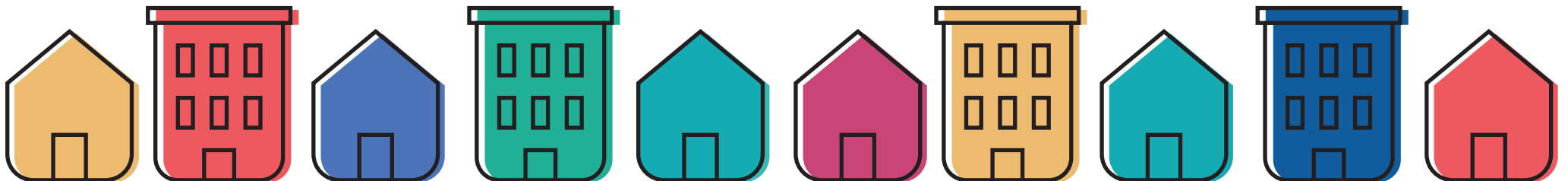




# Manchester Purpose Map

**A guide to getting settled, connected  
and help in your community**



# Manchester Purpose Map

This purpose map has been developed for and with people who have experienced homelessness, addiction, mental health issues amongst many other challenges and therefore is grounded in the real and practical support people need as they are given a home and want to integrate into their community. We know that people will receive a warm welcome when going to any of these groups and activities across Bolton included in this map.

## There are two parts to the purpose map

1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support

### Manchester North:

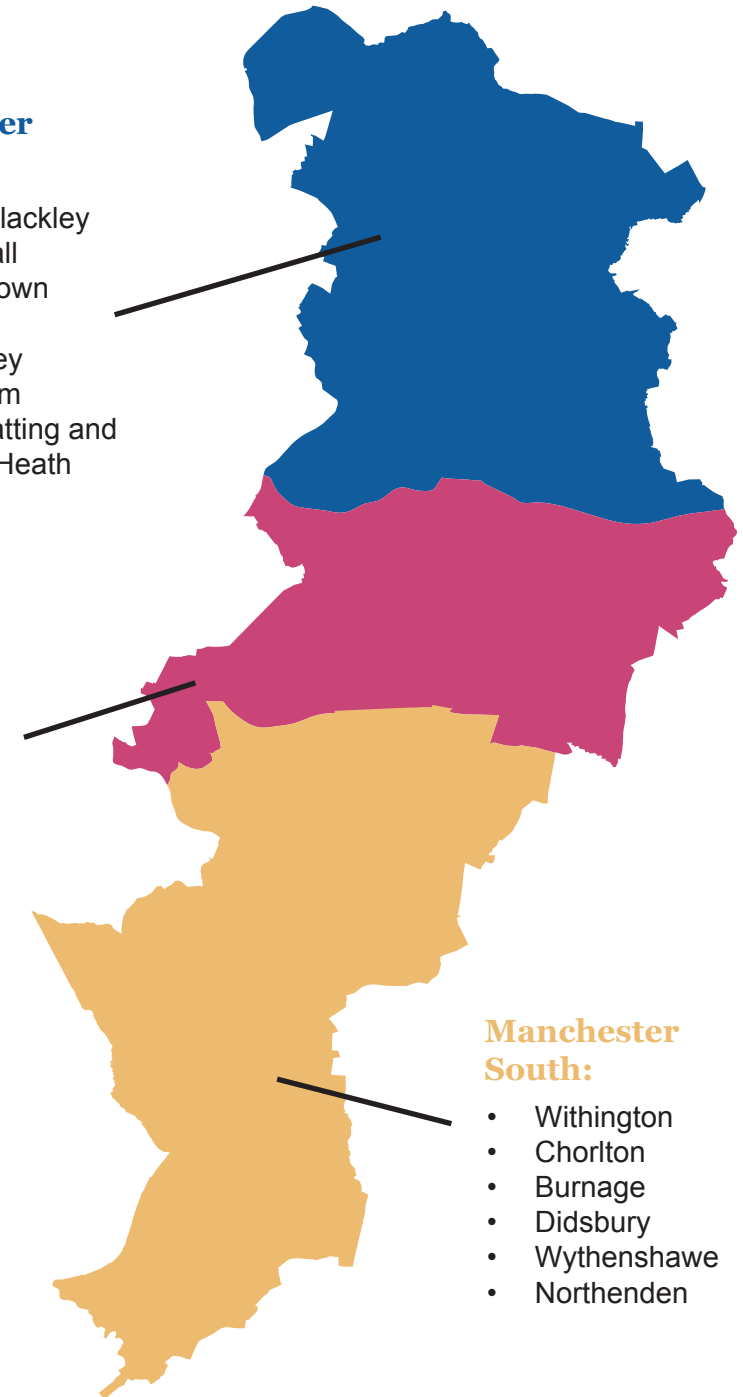
- Higher Blackley
- Crumpsall
- Charlestown
- Moston
- Harpurhey
- Cheetham
- Miles Platting and Newton Heath
- Clayton
- Bradford
- Ancoats

