
Community Service Directory

Working together to
support our
community

September 2016



DISCLAIMER:

This directory was compiled from information that is publicly available by WTB Solicitors LLP. No organisation has paid for its entry and WTB Solicitors LLP has no legal or moral affiliation with any organisation.

If you would like to appear in the next edition of this directory or if you would like to amend any contact details of your organisation or you do not want to appear in this directory, please contact our office.

INTRODUCTION

Elena Waddell and I started working together in Longsight as trainee solicitors in 1981, some years later we were joined by Ben Taylor.

We are frequently asked to provide legal advice but not usually before clients have reached a real crisis. Over the past 30 years the number of specialist voluntary organisations in our community has grown in number catering for the diverse needs of individuals and families in our community. All of them working together either to prevent a crisis arising or to help those whose lives have in some way been shattered.

Prior to 1st April 2013, when LASPO came into effect, our team of lawyers assisted approximately 825 people each year at specialist legal help level as well as delivering a full range of legal aid services.

Legal aid cuts have meant that we can no longer assist clients in welfare benefits, debt and community care and the number of clients that we can assist in family law has been reduced from over 300 clients per year to 60.

Prior to April 2013 it was hard to address all of our clients needs; it is even more difficult now. Though the internet is a wonderful resource I have always found it helpful to have by my desk a list of those organisations active in our community and who are able to help individuals and families in ways that lawyers cannot.

We have worked hard to compile a comprehensive list, now proudly called a directory, of voluntary organisations working in our community. I very much hope you find it useful. I feel quite sure that we have omitted some but this was not intentional. If it is found to be useful we will edit it again and work towards making it as comprehensive as possible.

Best Wishes

Chris Bryan, Managing Partner,

WTB Solicitors LLP

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CHILDREN

Abacus Children Centre

Children's centres provide information and activities for families with children under five. Their aim is to make sure all children have the best possible start in life and that parents are given better opportunities to access services.

Address: 120 Garners Lane, Adswood Stockport, SK3 8QJ

Phone: 0161 474 5043

Email: admin.abacuscc@stockport.gov.uk

Website:

<http://www.stockport.gov.uk/services/education/educationtrainingandemployment/schoolsandotherreducetablis>
hments

AFRUCA Centre for Children and Families

The main focus of their work is prevention and early intervention. They aim to promote the best interests of the child in all our activities

Address: Phoenix Mill, 20 Piercy Street, Ancoats, Manchester, M4 7HY

Phone: 0161 205 9274

Email: info@afruca.org

Website: www.afruca.org

Children and Family Refugee Asylum Seeker Service

Manchester City Council delivers accommodation & support services to asylum seekers to integrate them into the local community.

Address: 27 Bold Street, Alexandra Park Estate, Manchester, M16 7AD

Phone: 0161 2268137

Website:

http://www.manchester.gov.uk/info/200007/asylum_and_immigration/400/asylum_seekers_and_refugees/2

Edgeley and Cheadle Heath Children's Centre

Children's centres provide information and activities for families with children under five. Their aim is to make sure all children have the best possible start in life and that parents are given better opportunities to access services.

Address: Lark Hill Nursery and Primary School, Northgate Road, Edgeley, SK3 9PH

Phone: 0161 968 1969

Email: admin.echcc@stockport.gov.uk

Website:

<http://www.stockport.gov.uk/services/education/educationtrainingandemployment/schoolsandotherreducetablis>
hments

Gaddum Centre

The Gaddum Centre provides counselling services, training and information and advice for family and individual support services. Their aim is the development of health and social care projects and services.

Address: Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX

Phone: 0161 834 6069

Email: info@gaddumcentre.co.uk

Website: <http://www.gaddumcentre.co.uk>

Jump Space

They provide opportunities for disabled young people and their families, allowing them to enjoy physical recreation in a safe, accessible and understanding environment.

Address: Hardman Street Chestergate, Stockport, SK3 0BJ

Phone: 0161 637 2800

Email: info@jumpspace.org.uk

Website: <http://www.jumpspace.org.uk>

Relate

Relate delivers relationship support via a national network a wide range of services to individuals and corporate bodies. Activities include: family counselling, , counselling in primary care settings and telephone counselling for both individuals and couples.

Address: 291 Wellington Road North, Heaton Chapel, Stockport, SK4 5BP

Phone: 0161 442 2443

Email: enquiriesstockport@relategms.co.uk

Website: <http://www.relategms.co.uk>

The Children's Society

The Society provides support to young people facing difficult issues, and to parents and carers dealing with the challenges of family life.

Address: Hope Young Refugee Service, Zion Community Resource Centre, 339 Stretford Road, Manchester, M15 4ZY

Phone: 0161 868 0382

Email: supportercare@childrenssociety.org.uk

Website: <http://www.childrenssociety.org.uk>

Stockport Without Abuse

Services to protect and support women, men and children who are affected by domestic abuse. They aim to prevent domestic abuse through education & awareness raising. Their support empowers victims to increase resilience & regain lifelong independence

Address: PO Box 193, Stockport, SK1 3QP

Phone: 0161 477 4271

Email: info@stockportwithoutabuse.org.uk

Website: <http://www.stockportwithoutabuse.org.uk>

Withington Contact Centre

Provide a neutral venue for children to meet with their non-resident parent, or other family members, after a breakdown in a relationship. It is a safe environment where the relationship between an adult and a child can be developed.

Address: Withington Methodist Church, 439 Wilmslow Road, Withington, Manchester, M20 4AN

Phone: 0161 445 0804

Email: wmccontact@googlemail.com

Website:
<http://www.withingtonmethodistchurch.com/withington-contact-centre.html>

Wood Street Mission

They have been helping children and families living in poverty in Manchester and Salford since 1869. They try to alleviate the day to day impact of poverty and improve children's life chances.

Address: 26 Wood Street, Manchester, M3 3EF

Telephone: 0161 834 3140

Email: info@woodstreetmission.org.uk

Website: <http://www.woodstreetmission.org.uk/>

Surestart Centre Longsight

They provide information and activities for families with children under five. Their aim is to make sure all children have the best possible start in life and that parents are given better opportunities to access services.

Address: 1a Farrer Road, Longsight, Manchester, M13 0QX

Phone: 0161 248 1500

Email: surestart.reception@thebiglifecompany.com

Website:
<http://manchester.fsd.org.uk/kb5/manchester/fsd/service.page?record=CDyTyM0Qx-Y>

Wythenshawe Contact Centre

Wythenshawe Child Contact Centre is a safe, friendly and neutral place where children and separated family members can spend time together.

Address: 7 Stoneacre Road, Woodhouse Park, Manchester, M22 1BP

Telephone: 0161 498 0292

Email: contactcentre@whpfamilycentre.co.uk

Website:

<http://www.whpfamilycentre.co.uk/Wythenshawe-Child-Contact-Centre.aspx>



COMMUNITY

African Community Association of Bolton

They work to develop a diverse, strong and effective voluntary and community sector for African people in Bolton.

Address: 125 Deansgate, Bolton, BL1 2HA

Phone: 077 224 3687

Email: info@acab-bolton.org

Website: www.acab-bolton.org

Aidis Trust

The Trust's aim is to develop the confidence and skills of disabled people, to help them move ahead in life and become more independent.

Address: floor 8, Beckwith House, 1 Wellington Road, Stockport, SK4 1AF

Phone: 0808 800 0009

Email: support@aidis.org

Website: <http://www.aidis.org>

Back On Track

Back On Track is a charity which enables disadvantaged adults to make lasting positive changes in their lives. They provide education, support and skill building for those overcoming mental illness, rehabilitation, homelessness, substance misuse and so on.

Address: 4th Floor Swan Buildings, 20 Swan Street, Manchester M4 5JW

Phone: 0161 834 1661

Email: info@backontrackmanchester.org.uk

Website: www.backontrackmanchester.org.uk

Angolan Community Centre in Manchester

Their services include women's discussion groups, basic advice and free interpretation services.

