



# Rusholme, Hulme, Moss Side, Ardwick and Longsight

This booklet is a guide to some of the support that is available to help keep you well. For further support, visit our website [manchesterlco.org/winter-hmsral](http://manchesterlco.org/winter-hmsral)

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Benefits  
or rent



Advice about  
debt or bills



Food  
support



Staying  
warm

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](http://manchester.gov.uk/coladvice)



## Keeping your home warm and healthy

**Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.**

### Tips to keep you warm at home

- Heat your home to at least 18C
- Have regular hot drinks and at least one hot meal a day – eating regularly helps keep you warm
- Draw curtains at dusk and close doors to block out draughts.

### Mould and damp

If you have damp and mould it can be down to condensation, or be a sign that your home needs some repairs. If you rent, approach your landlord to get repairs done.

Tips to reduce damp:

- Use extractor fans or open windows after showering/bathing
- Use pan lids when cooking
- Try not to dry clothes indoors
- Ventilate your home
- Keep your home well heated
- Remove condensation from windows in the morning.

### Help with heating costs

**Citizens Advice Manchester** offer free energy advice.

- Call 0808 164 4406 or WhatsApp on 0736 054 6111
- Or visit [www.citizensadvicemanchester.org.uk/energy-advice](http://www.citizensadvicemanchester.org.uk/energy-advice)

**Energyworks** - offer support with energy bills, draught-proofing, LED lightbulbs and any grants. You may be eligible if you are struggling with fuel bills, on a low income or have a long-term health condition. For advice over the phone or a home visit, call 0800 090 3638.

### Warm Spaces

Visit your local library or find other nearby warm spaces at:  
[www.warmwelcome.uk](http://www.warmwelcome.uk)



## Food provision

**We know that anyone can reach crisis point – community grocers and food banks are here to help when that happens. Get in touch straight away. You will be supported by understanding people, without judgement. Many organisations provide more than food.**

There are more organisations offering support than those listed, including an emergency helping hand - get in touch with your Care Navigator (see page 12) to find out more or get referred.

### **Anson Estate Community Grocers**

38 Meldon Road, Rusholme, M13 0TR

Discounted food, and sometimes sanitary items and toiletries. £3 for around £12 worth of goods.

- Thursdays 12 noon to 6pm
- Contact 0753 926 8269

### **Ardwick and Longsight Foodbank**

11 Richmond Grove, Longsight, M13 0LN

Free emergency food parcels. Please show ID, proof of address, and your referral or proof of need.

- Mondays and Thursdays, 11am to 1pm.
- Call 0161 273 3977 or text 0785 3553 732.

### **The Bread and Butter Thing**

Discounted groceries weekly - typical family order £8.50, individual £5, large family £17. Choose meat or vegetarian (halal or gluten-free not offered). Text 0786 006 3256 with your full name, order size and postcode.

- Ardwick - St Joseph's Primary School, Richmond Grove, M13 0BT on Wednesdays from 2pm to 2:30pm
- Hulme - The Big Life Hub, Ascension Church Hulme, 282 Stretford Road, M15 5TQ on Thursdays from 1:30pm to 2pm
- Moss Side - The Work Shop, Alexandra Road, M16 7WD on Tuesdays from 2pm to 2:30pm
- Moss Side - Compassion Food Bank, 300 Moss Lane East, M14 4SS on Thursdays from 2:30pm to 3pm.



## Food provision

### **ACCG Claremont Community Grocers**

Claremont Centre, 2 Jarvis Road, Hulme M15 5FS.

£5 for 15 items of culturally-appropriate fresh food.

- Monday to Friday, 10am to 3pm
- Call 0161 226 6334
- Email [admin@accg.org.uk](mailto:admin@accg.org.uk)
- Visit [www.accg.org.uk](http://www.accg.org.uk)

### **Brunswick Beestro**

Brunswick Church, Brunswick Road, Ardwick, M13 9SX

Suggested donations: toasties 50p and meals £1

- Tuesday to Thursday from 10am to 2pm
- Contact Mo for more information 0161 273 6608

### **422 Community Hub Cafe**

422 Stockport Road, Longsight, M12 4EX

Hot drinks and cakes from £1.50, other food from £2.