### Manchester Central:

- Hulme
- Ardwick
- Longsight
- Moss Side
- Chorlton
- Fallowfield
- Whalley Range
- Gorton
- Levenshulme
- Rusholme

### Manchester South:

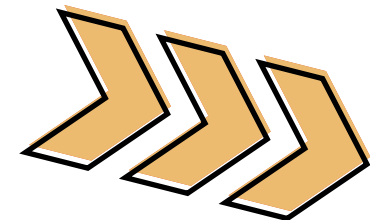
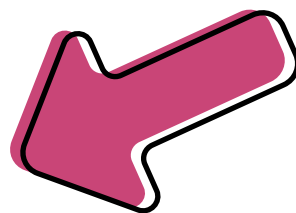
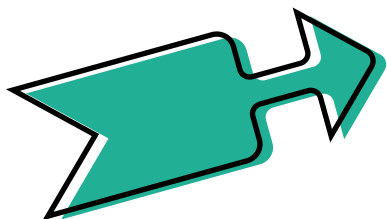
- Withington
- Chorlton
- Burnage
- Didsbury
- Wythenshawe
- Northenden



# Here's is a little more about the types of people and challenges these maps can help people with

The maps are designed to support people with a range of challenges they may be facing through categorising them into the five ways to wellbeing and practical support. Here though is a little more detail about the types of things the organisation, activities and spaces in these maps can help with:

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch

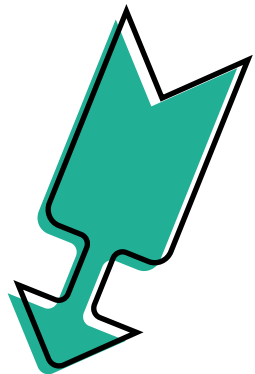


## They also help people who have experienced

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homeliness
- Debt
- Food poverty
- Gambling addiction

The majority of the offers we have included are physical space and groups, there are also some virtual offers that take place online or via apps too. We hope that there is something in these maps that can help you to connect with your community and do something that is meaningful.

# Purpose Map Categories



## Creative

- Craft
- Music
- Writing
- Theatre and Drama
- Woodwork



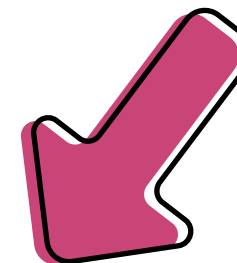
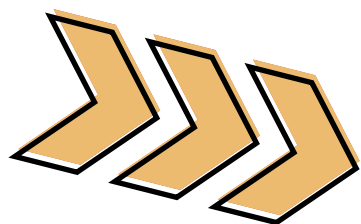
## Outdoors

- Gardening
- Environment and Conservation
- Cycling
- Walking
- Parks
- Green spaces
- Running
- Woodland
- Allotment



## Training and Development

- Digital skills and Computers
- Personal development
- Library
- Learning
- Employment skills