Address: 136 Withington Road, Whalley Range, Manchester,

Phone: 0794 007 6853

Bangladesh Welfare and Community Centre

The BWaCC aims to achieve economic and social community development through activities, training and the prevention and relief of poverty.

Address: Farah House, 104 Cannon Street, Suite 4, Daubhill, Bolton, BL3 5BH

Email: bwacc.org@googlemail.com

Black Health Agency

The Agency improves the lives and changes the futures of BME and marginalised communities through service delivery. They contribute to policy development to ensure diversity and equality are integral to mainstream health strategies.

Address: Democracy House, 609 Stretford Road, Manchester, M9HE

Phone: 0845 450 4247

Email: info@thebha.org.uk

Website: www.thebha.org.uk

Care Company Plus

Previously Manchester Asian Care. They provide vital and comprehensive range of flexible health and social care support services to local communities in Manchester and its surrounding areas.

Address: 47-49 Carnarvon Street, Manchester, M13 1EZ

Phone: 0161 241 5150

Email: info@ma-care.com

Website: www.thecarecompanyplus.com

Community Reach Manchester

It is a non-for-profit community organisation based in North Manchester which aims to build healthier communities by providing activities which inform, empower and educate local diverse people.

Address: 55 Cheetham Hill Road, Cheetham Hill, Manchester, M8 9HZ

Phone: 0161 795 9513

Email: communityreach@yahoo.com

Website: www.communityreachmanchester.org.uk

Cheetham Al-Hilal Community Project

Grassroot voluntary organisation in North Manchester, which aims to inform, motivate and empower individuals and groups through bespoke activities, leading towards a more prosperous community.

Address: 421-425 Cheetham Hill Road, Manchester, M8 0PF

Phone: 0161 205 6663

Email: admin@alhilalcommunityproject.org

Website: www.alhilalcommunityproject.org

Eritrean Community in Greater Manchester

Providing education, training and accommodation services as well as employment and health services with the aim of community development and tackling poverty without discrimination of age and gender.

Address: 46-50 Oldham Road, Green Fish Resource Centre, Manchester, M14 1EL

Phone: 0161 234 2782

Email: communityeritrea@yahoo.co.uk

Cheetham Hill Advice Centre

The centre is mainly for the benefit of the people of Cheetham and Crumpsall, particularly to promote the advancement of education and health and to assist in the alleviation of poverty, distress and sickness.

Address: 1 Morrowfield Avenue, Cheetham Hill, Manchester, M8 9AR

Phone: 0161 740 8999

Email: office@cheethamadvice.org.uk

Website: www.cheethamadvice.org.uk

First Asian Support Trust (FAST)

It is a charity that provides advocacy and counselling services and aims to help the youngest people of racial backgrounds.

Address: Community Point Resource Centre, 551 Cheetham Hill Road, Cheetham Hill, Manchester

Phone: 0161 795 9513

Email: linda.malone@fast-uk@org

Website: www.fast-uk.org/

Forever Manchester

This is a charity which funds and supports thousands of community projects across Greater Manchester.

Address: 2nd floor, 8 Hewitt Street, Manchester, M15 4GB

Phone: 0161 214 0940

Email: info@forevermanchester.com

Website: www.forevermanchester.com

George House Trust

George House supports people living with, or affected by, HIV in the North West and ensures the best quality of life for all people living with HIV.

Address: 75-77 Ardwick Green North, Manchester, M12 6FX

Phone: 0161 274 4499

Email: info@ght.org.uk

Website: www.ght.org.uk

Grace Live in Carers

Grace Live in Carers specialise in caring for clients in their own homes to preserve dignity and respect through the exercise of love, kindness, mercy, favour and disposition to serve another.

Address: Innospace, The Shed, Chester Street, Manchester, M1 5GD

Phone: 0161 408 3816 or 0787 051 3925

Email: info@graceliveincarers.co.uk

Website: www.graceliveincarers.co.uk

Manchester BME Network Project

BME are a member-led Network of organisations which supports Manchester's Black and Ethnic Minority communities. They support the sector through linking Manchester BME organisations with each other, supporting the sector in influencing decision makers and leading the sector in developing services for the community.

Address: Mauldeth House (2nd floor), Nell Lane, Chorlton, Manchester, M21 7RL

Phone: 0161 860 6842 or 0781 153 1160

Email: office@manchesterbmenetwork.co.uk

Website: www.manchesterbmenetwork.co.uk

Hazara Community Association

Advance the education and training of those granted refugee status and their dependents in need, so as to advance them in life and help them to adapt within a new community.

Address: 168 Lawton Moor Road, Northern Moor, Manchester, M23 0PP

Email: email.haca2007@gmail.com

Website: www.facebook.com/HCA2007

Healthy Stockport

Free, confidential, local support service to help people living, working or registered with a GP in Stockport make positive lifestyle changes.

Address: Kingsgate, Wellington Road North, Stockport, SK4 1LW

Phone: 0161 426 5085

Email: info@healthystockport.co.uk

Website: www.healthystockport.co.uk

Impact for All

Provides free or low cost services to improve the quality of life, promote social cohesion and personal development to the residents of Manchester.

Address: 372-376a Dickenson Road, Longsight, Manchester, M13 0WQ

Phone: 0161 224 4564

Email: i4amanchester@gmail.com

Website: www.impact4all.co.uk

Indian Association Manchester

They promote the benefit of the inhabitants of Manchester, in particular those of Indian origin by promoting good relations in a multi-racial, multi-cultural and multi-faith society, and provision of advice and information

Address: Gandhi Hall, Brunswick Road, Withington, Manchester, M20 4QB

Phone: 0794 176 9621

Email: indianassociation@hotmail.co.uk

Website: www.indianassociation.org.uk

Jamaica Society

It promotes the cause of Jamaicans at home and abroad and their cultural, social, education and economic welfare. They provide a service whereby Jamaicans in difficulty may obtain advice.

Address: West Indian Centre, Camoor Road, Longsight, Manchester, M13 0DY

Email: joyjamsoc@yahoo.co.uk

Website: www.jamaicasocietymanchester.org.uk

Indian Senior Citizens Centre

The centre provides culturally sensitive Day Resource Services for Indian Older People. These services include a luncheon club, recreational facilities, social activities, entertainment games, outings, visits, preventative health care, rehabilitation facilities i.e. chiropody, physiotherapy, occupational therapy and exercise classes

Address: 16-18 Whalley Road, Manchester, M16 8AB

Phone: 0161 232 7994

Email: iscc@talk21.com

Website: www.iscc-manchester.org

Kurdish Association in Greater Manchester

The association provides help and advice to the new Kurdish arrivals in Salford and Manchester and those who already lived in the Greater Manchester area.

Phone: 0776 161 6926

Email: kurdishassociationcentre@yahoo.co.uk

Website: www.kacnet.net

Manchester Central African Community

They provide basic advice, signposting, information and an interpretation service as well as social events.

Address: 296 Waterloo Road, Manchester, M8 0TN

Phone: 0778 695 8604

Manchester Citizens Advice Bureau

The CAB offer free, confidential, impartial and independent advice and information.

Address: Swan Buildings, 20 Swan Street, Manchester,
M4 5JW

Phone: 0344 411 1222

Email: manchesterdistrict@cabnet.org.uk

Website: www.manchestercab.org

Manchester Social Services

This department of Manchester City Council offers social care support for Manchester residents aged 18 or over.

Address: Harpurhey District Centre, Moston Lane,
Manchester, M9 4DD

Phone: 0161 205 7321

Website: www.manchester.gov.uk/socialservices

Manchester Community Central (MAAC)

Manchester's local voluntary and community sector support organisation.

Address: Swan Buildings, 20 Swan Street, Manchester,
M4 5JW

Phone: 0161 834 9823

Manchester Council for Community Relations

The Council promotes good community relations, community cohesion, good race relations and equality throughout the city and amongst all its residents.