- Monday to Friday from 9am to 3pm.
- Tel: 0161 850 3277

## **To Good To Go**

Too Good To Go is a free app that lets you buy unsold food from shops, cafes, grocery stores, and restaurants in your area, at a minimal cost.

Download the app or to find out more, visit [www.toogoodtogo.com/en-gb](http://www.toogoodtogo.com/en-gb)



## **Power up the Flavour**

This recipe booklet provides nutritious recipes, meal plans, shopping lists with costings from Aldi and Tesco included. [crackinggoodfood.org/community/power-up-the-flavour](http://crackinggoodfood.org/community/power-up-the-flavour)





## Emergency food provision

### **Manchester South Central and Central Foodbanks**

Providing emergency food and wider support for people living in Rusholme, Hulme, Moss Side, Ardwick, Longsight and Whalley Range.

- Get referred via Citizens Advice on 0808 278 7800 or Manchester Cost of Living advice-line on 0800 023 2692.
- Get referred for uniform support via your child's school.
- Info for Hulme, Moss Side and Whalley Range call: 0161 226 3413
- Visit: [manchestersouthcentral.foodbank.org.uk](http://manchestersouthcentral.foodbank.org.uk)
- Info for Rusholme, Ardwick and Longsight call: 07928 412 339
- Visit: [manchestercentral.foodbank.org.uk](http://manchestercentral.foodbank.org.uk)

### **Feed my City**

Free food parcels and hot food.

- Collect from Feed my City, Unit 2, 63-65 Beswick Street, M4 7HR
- [support@feedmycity.org](mailto:support@feedmycity.org)
- In emergencies only, limited deliveries may be available.
- Call 0300 365 3101

### **Humans MCR**

Food bank deliveries.

- Email: [info@humansmcr.org](mailto:info@humansmcr.org)
- Visit: [humansmcr.org/food-bank](http://humansmcr.org/food-bank)

### **Barakah Food Aid**

Food parcels and toiletries; collection or delivered (limited availability).  
Call: 07506 527523

### **Sheikh Nazim Helping Hands**

One-off food parcels and toiletries, dietary requirements catered for.  
Specific cases may get repeat parcels.

- Pick up from a local location only.
- Referrals only (by health and care professionals, schools, etc)
- Email: [info@SheikhNazimHelpingHands.co.uk](mailto:info@SheikhNazimHelpingHands.co.uk)



## Need someone to talk to?

**Winter can make it more difficult to speak to people and socialise. There's no shame in feeling lonely and no weakness in reaching out.**

### Peer support

#### **ACCG Befriending Service**

Befriending service to support those who may feel that they are lonely or isolated within the community. Support available over the phone or digitally.

- Monday to Friday, 9am to 4:30pm
- Call: 0161 226 6334
- Email: [admin@accg.org.uk](mailto:admin@accg.org.uk)

#### **Depression and anxiety peer support drop-in groups**

Online and face-to-face at the Kath Locke Centre 123 Moss Lane East, M15 5DD or the Zion Centre, 339 Stretford Road, M15 4ZY

- Email: [dropins@thebiglifegroup.com](mailto:dropins@thebiglifegroup.com)
- Or call us on 0161 226 3871, Monday to Friday, 9am to 5pm.

#### **Good Neighbours**

Good neighbours schemes work to reduce isolation and loneliness for people over 50 and adults with long term health conditions and disabilities. They aim to do this by building networks of support to improve people's quality of life and sense of wellbeing.

