaccine-walk-in-clinics)



**Find your nearest vaccinating pharmacy**

[gmintegratedcare.org.uk/gm-covid-sites](https://gmintegratedcare.org.uk/gm-covid-sites)







## Family Support & Activities

### SureStart Children's Centres

Supporting parents with children aged under 5. Provide group play-based activities and support for families.

- Local centres are at Baguley, Benchill, Sharston, Woodhouse Park and Sale Road. ☎ **0161 529 0080**

### Crossacres Family Hub

Support families aged 0-19 years or up to 25 years for people with special educational needs.

- Working with local organisations and services to offer a 'one stop shop' including support and/or signposting
- The Hub is based at Poundswick Lane, M22 9TA (next to the fire station)
- ☎ **0161 529 0080**

# How to keep your baby safe and warm this winter

You may worry about keeping your baby warm enough, especially with the rising cost of living. The ideal room temperature is 16–20°C.

If your room is colder than 16°C dress your baby in...



Long sleeve vest



Long sleeve babygrow



Cardigan



Sleeping bag

For more advice for your baby visit:  
[manchester.gov.uk/babywinterwarmthadvice](https://manchester.gov.uk/babywinterwarmthadvice)



scan here