Address: 141-143 Princess Road, Moss Side,
Manchester, M14 4RE

Phone: 0161 227 8780

Email: office@mccr.org.uk

Website: www.mccr.org.uk

Migrants supporting Migrants

Their aim is mutual support, working towards the wellbeing of their members and for other migrants in Manchester.

Address: TCC – Wesley Enterprise Centre, Old York Street, Manchester, M15 5BP

Phone: 0784 748 0421

Email: info@migrantsupport.org.uk

Website: www.migrantssupport.co.uk

Mood Swings Network

They help people recover from mood problems and the severe emotional distress they can cause.

Address: 36 New Mount Street, Manchester, M4 4DE

Phone: 0161 832 3736

Email: info@moodswings.org.uk

Website: www.moodswings.org.uk

Mothers Against Violence

Mothers against violence offer education, counselling, training and community/business development. They also do community outreach, including drug awareness.

Address: Claremont Resource Centre, Rolls Crescent, Hulme, Manchester, M15 5FS

Phone: 0161 226 813

Email: office@mavuk.org

Website: www.mavuk.org

Northmoor Community Association

Help to improve the quality of life for people living and/or working within the neighbourhood of Longsight and surrounding areas. They aim to relieve poverty, promote health , advance education and provide accessible and welcoming community facilities.

Address: 95-97 Northmoor Road, M12 5RT, Manchester

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Website: www.northmoorcommunity.org

Oak Lodge

They promote independence and the highest level of fulfilment and quality of life whilst considering physical and mental wellbeing.

Address: 514 Bury New Road, Prestwich, M25 3AN

Phone: 0161 798 0005

Email: dee@oak-lodge.com

Website: www.oaklodgecarehome.co.uk

Open Culture Project

A support organisation for Polish families

Address: 18-32 Brentfield Avenue, Cheetham Hill, M8 0TW, Manchester

Email: beti3231@yahoo.co.uk

Pakistani Resource Centre

They provide services for the South Asian communities within the Greater Manchester Area in the fields of welfare rights, criminal justice, mental health, counselling and domestic violence.

Address: 11a Copson Street, Withington, Manchester, M20 3HE

Phone: 0161 434 7800

Email: info@pakistani-resource.org.uk

Website: www.pakistani-resource.org.uk

Personal Support Unit

They support litigants in person, witnesses, victims, their family members and supporters.

Address: Manchester Civil Justice Centre, 1 Bridge Street West, Manchester, M60 9DJ

Phone: 0161 240 5037

Email: manchester@thepsu.org.uk

Website: www.thepsu.org/our_network/manchester-civil-justice-centre

Rethink Rebuild Society

RR strives to promote Syrian issues within the British landscape through work on policy and media. They have advised policy makers on Syria and have worked with policy makers on both local and national scales to address pertinent issues facing British Syrian.

Address: unit 7, Longsight Business Park, Hamilton Road, Manchester, M13 0PD

Phone: 0161 312 3973

Email: info@rrsoc.org

Website: www.rrsoc.org

Rochdale Women's Welfare Association

It is based in Wardleworth and aims to help women and young children through various activities to develop their mental, physical and spiritual capacities so they can live and grow to full development and mature as individuals and members of society.

Address: 18 Trafalgar Street, Rochdale, OL16 2EB

Phone: 0170 686 0157

Website: www.rochdaleonline.co.uk/sites/rochdale-womens-welfare-association

St John's Centre

A community based voluntary project, which has been running in Old Trafford for 30 years. The Centre offers a variety of learning opportunities and activities for the Old Trafford community.

Address: St John's Road, Old Trafford, M16 7GX

Phone: 0161 872 7795

Email: info@stjohnscentre.org.

Survivors Manchester

Promote and protect the good health of male survivors of sexual abuse in Greater Manchester by providing qualified counsellors, psychotherapists and general support workers.

Address: PO Box 4325, Manchester, M61 0BG

Phone: 0161 236 2182

Email: support@survivorsmanchester.org.uk

Website: www.survivorsmanchester.org.uk

The Roby

They are built on its distinguished history of providing person centred spaces and services to promote well-being in Longsight and the surrounding area and to support local people affected by mental health problems. They offer also counselling to anyone of any age.

Address: 307 Dickenson Road, Manchester, M13 0NG

Phone: 0161 257 2653

Email: info@theroby.org.uk

Website: www.theroby.org.uk

The Routes Project

They work in a holistic way which builds on exiting strengths of newly arrived families identifying the needs of the whole family and seeking to address them.

Address: 609 Stretford Road, Manchester, M16 0QA

Phone: 0161 874 2165

Email: routes@theBHA.org.uk

Website: www.thebha.org.uk/routes

Thrive Trafford

They introduce a more enterprising culture to the third sector, supporting the development of social enterprises, community asset transfer, and fostering greater collaboration between organisations and approaches which respond to new initiatives to the design of future services.

Email: info@thrivetrafford.org.uk

Website: www.thrivetrafford.org.uk

Voluntary and Community Action Trafford (VCAT)

Advocates support for and the development of the voluntary and community sector.

Address: Oakland House, Talbot Road, Old Trafford, M16 0PQ

Phone: 0161 8728563

Email: vcat@trafford.org

Website: www.vcattrafford.org

Wigan and Leigh Council for Voluntary Service

Provides accessible and community led services for a sector that is confident, outspoken and works collaboratively to meet the needs of our diverse communities.

Address: 93 Church Street, Leigh, WN7 1AZ

Phone: 0194 251 4234

Email: info@cvsdl.org

Website: www.cvsdl.org

DOMESTIC VIOLENCE

Asian Domestic Abuse Awareness Project (ADAAP)

The Project works to raise the awareness of Domestic Abuse at all levels. They help, inform and protect the victims.

Phone: 0774 244 8707

Email: info@adaap.org.uk

Website: www.adaap.org.uk

Manchester Rape Crisis

This organisation provides support, information and counselling to women and girls who have experienced rape or sexual abuse. They also have a signposting service for male victims of sexual violence.

Phone: 0161 273 4591

Email: mrcrasacs@btconnect.com

Website: www.manchesterrapecrisis.co.uk

Independent Choices

An organisation run by women, for women who are experiencing or have experienced domestic abuse.

Phone: 0161 636 7525

Email: helpline@independentchoices.org.uk

Website: www.wdachoice.org.uk

Manchester Women's Aid

This is a charity providing emotional and practical support for women and children who have suffered, are suffering, or are in danger of suffering violence, abuse or neglect by perpetrators known to them by providing refuge and outreach services in the community.

Phone: 0161 660 7999

Email: info@manchesterwomensaid.org

Website: manchesterwomensaid.org

Manchester Independent Domestic Violence Advice Service (IDVA)

IDVA provide victims with impartial and independent support both at court and throughout their contact with the Criminal Justice System by attending the Specialist Domestic Violence Courts.

Phone: 0161 234 5393

Email: domestic.violence@manchester.gov.uk

Mothers Against Violence

Education, counselling, training and community/business development, outreach including drug awareness.

Phone: 0161 226 8134

Email: office@mavuk.org

Website: www.mavuk.org

New Step for African Community (NESTAC)

NESTAC is one of the foremost African charities in the North West. At the heart of the charity is the welfare of Africans and other Immigrants in Greater Manchester. NESTAC accept self-referrals from victims of FGM and those at risk of FGM, from refugee and asylum seeker individuals are also accepted.

Phone: 0170 686 8993

Email: info@nestac.org

Website: www.nestac.org

Police Domestic Violence Unit

Police officers will come to wherever the incident has taken place and will take any action necessary to make you safe. For those who do not speak English or for whom English is not their first language, officers can involve an independent interpreter.

Email: manchestermet.ppi@gmp.police.uk

Website: www.gmp.police.uk

Saheli

This is an Asian women's refuge that provides safe, temporary accommodation to Asian women and Children suffering domestic violence.