Location: Rusholme and Moss Side Good Neighbours, Trinity house, Grove Close (off Platt Lane) Rusholme M14 5AA

Tel: 0161 2251064

Website: [www.trinityhousecrc.org.uk/link-good-neighbours](http://www.trinityhousecrc.org.uk/link-good-neighbours)

Good Neighbours activities:

- Monday 11am to 2pm – social group
- Tuesday 10.30am to 11.30am seated/standing exercise, £1 per session with an NHS instructor
- Wednesday 1pm to 3pm – art group, 50p per session
- Friday 11am to 1.30pm - soup and roll and dessert for £2.



## Need someone to talk to?

### **Manchester Mind peer support groups**

A safe place to share, understand and give mutual support to people who are struggling with their mental health.

- Call 0161 769 5732 between 10am and 3pm Monday to Friday
- Email [welcomeandaccess@manchestermind.org](mailto:welcomeandaccess@manchestermind.org)

### **Mental health services**

#### **African and Caribbean Mental Health Services (ACMHS)**

- Talking Therapies call: 07561 499 728
- Free Counselling Service call: 0161 226 9562 or 07511 608 915
- Email: [admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk)
- Website: [www.acmh-services.co.uk](http://www.acmh-services.co.uk)

#### **Manchester Mind mental health support sessions**

Call 0161 769 5732 between 10am and 3pm Monday to Friday for in-person support.

#### **Bluesci at Night Crisis Café**

7 days a week out of hours support for anyone in emotional distress or experiencing a mental health crisis.

- Location: Old Trafford Wellbeing Centre, 54-56 Seymour Grove, Old Trafford, M16 0LN
- Opening hours: Monday to Friday, 7pm to 2am and Saturday and Sunday, 5pm to 2am (last entry 12:30am every day).
- Ring or text ahead to arrange meet and greet: 0793 388 2743
- Email: [crisiscafe@bluesci.org.uk](mailto:crisiscafe@bluesci.org.uk)
- Website: [bluesci.org.uk/crisis-cafe](http://bluesci.org.uk/crisis-cafe)

#### **Samaritans**

Whatever you're going through, they are there with you 24 hours a day, 365 days a year.

- Call: 116 123
- Text: "SHOUT" to 85258
- Email: [jo@samaritans.org](mailto:jo@samaritans.org)



## Advice and support on debt, finances, welfare rights and housing

### **ACCG Information and Advice Service**

Support with Welfare Benefits, Housing, Employment, Health and Community, Family Law, Disability, Race Equality, and more.

- Location: Claremont Centre, 2 Jarvis Road, Hulme M15 5FS.
- Opening hours: Monday to Friday, 9am to 4.30pm
- Call 0161 226 6334 or email: [welfarerights@accg.org.uk](mailto:welfarerights@accg.org.uk)

### **Ethnic Health Forum**

Free Benefit Check to see if you can get additional support, help navigating the health and social care system.

- Staff speak Arabic, English, Urdu and Kurdish.
- Location: Trinity Resource Centre, Grove Close, M14 5AA
- Wednesdays from 10am to 2pm
- Appointments only - to book, call 07918 830 170.

### **Somali Adult Social Care Agency**

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

- Location for drop-ins: 153b Princess Road, M14 4RE
- Open hours: Monday to Wednesday 9am to 1pm
- Call 0161 227 7966 or email [info@sasca.org.uk](mailto:info@sasca.org.uk)

### **Manchester Refugee Support Network**

Drop-in sessions and appointments supporting people with benefits, housing, health, education and the asylum process.

- Call: 0161 868 0777
- Visit: [mrsn.org.uk/reopening-our-drop-in-centre](http://mrsn.org.uk/reopening-our-drop-in-centre)

### **Citizens Advice Manchester**

Call: 0808 278 7800 or WhatsApp on 07476 548 490. For in-person sessions, visit [www.citizensadvicemanchester.org.uk/face-to-face](http://www.citizensadvicemanchester.org.uk/face-to-face)

### **Community Advice Link**

Support with housing, education, benefits, utility bills, debt, basic immigration queries and more. Call 0161 272 7909 to book an appointment.