## Wellbeing

- Meditation
- Relaxation
- Massage
- Yoga



## Sports and activities

- Table tennis
- Swimming
- Exercise classes
- Bike repairs



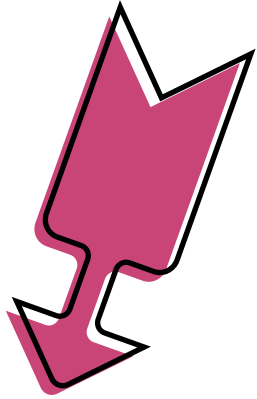
## Food

- Food parcels
- Brew and Biscuit



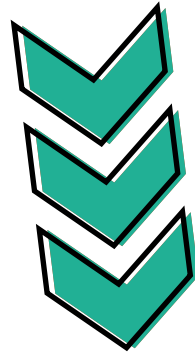
## Support and advice

- Peer support
- Self help
- Support and advice line
- Support and advice group



## **Supports people with**

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch



## **Helping people who have experienced or are experiencing**

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homelessness
- Debt
- Food poverty
- Gambling addiction



## **How it is delivered**

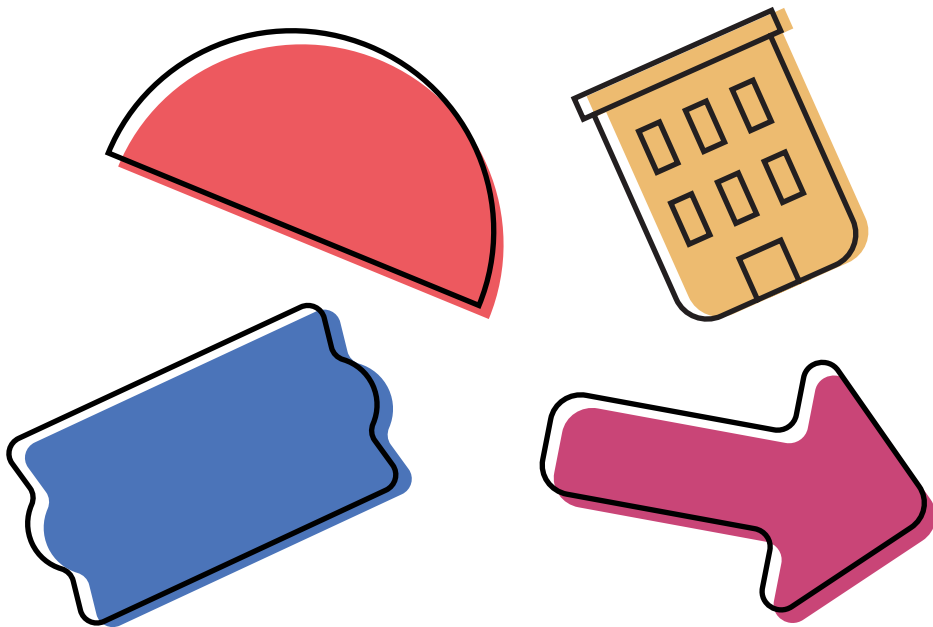
- Online
- Face to face
- Apps

# Practical tips on using the guide

We know that this Purpose Map despite being fully of amazing information do contain a lot of information and therefore we wanted to give you some practical tips to help to use them in a way that works for you.

## Ways to use this Purpose Map

- Access it on your phone or tablet (an online searchable version will be available later in 2024)
- Print the guide in full to refer to
- Print of a section you are interested in exploring
- Screen shot sections so they are easily accessible on your phone or tablet



## Questions that might help you work through the Purpose Maps:

- What are you interested in?
- Is there a new hobby you would like to take up?
- Is there something you have always wanted to try?
- Do you have some spare time you would like to do something with?
- Is there a skill you would like to share with others?
- Are there skills you want to learn?
- Is there experience you want to gain for the future through volunteering?
- Do you want to do something new to improve your mental health?
- Do you want to meet new people in your community?
- Do you need some support with everyday living?