Phone: 0161 945 4187

Email: info@saheli.org.uk

Website: www.saheli.org.uk

Salford Women's Aid

Provide temporary accommodation for women and children escaping domestic abuse. This is achieved operationally via the two refuges one of which has disabled access and both of which have dedicated play areas for the children.

Phone: 0161 793 3232

Website: www.womensaid.org.uk

St Mary's Sexual Assault Referral Centre (SARC)

If you are an adult or child who has been sexually assaulted recently or in the past, help is available to you 24 hours a day from this organisation.

Phone: 0161 276 6515

Email: stmarys.sarc@cmft.nhs.uk

Stockport without Abuse

Stockport without Abuse offers a range of services to protect and support women, men and children who are affected by domestic abuse. They aim to prevent domestic abuse through education & awareness raising. Their support empowers victims to increase resilience & regain lifelong independence

Phone: 0161 477 4271

Email: info@stockportwithoutabuse.org.uk

Website: www.stockportwithoutabuse.org.uk

Sojourners House

Sojourners House was set up in 1991 to provide short-term accommodation to meet the growing need for black women and children to have safe, temporary accommodation when escaping domestic violence.

Phone: 0161 820 8421 or 0161 636 7525

Email: Margaret@sojournershause.org.uk

Stockport Women's Centre

They advance education and relieve poverty and ill health for women and their families within the Stockport area by providing a centre whereby they can access advice, training and support.

Phone: 0161 355 4455

Email: admin@stockportwomenscentre.co.uk

Website: www.thewomenscentre.uk.net

Survivors Manchester

They promote and protect the good health of male survivors of sexual abuse in Greater Manchester by providing qualified counsellors, psychotherapists and general support workers.

Phone: 0161 236 2182

Email: info@survivorsmanchester.org.uk

Website: www.survivorsmanchester.org.uk

Trafford Domestic Abuse

Provision of accommodation services and support to women, men and children who have experienced or are experiencing domestic abuse.

Phone: 0161 872 7368

Email: chiefofficer2@tdas.org.uk

Website: www.tdas.org.uk

WAVE Domestic Abuse Centre

The Centre provides support for women in their decisions and have advocates who are specially trained to give other women and children support in time of crisis.

Phone: 0194 226 2290

Email: info@wavedvcentre.com

Website: www.wavedvcentre.com

Wythenshawe SafeSpots

SafeSpots are local venues in the community who have staff members with some awareness training in domestic abuse, who are able to signpost people towards agencies who can help. It was designed by local people, many of whom have direct experience of domestic abuse.

Phone: 0787 388 9637

FAMILY

AFRUCA Centre for Children and Families

The focus of their work is prevention and early intervention. They aim to promote the best interests of the child in all our activities. Afruca's stance is that culture and religion should never be a reason to abuse children.

Address: 20 Piercy Street, Ancoats, Manchester, M4 7HY

Phone: 0161 205 9274

Email: info@afruca.org

Website: www.afruca.org

After Adoption

Their work ranges from placing children with adoptive parents to supporting birth families and reuniting families separated through adoption..

Address: Unit 5 Citygate, 5 Blantyre Street, Castlefield, Manchester, M15 4JJ

Phone: 0800 056 8578

Email: information@afteradoption.org.uk

Website: www.afteradoption.org.uk

Chrysalis

Chrysalis offers an informal service to families in a 'home away from home' where all clients are treated equally with warmth and understanding.

Address: Westerling Way, Moss Side, Manchester, M16 7EA

Phone: 0161 226 8090

Email: j.asumu@btinternet.com

Website: www.chrysalisfamilycentre.wordpress.com

Children and Family Refugee Asylum Seeker Service

Manchester City Council delivers accommodation and support services to asylum seekers to integrate them into the local community whilst their asylum claim is being determined.

Address: 27 Bold Street, Alexandra Park Estate, Manchester, M16 7AD

Phone: 0161 226 8137

Website:
www.manchester.gov.uk/info/200007/asylum_and_immigration/400/asylum_seekers_and_refugees/2

Gaddum Centre

The centre provides counselling services, training and information and advice for family and individual support services. Their aim is the development of health and social care projects and services.

Address: 6 Great Jackson Street, Manchester, M15 4AX

Phone: 0161 834 6069

Email: info@gaddumcentre.co.uk

Website: <http://www.gaddumcentre.co.uk>

Gingerbread North West

The leading charity working with single parent families. Supporting, advising and campaigning with single mums and dads.

Address: Windrush Millennium Centre, 70 Alexandra Road, Manchester, M16 7WD

Phone: 0161 636 7519

Email: northwest@gingerbread.org.uk

Website: www.gingerbread.org.uk

Himmat Support Centre

They offer support and information for parents of children with learning disabilities in Manchester.

Address: 182 Stockport Road, Longsight, Manchester, M13 0RZ

Phone: 0161 248 0425

Email: info@himmat.org.uk

Website: www.himmat.org.uk

Manchester Families Need Fathers

A group of people affected by separation and divorce who meet together to exchange information and offer mutual support.

Address: Friends Meeting House, 6 Mount Street, Manchester, M2 5NS

Phone: 0776 922 2278 (Charles), 0771 105 4514 (Alex) or 0752 331 6447 (Lee)

Website: www.fnf-manchester.org.uk

Jump Space

Provides opportunities for disabled young people and their families, allowing them to enjoy physical recreation in a safe, accessible and understanding environment.

Address: Hardman Street Chestergate, Stockport, SK3 0BJ

Phone: 0161 637 2800

Email: info@jumpspace.org.uk

Website: www.jumpspace.org.uk

Relate Stockport/Manchester

Relate delivers relationship support via a national network a wide range of services to individuals and corporate bodies. Activities include: family counselling, services for young people, mediation services, counselling in primary care settings and telephone counselling for both individuals and couples.

Address: 291 Wellington Street Road North, Heaton Chapel, Stockport, SK4 5BP

Phone: 0161 442 2443

Email: enquiriesstockport@relategms.co.uk

Website: www.relategms.co.uk

Lifeline

They work with individuals, families and communities both to prevent and reduce harm, to promote recovery, and to challenge the inequalities linked to alcohol and drug misuse.

Address: 39-41 Thomas Street, Manchester, M4 1NA

Phone: 0161 200 5486

Email: enquiries.lifeline@gmail.com

Website: lifeline.org.uk

Surestart Centre Longsight

They provide information and activities for families with children under five. Their aim is to make sure all children have the best possible start in life and that parents are given better opportunities to access services.

Address: 1a Farrer Road, Longsight, Manchester, M13 0QX

Phone: 0161 248 1500

Email: surestart.reception@thebiglifecompany.com

Website:

www.manchester.fsd.org.uk/kb5/manchester/fsd/service.page?record=CDyTyM0Qx-Y

The Routes Project

The Project works in a holistic way which builds on existing strengths of newly arrived families identifying the needs of the whole family and seeking to address them.

Address: 609 Stretford Road, Manchester, M16 0QA

Phone: 0161 874 2165

Email: routes@theBHA.org.uk

Website: www.thebha.org.uk/routes

HOUSING

Acorn Recovery Projects

They provide safe and secure accommodation to some of the most vulnerable people in the community.

Address: ARC Centre, 31 Robert Street, Manchester, M3 1EX

Phone: 0161 484 0000

Email: contact@acornrecovery.org.uk

Website: www.acornrecovery.org.uk

Barnabus

Christian homeless charity. They offer a lifeline to around 350 vulnerable and homeless people every week many of whom have severe addictions or mental health issues. They have their own drop-in, medical suite and offer a range of classes, with an allotment and street soccer project.

Address: 45 Bloom Street, Manchester, M1 3LY

Phone: 0161 237 3223

Email: admin@barnabusmanchester.co.uk

Website: www.barnabus-manchester.org

British Red Cross

They furnish the sick and wounded in times of war. Their aim is the improvement of health, prevention of disease and the mitigation of suffering.