## Advice and support on debt, finances, welfare rights and housing

### **Cheetham Hill Advice Centre (CHAC)**

We provide advice on a wide range of subjects including: benefits, finances, housing, consumer and employment problems, access to adult learning and much more.

- Providing advice in eleven languages and can also arrange interpreters when needed.
- Call: 0161 740 8999 or text 07823 495 307
- email [triage@cheethamadvice.org.uk](mailto:triage@cheethamadvice.org.uk)

### **Housing advice**

- **GM Law Centre** - email [reception@gmlaw.org.uk](mailto:reception@gmlaw.org.uk) or call 0161 769 2244
- **BPP Legal Advice Clinic** - call 0161 235 7180 or email [blacm@my.bpp.com](mailto:blacm@my.bpp.com)
- **Manchester Shelter** - call 0344 515 1774
- **Shelter** - call their national emergency helpline on 0808 800 4444
- **Moss Side Homelessness Prevention Hub** - offering support to people at risk of homelessness. Appointment only. Referral needed - call 0161 234 4692. Runs out of Positive Futures, 99 Claremont Road, M14 4RG on Tuesdays and Wednesdays.

### **Employment and training support**

- **CAP job club** at Holy Trinity Platt Church at Platt Lane, M14 5NF - call 07361 882064 or email [deniscolligan@capjobclubs.org](mailto:deniscolligan@capjobclubs.org)
- **The Place at Platt Lane**, Fallowfield Library, M14 7FB. Drop-ins Tuesdays 10am and 2pm or you can make an appointment to see us Thursdays between 10am and 2pm by calling 0161 227 3744 and asking for a job assistance appointment
- **Positive Futures**, 125 Great Western Street, M14 4AA - email [positivefutures@msvhousing.co.uk](mailto:positivefutures@msvhousing.co.uk) or call 07867 418486
- **The Powerhouse Library**, Raby St., M14 4SL - call 0161 227 3758
- **Community Advice Link** - call 0161 272 7909 or email [info@somadvicelink.co.uk](mailto:info@somadvicelink.co.uk)
- **Ambition Manchester** for help into better paid work. Request a call by emailing [ambition@manchester.gov.uk](mailto:ambition@manchester.gov.uk)



## Other support

### Free digital support and learning

#### Local libraries

- Access free computers, internet and digital drop-in sessions.
- Request a free SIM card and data for 6 months, if on a low income, in your local library. SIMs are also available at Positive Futures, Mawlawi Kurdish Cultural Centre, SASCA, Powerhouse library, Cornerstone, Manchester Deaf Centre, Ethnic Health Forum, Yaran Northwest and Better We.

#### Best digital deals

Find out about cheap devices and social broadband tariffs at: [manchesterdigitalstrategy.com/lets-get-digital](http://manchesterdigitalstrategy.com/lets-get-digital)  
Get Help With Digital Text Line: 0786 006 4128

#### English Conversation Club and Digital Learning

Drop-in sessions are held at Trinity Resource Centre, Grove Close, Rusholme, M14 5AA on Thursdays, noon to 1:30pm.

#### Digital education

To find out what is on offer, call or drop-in to:

- Longsight Library, 519 Stockport Road, M12 4NE or call 0161 227 3711
- Greenheys Adult Learning Centre, Upper Lloyd Street, M14 4HZ or call 0161 254 7314 or email [maes.info@manchester.gov.uk](mailto:maes.info@manchester.gov.uk)
- Hulme High Street Library, M15 5NN or call 0161 227 3739
- Positive Futures, 125 Great Western Street, M14 4AA or email [positivefutures@msvhousing.co.uk](mailto:positivefutures@msvhousing.co.uk) or call 07786 960241

### Pension Top-up

**Thousands of people across Manchester are missing out on Pension Credit, Attendance Allowance, Winter Fuel Payment and Housing Benefit.**

- Call Independent Age for a FREE benefits check on: 0800 319 6789
- Or visit [manchester.gov.uk/credit](http://manchester.gov.uk/credit)



## Other support

### **Neighbourhood Health Champions (NHCs)**

NHCs are volunteers from local communities who want to make a difference and help residents live healthier longer lives. These volunteers connect residents with support, raise awareness and offer advice. They are trained in a range of issues, from blood pressure and screening programmes, to housing rights and the cost of living.

