



# Support near you to help with winter worries

## Neighbourhood Winter Services Guide Ancoats, Beswick, Clayton and Openshaw



- 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](https://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 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

### Salvation Army

Food parcels and clothing items. All eligible.

- First floor, Lime Square, Unit 14 Ashton Old Rd, Openshaw, M11 1DA
- Open Monday to Friday 9am to 5pm and open 24 hours on Sundays
- Call 0161 371 5044 or email [openshaw@salvationarmy.org.uk](mailto:openshaw@salvationarmy.org.uk)

### Beacon Centre Community Grocers

Discounted food and essential household items for people in food poverty. Applicants must live in Clayton, Openshaw or Beswick and be referred by a local partner which includes schools (Seymour Road Academy, St Willibrod's Primary, Ravensbury Community), the Sure Start centres in Clayton or Ashbury Meadow and churches (Clayton Methodist, St Cross Church).

- 131 Barrington Street Manchester M11 4FB
- Open Monday to Friday 9am to 5pm
- Call 0161 243 2435 or email [hello@beaconcentremcr.co.uk](mailto:hello@beaconcentremcr.co.uk) for further information.

### Roundhouse Pantry at Manchester Settlement

Provides food parcels to families in Openshaw.

- 1328-1330, Ashton Old Rd, Openshaw, M11 1JG
- Open Monday to Friday 7.30am to 6pm
- Call 0161 974 1300

### Morrisons foodbank

Offering food packages of small essential items. Open to local residents.

- Lime Square, 1, Ashton Old Rd, Openshaw M11 1ND
- Open Monday to Friday 9am to 4pm
- Call 0161 220 8096 or email [janet.hardware@morrisonspc.co.uk](mailto:janet.hardware@morrisonspc.co.uk)

### Malawi Heritage

Food offer and Sunday service for families

- 21 Vincent St, Openshaw, M11 2FU
- Call 07969 216335

### The Bread and Butter Thing

The Bread and Butter Thing makes life more affordable for people on low incomes, builds stronger communities and reduces food waste. Pay £7.50 for the equivalent of £35 worth of shopping.

Our closest local Hub is at St Brigids Church.

- To register visit [www.breadandbutterthing.org](http://www.breadandbutterthing.org) or text 07860 063304 with your full name, postcode and the name of the HUB you would want to collect from [St Brigids]



## Support and advice.

### Being There

Offer free transport for those diagnosed with a life limiting illness.

- Open Monday to Friday, 9am to 4.30pm
- Call 0161 230 1431 or email [northmancs@beingthere.org.uk](mailto:northmancs@beingthere.org.uk)

### Rainbow Haven

Supporting asylum seekers and refugees.

- 113 Abbey Hey Ln, Abbey Hey, M18 8TJ
- Open Tuesday and Thursday 9.30am to 3pm
- Call 0161 370 3472

### REVIVE

Drop in centre for asylum seekers and refugees.

- 187 Grey Mare Ln, Beswick, Manchester M11 3ND
- Open Monday to Friday, 9am to 5pm
- Call 0161 223 5668 or email [pat.o@revive-uk.org](mailto:pat.o@revive-uk.org)



# this Winter.



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## Family support & activities.

### AFRUCA

Working in UK Black and Ethnic communities to protect and safeguard children from abuse, modern slavery and exploitation.

- Suite 2, Ground Floor, Building 3, Universal Square, Devonshire St N, M12 6JH
- Open Monday to Friday, 8.30am to 5.30pm
- Tel: 0161 205 9274

### 42nd Street

Mental Health Service for people aged 13 to 25 years.

- The SPACE, 87-91 Great Ancoats St, Ancoats
- Open Monday to Friday, 9.30am to 5pm
- Call 0161 228 7321



## Other local offers.

### The Grange

Activities include dancing, gardening, games, computer and TV access, knit and natter, free wifi, tea and toast.

- 4 Pilgrim Dr, Beswick, Manchester M11 3TQ
- Open Monday to Saturday 9am to 4.30pm
- Call 0161 230 1420

### Manchester Settlement

Clubs for children, exercises for a variety of abilities, wellbeing sessions, digital workshops, ESOL and a community cafe.

- 1328-1330 Ashton Old Road, Openshaw M11 1JG
- Call 0161 974 1300 or visit [www.manchestersettlement.org.uk](http://www.manchestersettlement.org.uk) for details

### The Beacon Centre

599 Ashton New Rd, Manchester M11 4SG

- Mens group
- Luncheon Clubs
- Coffee mornings
- Citizens Advice drop-ins
- Open every day, 8am to 7pm
- Email [info@theresonancecentre.co.uk](mailto:info@theresonancecentre.co.uk)

### The Resonance Centre

Yoga sessions, plant based eating and digital surgeries

- Old School House, 599 Ashton New Road, M11 4UA
- Call 0161 231 3336

### Cee-Bee Gold

Free exercises sessions and knitting groups.

- Manchester Settlement, 59 Old Lane, M11 1DE
- Open Monday to Friday, 9am to 5pm and Saturdays by appointment only
- Call 0743 828 3306 or email [bolayemi7@googlemail.com](mailto:bolayemi7@googlemail.com)

### Open Door at Manchester Settlement

Free 121 befriending service delivered via telephone.

- Open Monday to Friday, 7.30am to 6pm
- Call 0161 974 1300



## Warm Hub offers

### The Lounge - Warm Hub

A welcoming space, where you can sit a while, stay warm, grab a brew and meet others

- Manchester Settlement Community Hub, 1328-1330 Ashton Old Road, Openshaw M11 1JG
- Mon to Thurs 10am to 4pm and Friday 10am to 1pm

**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.**

**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.



## 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](http://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.

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