Address: Bradbury House, 10 Brindley Road, Cornbrook, Manchester, M16 9HQ

Phone: 0844 871 8000

Website: www.redcross.org.uk

Booth Centre

The Booth Centre brings positive change in the lives of people who are homeless or at risk of homelessness. They provide accommodation, education, training and help to secure employment, free healthy meals, support in tackling issues with health and addition and creative activities

Address: Edward Holt House, Pimblett Street, Manchester, M3 1FU

Phone: 0161 835 2499

Email: admin@boothcentre.org.uk

Website: www.boothcentre.org.uk

Broad African Representative Council

Advice, information and resource centre for African communities, including refugees and asylum seekers.

Address: 34 Anson Road, Rusholme, Manchester, M14 5BQ

Phone: 0161 257 3050

Email: barcwelfare@btconnect.com

H3 Helping the Homeless into Housing

They promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs for those people who are socially excluded and assisting them to integrate into society.

Address: 1 St. Peter's Square, Stockport, SK1 1NZ

Phone: 0773 209 2361

Email: admin@h-3.org.uk

Website: www.h-3.org.uk

Lifeshare Male Sex Workers Outreach Project

A street-based service that works with young men at risk of sexual exploitation through homelessness. They offer support service and linking to other appropriate services.

Address: 27 Houldsworth Street, Manchester, M1 1EB

Phone: 0161 235 0744

Email: office@lifeshare.co.uk

Website: www.homelessness.org.uk

Shelter Greater Manchester

Works to alleviate the distress caused by homelessness and bad housing. They give advice, information and advocacy to people in housing need.

Address: Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX

Phone: 0844 515 1640

Website: www.england.shelter.org.uk

Mustard Tree

They provide food, clothing, furniture and training for individuals in need. Their clients are homeless, those recovering from addictions, ex-offenders, refugees, asylum seekers and those with mental health issues.

Address: 110 Oldham Road, Ancoats, Manchester, M4 6AG.

Phone: 0161 228 7331

Email: info@mustardtree.co.uk

Website: www.mustardtree.co.uk

Sojourners House

Sojourners House was set up in 1991 to provide short-term accommodation to meet the growing need for black women and children to have safe, temporary accommodation when escaping domestic violence.

Address: P.O. Box 79 SWDO, Old Trafford, Manchester, M16 8BG

Phone: 0161 820 8421 or 0161 636 7525

Email: Margaret@sojournershause.org.uk

Richmond Fellowship

This is a provider of care and rehabilitation for people living with mental health problems.

Address: Bury SHS, Suite 2, Ascot House, Radcliffe, M26 3DE

Phone: 0161 723 5422

Email: buryshs@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Southway Housing Trust

Not-for-profit local housing company. They own and manage almost 6,000 homes across Burnage, Chorlton, Didsbury and Withington.

Address: Aspen House, 825 Wilmslow Road, Didsbury, M20 2SN

Email: connect2southway@southwayhousing.co.uk

Website: www.southwayhousing.co.uk

Threshold

Threshold is a housing, advice and support charity with operations across the Greater Manchester area.

Address: New Chartered Housing Trust Group,
Cavendish 249, Cavendish Street, Ashton-under-Lyne,
OL6 7AT

Phone: 0161 626 0844

Website: <http://www.thp.org.uk/>

The Salvation Army Manchester

Christian workshop, both in buildings and in the openair. They seek the relief of poverty and the advancement of education. They take a holistic approach, engaging with people's physical, emotional and spiritual needs, offering their services without discrimination.

Address: 80 Eccles New Road, Salford, M5 4DU

Phone: 0161 743 3900

Email: centralnorth@salvationarmy.org.uk

Website: www.salvationarmy.org.uk

IMMIGRATION AND ASYLUM

Asylum Support Housing Advice (ASHA)

Promotion of human rights and the provision of information, advice and support to refused asylum seekers and refugees.

Address: 159 Princess Road, Moss Side, Manchester, M14 4RE

Phone: 0161 227 8555

Email: info@asha.gmiau.org

Website: www.ashamanchester.wordpress.com

Boaz Trust

The Trust serves destitute asylum seekers and refugees in Greater Manchester by providing accommodation and holistic support.

Address: 1st Floor, 110 Oldham Road, Manchester, M4 6AG

Phone: 0161 202 1056

Email: info@boaztrust.org.uk

Website: www.boaztrust.org.uk

Befriending Refugees and Asylum Seekers (BRASS)

BRASS support asylum seekers and refugees in Bolton with a range of support including an advice service covering immigration/settlement issues, rights and responsibilities/citizenships, accessing services and employment.

Address: The Park Lodge, Green Lane, Great Lever, Bolton, BL3 2HX

Phone: 0120 439 7152

Email: admin@brass-bolton.org.uk

Website: www.brassbolton.org

Children and Family Refugee Asylum Seeker Service

Manchester City Council delivers accommodation and support services to asylum seekers to integrate them into the local community whilst their asylum claim is being determined.

Address: 27 Bold Street, Alexandra Park Estate, Manchester, M16 7AD

Phone: 0161 226 8137

Website:
www.manchester.gov.uk/info/200007/asylum_and_immigration/400/asylum_seekers_and_refugees/2

British Red Cross

They furnish the sick and wounded in times of war. Their aim is the improvement of health, prevention of disease and the mitigation of suffering.

Address: Bradbury House, 10 Brindley Road, Cornbrook, Manchester, M16 9HQ

Phone: 0161 888 8932

Website: www.redcross.org.uk

Freedom from Torture North West

The organisation provides psychological therapy for survivors of torture – adults, children and families (they accept referrals from anyone including self-referrals). They also provide medico-legal reports for survivors of torture.

Address: North Square, 11-13 Spear Street, Manchester, M1 1JU

Phone: 0161 236 5744

Email: northwest@freedomfromtorture.org

Website: www.freedomfromtorture.org

Greater Manchester Immigration Aid Unit (GMIAU)

Ensures access to justice for people living in the local community who are survivors of torture, trafficking, abuse and conflict as well as divided families and others who are in need and affected by immigration controls.

Address: 1 Delaunays Road, Manchester, M8 4QS

Phone: 0161 740 7722

Email: shakura@gmiau.org

Website: www.gmiau.org

Lesbian Immigration Support Group (LISG)

This is a Manchester based group of lesbian and bisexual refugees and asylum seeking women and their supporters. The group offers practical and social support.

Address: C/o The Joyce Layland LGBT Centre, 49-51 Sidney Street, Manchester, M1 7HB

Phone: 0750 335 1922

Email: lisg.manchester@yahoo.co.uk

Manchester Refugee Support Network

They provide a variety of services to refugee community organisations in Greater Manchester, including training and ongoing support, integration services for new refugees through the Ries Project.

Address: 129 Princess Road, Moss Side, Manchester, M14 4RB

Phone: 0161 868 0777

Email: belay@mrsn.org.uk

Website: www.mrsn.org.uk

Migrants Supporting Migrants

Their aim is mutual support, working towards the wellbeing of their members and for other migrants in Manchester

Address: Suite 6 Withington House, 94 Withington Road, Manchester, M16 8FA

Phone: 0784 748 0421

Email: info@migrantsupport.org.uk

Website:
www.migrantssupportingmigrants.blogspot.co.uk

New Step for African Community (NESTAC)

At the heart of the charity is the welfare of Africans and other Immigrants in Greater Manchester. NESTAC accept self-referrals from victims of FGM and those at risk of FGM.

Address: 237 Newstead, Lower Falinge, Rochdale, OL12 6RQ

Phone: 0170 686 8993

Email: info@nestac.org

Website: www.nestac.org

Rainbow Haven

Provide a welcome to people new to the UK, providing support through its drop-in sessions to excluded and disadvantaged communities, with a focus on services for asylum seekers, refugees and migrant workers.

Address: 113 Abbey Hey Lane, Gorton, Manchester, M18 8TJ

Phone: 0161 370 3472

Email: admin@rainbowhaven.org.uk

Website: www.rainbowhaven.org.uk

RAPAR

They relieve refugees, people seeking asylum and other displaced people within Manchester, Salford and Trafford. Open to those in need, hardship and distress through the social and economic circumstances of displacement.