- Watch: [tinyurl.com/JoinTheChampions](https://tinyurl.com/JoinTheChampions)
- Call: 07726 692 551
- Email: [NHC.coordinator@msmpowerhouse.org.uk](mailto:NHC.coordinator@msmpowerhouse.org.uk)
- Website: [linktr.ee/healthchampions](https://linktr.ee/healthchampions)

### **Helping Hand**

Providing help with debt, bills and borrowing and much more.

- Visit [www.manchester.gov.uk/helpinghand](http://www.manchester.gov.uk/helpinghand)

### **Caritas Cornerstone Day Centre**

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

- Location: 104b Denmark Road, Manchester M15 6JS
- Office hours: Monday to Friday, 9:30am to 1:30pm
- Call 0161 232 8888 or email [cornerstone@caritassalford.org.uk](mailto:cornerstone@caritassalford.org.uk)

### **Talk English**

A relaxed space to practice speaking English with others. The sessions are weekly and free, with no booking necessary. Call: 0161 234 5684.

- Tuesdays, 12:30pm to 2:30pm, Hulme High St. Library, M15 5NN
- Wednesdays, 1pm to 3pm, Longsight Library, M12 4NE
- Thursdays, noon to 2pm, Moss Side Powerhouse Library, M14 4SL

### **Learn English at Alexandria Library**

Alexandria Library, 247 Wilmslow Road, M14 5LW

- Wednesdays, 4:30pm to 6pm, English Conversation Class (lower intermediate level)
- Thursdays 9:30am to 10:30am, ESOL: English with Native Speakers (advanced level only)



## Your neighbourhood health and care teams

### Care Navigators

This non-clinical service helps people navigate access to care and support in the community. They work with you, connecting you to the right service that is available to you, at the right time, depending on your support needs.

- Call 0300 303 9650 or email [mft.spa-uhs@nhs.net](mailto:mft.spa-uhs@nhs.net)

### Manchester Case Management

NHS and social care professionals who specialise in non-emergency support for people and their families/carers who have complex long-term health conditions and social needs. Referral only.

- Call 0161 241 3816 or email [mft.mcm.southmanchester@nhs.net](mailto:mft.mcm.southmanchester@nhs.net)
- Referrals can be made by health and care professionals.

### Manchester Local Care Organisation (MLCO)

MLCO is the NHS and City Council organisation that provides your community health and adult social care services based locally. That includes district nursing and other out of hospital services.

We also work to improve health and wellbeing locally, bringing together and working with community organisations, local people, with GPs, volunteers and others.



### MLCO neighbourhood teams

Find out more about the integrated neighbourhood teams that cover this area.

Hulme, Moss Side and Rusholme:

- X/Twitter - @AdamHealthDev
- [www.manchesterlco.org/neighbourhoods/hulme-mossoide-rusholme](http://www.manchesterlco.org/neighbourhoods/hulme-mossoide-rusholme)

Ardwick and Longsight:

- X/Twitter - @ArdwLongINT
- [www.manchesterlco.org/neighbourhoods/ardwick-longisght](http://www.manchesterlco.org/neighbourhoods/ardwick-longisght)



## FREE winter vaccinations

**Spring may be around the corner but we can get ill all year round. Protect yourself and people around you, get vaccinated.**

### Respiratory syncytial virus (RSV)

Pregnant women and people aged 75-79 are being offered an RSV vaccination at their GP practice. The virus is not usually serious but some babies or vulnerable adults have a higher risk of getting seriously ill. RSV can lead to other serious conditions.