Address: 6 Mount Street, M2 5NS

Phone: 0161 834 8221

Email: admin@rapar.org.uk

Website: www.rapar.org.uk

Refugee Action

Reception, advice and information to refugees and asylum seekers & other displaced people; they promote the development of refugee communities and distinctive parts of wider British communities; they improve access to employment and mainstream services.

Address: 3 Chepstow Street, Manchester, M1 5FW

Phone: 0161 831 5465

Website: www.refugee-action.org.uk

Revive

Provide practical support to refugees and those seeking asylum and the most vulnerable in society. They run drop ins in Salford and Beswick.

Address: 87 Grey Mare Lane, Beswick, M11 3ND

Phone: 0161 223 5668

Email: info@revive-uk.org

Website: www.revive-uk.org

Salford Refugee Link (SARELI)

SARELI encourage social cohesion, racial harmony and integration of black and ethnic minority communities. They welcome refugees and asylum seekers.

Address: Office 13 Spark Studio, 208-210 Great Clowes Street, Salford, M7 2ZS

Email: sareli_uk@yahoo.co.uk

Tameside African Refugee Association (TARA)

They offer general advice, drop-in services, signposting, supplementary school, money advice, volunteering training, translation and interpretation services and more.

Address: 124 Stamford Street Central, Ashton-under-Lyne, OL6 6AD

Phone: 0161 339 7270

Email: admin@tararefugee.co.uk

Website: www.tararefugee.co.uk

Women Asylum Seekers Together (WAST)

Group of women asylum seekers who have been through the asylum process and now meet together to get support and help from each other.

Address: ADA House, 77 Thompson Street, Manchester,
M4 5FY

Phone: 0161 833 8835

Email: wastmanchester@yahoo.co.uk

Website: www.wast.org.uk



LGBT

African Rainbow Family

ARF is a non-for-profit organisation that support lesbian, gay, bisexual, transgender, intersexual and queer people of African heritage.

Phone: 0771 128 5567

Email: info@africanrainbowfamily.org

Website: www.africanrainbowfamily.org

George House Trust

They support people living with or affected by HIV in the North West and ensure the best quality of life for all people living with HIV.

Address: 75-77 Ardwick Green North, Manchester, M12 6FX

Phone: 0161 274 4499

Email: info@ght.or.uk

Website: www.ght.org.uk

Albert Kennedy Trust

The provision of supported lodgings placements within carer households; mentoring and befriending; information, advocacy, support and training to young lesbian, gay, bisexual and transgender people (16-25) who are homeless or living in hostile environments.

Address: 5 Oak Street, Northern Quarter, Manchester, M4 5JD

Phone: 0161 228 3308

Email: contact@akt.org.uk

Website: www.akt.org.uk

LGBT Foundation

They are a charity with a wide portfolio of well-established services and a rapidly developing range of new initiatives aimed at meeting the needs of the lesbian, gay, bisexual, transsexual, transvestite and queer communities.

Address: 5 Richmond Street, Manchester, M1 3HF

Phone: 0845 330 3030

Email: info@lgbt.foundation

Website: <http://www.lgbt.foundation>

Butterflies Trans

Support to the wider transgender community. They aim to provide a drop-in space and a safe haven for their users to: socialise, express themselves and create empowering networks.

Address: The LGF Building, 5 Richmond Street, Manchester, M1 3HF

Phone: 0752 752 0434

Email: butterflies@gmail.com

Website: www.butterfliesdropin.co.uk

Lesbian Immigration Support Group (LISG)

This is a Manchester based group of lesbian and bisexual refugees and asylum seeking women and their supporters. The group offers practical and social support.

Address: c/o The Joyce Layland LGBT Cetnre, 49-51 Sidney Street, Manchester, M1 7HN

Phone: 0750 335 1922

Email: lisl.manchester@yahoo.co.uk

Website:
www.lesbianimmigrationsupportgroup.blogspot.co.uk

Metropolitan Church

Christ-centred congregation which celebrates, affirms and reaches beyond the LGBT communities of Manchester and North West England. They provide essential support to LGBT asylum seekers and refugees.

Address: Wilbraham Street Ninian's URC, Egerton Road South, Chorlton, Manchester, M21 0XJ

Phone: 0161 881 6050

Email: pastor@metropolitanchurch.org.uk

Rainbow Noir

It is a group for queer people of colour in Manchester. The group is a space for socialising, discussions, activism, community organising with an aim to ensure a presence and that queer people of colour's voices are heard in Manchester

Address: c/o The Joyce Layland LGBT Cetnre, 49-51 Sidney Street, Manchester, M1 7HN

Phone: 0750 335 1922

Email: rainbownoirmcr@gmail.com

The Proud Trust

Regional organisation that seeks to support lesbian, gay, bisexual and transgender young people. They do it in three main ways: services for young people, regional network and training and consultancy.

Address: The Joyce Layland Centre, 49-51 Sydney Street, Manchester, M1 7HB

Phone: 0790 068 0725

Email: sally.carr@theproudtrsut.org

Website: www.lgbtyouthnorthwest.org.uk

MENTAL HEALTH

42ND Street

A service for young people 11-25 years across Greater Manchester who present with mental health problems, depression, anxiety, behavioural problems and self-harm.

Address: The Space, 87-91 Great Ancoats Street, Manchester, M4 5AG

Phone: 0161 228 1888

Email: theteam@42ndstreet.org.uk

Website: www.42ndstreet.org.uk

African and Caribbean Mental Health Service

They support individuals experiencing mental illness to reintegrate back into the community with a view to leading an independent life.

Address: Alexandra Road, Windrush Millennium Centre, Moss Side, M16 7WD

Phone: 0161 226 9562

Email: admin@acmhs-blackmentalhealth.org.uk

Website: www.acmhs.squarespace.com

Beacon Counselling

They offer support for anyone suffering mental and emotional distress. They have a range of services including one to one counselling and group programmes for adults in Stockport.

Address: 203 Moss Lane, Bramhall, Stockport, SK7 1AB

Phone: 0161 285 1827

Email: admin@beacon-counselling.org.uk

Website: www.beacon-counselling.org.uk

BlueSCI

BlueSci Trafford Service provides opportunities for people who may be emotionally or psychological distressed

Address: 56-54 Seymour Grove, Old Trafford, Manchester, M16 0LN

Phone: 0161 912 4828

Website: www.bluesci.org.uk

Creative Support

A provider of person centred social care services for people with learning disabilities, mental health and other needs.

Address: 5th Floor, Dale House, 35 Dale Street, Manchester, M1 2HF

Phone: 0161 236 0829

Email: enquiries@creativesupport.co.uk

Website: www.creativesupport.co.uk

Greater Manchester Mental Health

They provide integrated mental health and social care services to the 700,000 people living in the Bolton, Salford and Trafford local authority boundaries.

Address: Prestwich Hospital, Bury New Road, Prestwich, Manchester, M25 3BL

Phone: 0161 773 9121

Website: www.gmw.nhs.uk

Manchester M.I.N.D.

Manchester M.I.N.D. take a positive approach to mental health, challenging stereotypes and discrimination. They enable people with mental health needs to improve their health and well-being and reach their full potential.

Address: Zion Community Centre, 339 Stretford Road, Hulme, Manchester, M15 4ZY

Phone: 0161 769 5732

Email: info@manchestermind.org

Website: www.manchestermind.org

Migraine Mental Health

Organisational initiative which provides support to young people, helping them to manage their stresses. They make sure that young people play an integral role in developing training programmes, resources and events.

Address: Windhurst Millennium Centre, 70 Alexandra Road, Manchester, M16 7WD

Phone: 0782 7632 009 or 0161 226 9562

Website: www.migrainementalhealth.co.uk

Mood Swings Network

They help people recover from mood problems and the severe emotional distress they can cause

Address: 36 New Mount Street, Manchester, M4 4DE

Phone: 0161 832 3736

Email: info@moodswings.org.uk

Website: www.moodswings.org.uk

New Way Forward

Formerly the Trafford Association for Mental Health and Trafford Users' group. This charity helps people affected by mental ill health. Services are free of charge and referral is not necessary.

Address: The Avenue Methodist Church, Wincham Road, Sale, M33 4PL

Phone: 0161 962 0847

Email: info@newwayforwardtrafford.org.

Richmond Fellowship

They are a leading provider of care and rehabilitation for people living with mental health problems.

Address: 154 Bury New Road, Whitefield, Manchester, M45 6AD

Phone: 0161 248 5354

Email: manchestrpoject@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Self Help Services

User-led mental health charity providing primary care mental health services and self help initiatives to people across the North.

Address: Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester, M15 4ZY

Phone: 0161 226 3871

Email: admin@selfhelpservices.org.uk

Website: selfhelpservices.org.uk

The Roby

They are built on its distinguished history of providing person centred spaces and services to promote well-being in Longsight and the surrounding area and to support local people affected by mental health problems. They offer also counselling to anyone of any age.

Address: 307 Dickenson Road, Manchester, M13 0NG

Phone: 0161 257 2653

Email: info@theroby.org.uk

Website: www.theroby.org.uk



WOMEN

Bury Asian Women's Centre

They seek to target vulnerable and disadvantaged women through wide ranging partnership and networks. They offer free, confidential, support and advice on a range of issues relating to women.

Address: 90 South Cross Street, Bury, BL9 0RS

Phone: 0161 280 2270

Email: enquiries.bawc@hotmail.co.uk

Hosla Asian Women's Outreach Project

Practical and emotional support to Asian women and children experiencing (or have experienced) domestic violence. Outreach project, interpreters available.

Address: Moss Side Children's Centre, 30 Selworthy Road, Moss Side, Manchester, M16 7UH

Phone: 0161 636 7560

Email: hosla.centre@hotmail.com

Website: www.hosla.org.uk

Inspired Sisters

UK online centre and offers two rooms with computer facilities and internet access, available to drop-in at any time.

Address: Longsight Business Park, Hamilton Road, Manchester, M13 0PD

Phone: 0161 224 9090

Email: info@inspiredsisters.org

M.A.S.H.

Manchester Action on Street Health is a charity providing a range of confidential and non-judgemental services to female sex workers in Greater Manchester. They work to promote and encourage street safety and improved health as well as empowering them to make real positive changes in their lives.

Address: 94-96 Fairfield Street, Manchester, M1 2WR

Phone: 0800 183 0499 or 0161 273 4555

Email: Helen@mash.org.uk

Website: www.mash.org.uk

Manchester Bangladeshi Women's Organisation

Advice, information and support for Bangladeshi women. Subjects covered include welfare rights, housing, health, education and training, employment and immigration and nationality. They run sessions with an aim of encouraging good health of women.

Address: 360 Dickenson Road, Manchester, M13 0NG

Phone: 0161 257 3867 or 0161 257 2122

Email: anannamcv@aol.com

Manchester Rape Crisis

Provide support, information and counselling to women and girls who have experienced rape or sexual abuse. They have a signposting service for male victims of sexual violence. They provide information and support to friends, relatives and partners of survivors.

Address: Pankhurst Centre, 60-62 Nelson Street, Manchester, M13 9WP

Phone: 0161 273 4500

Email: mrcrasacs@btconnect.com

Website: www.manchesterrapecrisis.co.uk

New Step for African Community (NESTAC)

At the heart of the charity is the welfare of Africans and other Immigrants in Greater Manchester. NESTAC accept self-referrals from victims of FGM and those at risk of FGM, from refugee and asylum seeker individuals are also accepted.

Address: 237 Newstead, Lower Falinge, Rochdale, OL12 6RQ

Phone: 0170 686 8993

Email: info@nestac.org

Website: www.nestac.org

Manchester Women's Aid

Provide emotional and practical support for women and children who have suffered, are suffering, or are in danger of suffering violence, abuse or neglect by perpetrators known to them by providing refuge and outreach services in the community.

Address: 79 Norton Street, Old Trafford, Manchester, M16 7GU

Phone: 0161 660 7999

Email: info@manchesterwomensaid.org

Website: www.manchesterwomensaidr.org

Prison Women MATTA

Individual and group-based support provided to women at the Pankhurst Centre, in prisons, in magistrate's courts and in police custody suites.

Address: Unit 17, St. Wildrid's Enterprise Centre, Royce Road, Hulme, Manchester, M15 5BJ

Phone: 0161 232 1778

Email: sally@womeninprison.org.uk

Website: www.womenmatta.co.uk

Manchester Women's Design Group

Group of women who are enthused about working for and with the community to highlight and raise awareness of gender equality in the built environment professions.

Address: 36-40 Edge Street, Manchester, M4 1NH

Email: mwdg@live.com

Website: www.womensdesign.blogspot.co.uk

Pulling Together – Asian Women's Group

Providing a wide range of arts and cultural activities for female residents of Old Trafford and neighbouring area. Meets 6pm – 8.30pm each Friday.

Address: Old Trafford Community Centre and Library, Shrewsbury Street, Old Trafford, Manchester, M16 9AX,

Phone: 0161 912 4657 or 0773 973 178

Email: info@pullingtogethergroup.org.uk

Website: www.pullingtogethergroup.org.uk

Richmond Fellowship

They are a provider of care and rehabilitation for women living with mental health problems.

Address: Supported Housing, Manchester, M45 6AD

Phone: 0161 248 5354

Email: manchesterproject@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Saheli

They are an Asian women's refuge that provides safe, temporary accommodation to Asian women and children suffering domestic violence.

Address: PO Box 44, Withington, M20 4BJ

Phone: 0161 945 4187

Email: info@saheli.org.uk

Website: www.saheli.org.uk

Rochdale Women's Welfare Association

They help women and young children, through various activities, to develop their mental, physical and spiritual capabilities. They aim to ensure they can live and grow to full development and mature as individuals and members of society.

Address: 18 Trafalgar Street, Rochdale, OL16 2EB

Phone: 0170 686 0157

Website: www.rwwa.org.uk

Salford Women's Aid

Provide temporary accommodation for women and children escaping domestic abuse. This is achieved operationally via the two refuges one of which has disabled access and both of which have dedicated play areas for the children.

Address: 143 Partington Lane, Swinton, Manchester, M27 0SS

Phone: 0161 793 3232

Website: www.womensaid.org.uk

Safety 4 Sisters North West

Their support specifically involve direct advice, advocacy and support to women; whilst producing a safety toolkit and end of project conference for them. They also offer empowerment sessions, research identifying barriers faced and gaps in service provision.

Address: 77 Thompson Street, Manchester, M4 5FY

Phone: 0161 833 8800

Email: safety4sisters@googlemail.com

Stockport without Abuse

Stockport without Abuse offers a range of services to protect and support women, men and children who are affected by domestic abuse. They aim to prevent domestic abuse through education & awareness raising.

Address: P.O. Box 193, Stockport, SK1 3QP

Phone: 0161 477 4271

Email: info@stockportwithoutabuse.org.uk

Website: www.stockportwithoutabuse.org.uk

Stockport Women's Centre

They advance education and relieve poverty and ill health for women and their families within the Stockport area by providing a centre whereby they can access advice, training and support.

Address: 19-21 Greek Street, Stockport, SK3 8AB

Phone: 0161 355 4455

Email: admin@stockportwomenscentre.co.uk

Website: www.thewomenscentre.co.uk.net

Trafford Domestic Abuse Service

Provision of accommodation services and support to women, men and children who have experienced or are experiencing domestic abuse.

Address: suite 4C, Trafford Plaza, 73 Seymour Grove, Old Trafford, Manchester, M16 0LD

Phone: 0845 241 1117

Email: chiefofficer2@tdas.org.uk

Website: www.tdas.org.uk

Trafford Rape Crisis

Provides support, information and counselling to women and girls who have experienced rape or sexual abuse. They have a signposting service for male victims of sexual violence. They provide information and support to friends, relatives and partners of survivors.