### Flu vaccine

#### Which adults are eligible for a flu vaccine?

- Residents in care homes for older adults
- Adults aged 65 years and over
- Adults at increased risk, such as 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.



**Porcine-free vaccinations are available.**

#### Children aged 2 to 15 are offered a flu vaccine every year.

School-aged children will be offered the flu vaccine at school. Younger children can get their flu vaccine from their GP practice.

### COVID vaccine

#### Who is eligible for a COVID vaccine?

- 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)



# Champs on the case: tackling the big health issues for your community

Our health champions are people you know and trust to ask questions on your behalf. They say it like it is: and this time they are asking doctors all things medical on vaccinations.

Wendy Simms asks: **Can vaccinations cause autism?**



Dr Miah, The Robert Darbshire Practice responds:



I'm really glad you asked that because it could be something that people have thought about. But, vaccines do not cause autism, or have any role in the onset of autism. The vaccines cannot 'trigger' autism in children who are more likely to have it, either.

Sometimes parents find out from a doctor that their child has autism at the same time that the child is due to have vaccinations – and I think that has caused this worry that it is linked to a vaccine.

Anita Prince asks: **So why do some children have autism?**



Dr Miah, The Robert Darbshire Practice responds:



It's important to remember that autism is not an illness and it doesn't stop people from having a good life. It means that a person's brain works in a different way to other people. It is something you are born with, but may not be recognised until your child is a little older or in some cases, as an adult. Autism is unique to each person and it tends to run in families linked to certain genes. It is not caused by anything like infections or diet and it's certainly not from 'bad parenting' or vaccinations.



Ifra Mohamed asks: **Would you give your child the Measles, Mumps and Rubella (MMR) vaccine?**

Dr Elamin, Manchester Integrative Practice responds:



Yes, without any doubt. These 3 infections can lead to really serious problems like meningitis (inflammation of brain), blindness and hearing loss. It's also really serious if you are pregnant and you get any of these infections because it can hurt the baby.

It takes 2 separate doses for the most protection possible.

It's never too late to ask your doctor for the vaccine if you or your children have not had it.

And, if you are worried you could ask a health champion to go with you and you can also ask for vaccines that do not contain any pork gelatine.



Subbulakshmi Dharmaraj asks: **People are so worried about money and other pressures at the moment. Does it cost anything to have the vaccines?**

Dr Elamin, Manchester Integrative Practice responds:



A lot of people are really worried about bills, food and heating, especially now as it gets colder. We want to help as much as possible. The vaccines are free and mean that your child doesn't have to have time off school through catching any of these illnesses like measles, mumps and rubella, which might then mean a parent isn't able to work, either.

Also, there is a free advice line run by Manchester City Council that can help with any worries over money, debt and feeding your family. That team also want to help and their telephone number is 0800 023 2692. You can also text on: 07860 022876.



## Family Support & Activities

### SureStart Children's Centres

Supporting parents with children aged under 5. Group play-based activities and support for families. Local centres:

- **Martenscroft Nursery School & Children's Centre** and **Moss Side Children's Centre:** 0161 226 1266
- **Rusholme Children's Centre:** 0161 510 0000
- **Ardwick Children's Centre:** 0161 871 2619

### Longsight 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 signposting
- Based at Longsight Primary school, 1A Farrer Rd, M13 0QX
- Call: 0161 248 1500

# 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](http://manchester.gov.uk/babywinterwarmthadvice)







# Hasan topped up his pension - have you?

Thousands of people across Manchester are missing out on Pension Credit, Attendance Allowance, Winter Fuel Payment and Housing Benefit.

Call Independent Age for  
a FREE benefits check on

**0800 319 6789**

Monday to Friday, 8.30am–5.30pm  
or visit [manchester.gov.uk/credit](https://manchester.gov.uk/credit)

SCAN HERE  
FOR ADVICE