Address: Unit 314, Peel House, 30 The Downs, Altrincham, WA14 2PX

Phone 0800 783 4608

Website: www.traffordrapecrisis.com

Wai Yin Chinese Women Society

They provide welfare and education services to Chinese and other ethnic minority communities. They run projects such as elderly luncheon club and elderly carers for people over 60. They offer support services for women and families, adult education and youth mental health issues with an aim to get people back to the society.

Address: 66-68 Swan Street, Manchester, M4 5JU

Phone: 0161 833 0377

Email: info@waiyin.org.uk

Website: www.waiyin.org.uk

Westwood and Coldhurst Women's Association

They provide support to women to enable them to overcome isolation and disadvantaged positions. They promote the cultural, education and social welfare of women.

Address: OBA Millennium Centre, 2nd Floor, Featherstall Road North, Oldham, OL9 6QB

Phone: 0161 652 0000

Email: info@wcwa.co.uk

Website: www.wcwa.co.uk

Women's Housing Action Group

Supported accommodation for vulnerable women aged 16 and over, who are homeless, vulnerable or at risk of, or experiencing, domestic violence or homelessness.

Address: Rose Court, 677-679 Manchester Road,
Castleton, Rochdale, OL1 3AA

Phone: 0170 671 8180

Email: whag@whag.info

Website: www.whag.info



YOUNG PEOPLE

42ND Street

A service for young people 11-25 years across Greater Manchester who present with mental health problems, depression, anxiety, behavioural problems and self-harm. They offer counselling and psychotherapy as well as support groups, activities and a youth leadership programme.

Address: The Space, 87-91 Great Ancoats Street, Manchester, M4 5AG

Phone: 0161 228 1888

Email: theteam@42ndstreet.org.uk

Website: www.42ndstreet.org.uk

Hideaway Youth Project

They have been providing innovative youth work for 50 years in the Moss Side area. Hideaway is a project for young men and women aged 13-25, responding to the issues that are affecting them such as fear of crime and violence.

Address: Quinney Crescent, Moss Side, Manchester, M16 7DG

Phone: 0161 226 7325

Website: www.thehideaway.org.uk

Jabez Group

Community centre providing services locally who specialises in community services, room to hire and community projects.

Address: Slade Lane, Manchester, M13 0GL

Phone: 0161 248 8405

M13 Youth Project

Community-based youth project, specialised in detached work with young people in inner-urban Manchester. They work together with young people to foster long-term learning and transformation.

Address: 35 Portland Crescent, Longsight, Manchester, M13 0BU

Phone: 0161 225 0201

Email: info@m13youthproject.org.uk

Website: www.m13youthproject.org.uk

Mohebban Al Mehdi Youth Foundation

Work to empower youth from their local community without any discrimination of race, religion, cast, colour or ethnicity. They organise activities for their local community.

Address: 5 Sydney Street, Manchester, M1 7HN

Phone: 0794 478 4539

Email: mohabbanyouth@gmail.com

Website: www.mohebban.org

ReachOut!

A mentoring charity which trains university students as mentors to work with children in disadvantaged communities to raise aspiration and help them grow in character and competence.

Address: 4th Floor, 20-22 High Street, Manchester, M4 1QB

Phone: 0161 832 7644

Email: info@reachoutuk.org

Website: www.reachoutuk.org

Reclaim Project

A mentoring charity which trains university students as mentors to work with children in disadvantaged communities to raise aspiration and help them grow in character and competence.

Address: Unit 109-110 Green Fish Resource, 46-50 Oldham Street, Manchester, M4 1LE

Phone: 0161 234 2950

Email: info@reclaimproject.org.uk

Website: www.reclaimproject.org.uk

Young People Support Foundation

They are a youth project based in Central Manchester and Wythenshawe, offering advice, information and counselling to young people aged 16-25, particularly in areas of housing, welfare rights and health.

Address: 52 Oldham Street, Manchester, M4 1LE

Phone: 0161 228 7654

Email: info@ypsf.co.uk

Website: www.ypsf.co.uk

Relate Stockport/Manchester

Relate delivers relationship support via a national network a wide range of services to individuals and corporate bodies. Activities include: family counselling, services for young people, mediation services, counselling in primary care settings and telephone counselling for both individuals and couples.

Address: 291 Wellington Street Road North, Heaton Chapel, Stockport, SK4 5BP

Phone: 0161 442 2443

Email: enquiriesstockport@relategms.co.uk

Website: www.relategms.co.uk

WTB SOLICITORS LLP SERVICES

Housing Law

Are you a tenant? Are you suffering because your landlord is not doing something that he should? Have you moved in and found that there lots of repairs needed? Is your health suffering or have your belongings been damaged as a result? Are you worried about being evicted or are you facing court for proceedings? Does your landlord want to repossess the property? Do you have anywhere to go?

The expert housing solicitors at WTB Solicitors LLP can advise and help tenants with a wide range of legal issues, such as; disrepair cases, possession proceedings for rent arrears, housing issues related to antisocial behaviour, homelessness.

Domestic Violence

At WTB Solicitors LLP we understand the impact of domestic violence upon individuals and families. We know it can affect everyone; no matter your sex, gender, age, culture or sexual orientation. We also know that, due to all sorts of reasons, people suffer in silence, often for long periods of time, before seeking help.

We offer a full range of specialist services including: obtaining an emergency injunction, ensuring that contact arrangements between your partner and your children are safe, helping you obtain a divorce or dissolution, resolving any financial matter.

Child Care and Children Law

Resolving the arrangements for your children can be an emotional and difficult experience and our team of specialist children lawyers will guide you through the process. Our solicitors are able to draw on a wealth of experience to ensure you achieve the best possible outcome for you and your children.

We will always try to encourage and assist parents to deal with the arrangements for their children without the need for court proceedings. We will always enter into negotiations in a positive and child-focused way. Our solicitors will advise you about the benefits of mediation to try and help you achieve an amicable agreement.

Divorce and relationship breakdown

Breaking up is never easy. Aside from the logistics of the separation itself, there are of course other issues which need to be resolved as a result of that separation and the situation may be emotionally

charged.

To give you the support you need, WTB Solicitors offer a range of solutions where our experts will look after you every step of the way, helping you through negotiations and, if necessary, any court proceedings.

Our dedicated team includes solicitors who are accredited members of Resolution, the Law Society Family Law Accreditation Panel, trained mediators and collaborative lawyers.

Immigration

We are leading immigration solicitors in Manchester with a consistently strong success rate in complex immigration applications and appeals. U.K. immigration law is complicated and constantly changing, often at short notice. It is essential that you seek legal advice from a specialist immigration solicitor as soon as possible. We offer straight forward advice and practical solutions to your individual circumstances. We have services for both individual immigration and business immigration.

Mental Capacity and Lasting Powers of Attorney

Sadly, an increasing number of people will lose their mental capabilities as a result of some form of dementia, either from a natural progression of age, stroke, heart attack or other form of mental illness. Who will take care of your affairs if you're unable to?

At WTB Solicitors LLP, our dedicated team specialise in legal competence and can make a Lasting Powers of Attorney before it is too late. Don't leave your loved ones the burden of going through the Court of Protection.

Wills, Probate and Estate Administration

There are many good reasons to make a will and we cannot list them all here. Most importantly, it gives you peace of mind that your wishes will be followed on your death. Everyone wants to be sure that their money, property and other assets will pass to their loved ones without difficulty. Without a will, administration of the estate is often a complex and costly process.

Our probate solicitors also understand that bereavement is a very difficult time, so we aim to help you promptly and efficiently with the burden of dealing with the administration of the estate of your loved one.

Commercial Property and Residential Conveyancing

WTB Solicitors LLP provide a range of services to individuals and charities purchasing leasing property.