## First steps:

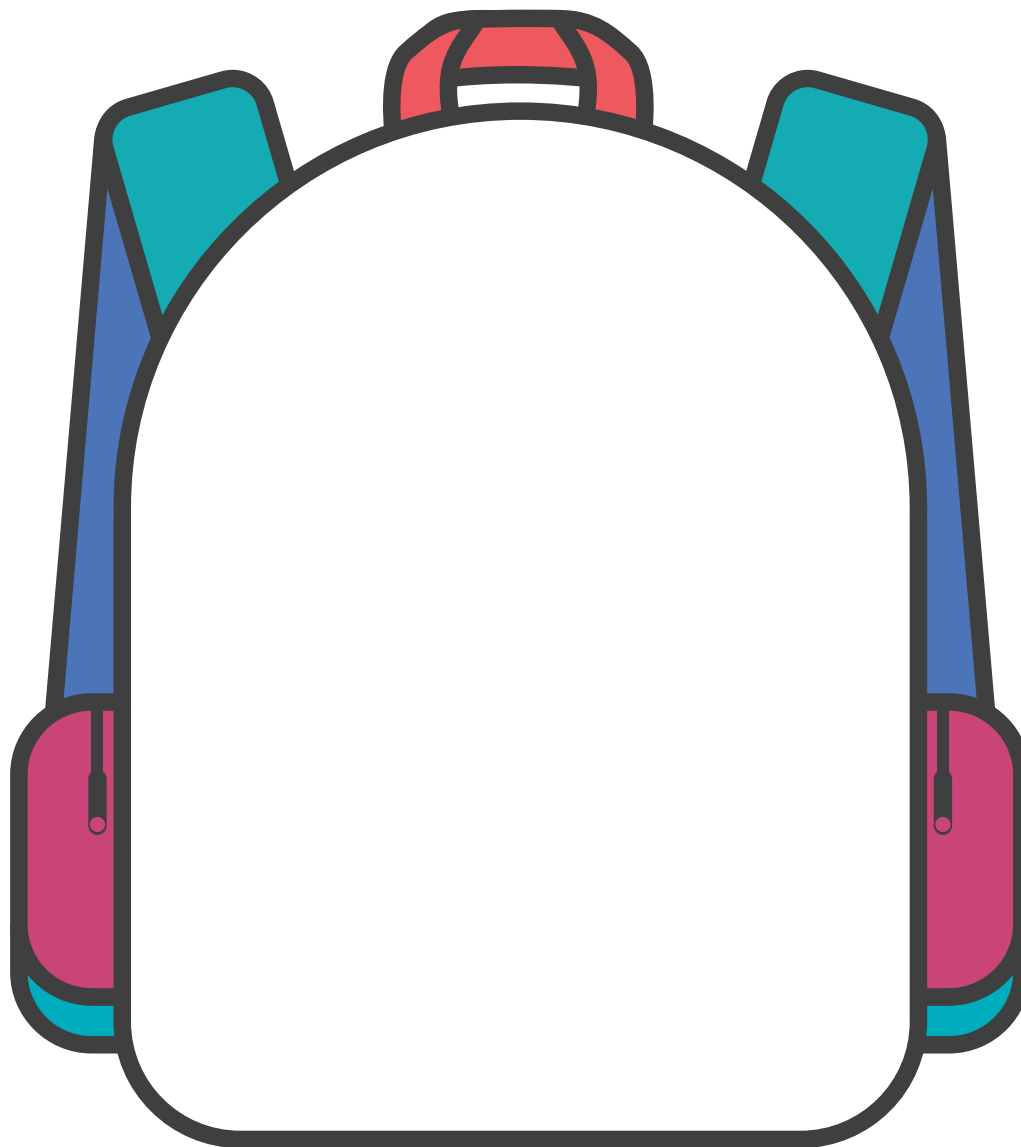
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

### For example:

- If you are interested in learning a new skill, look at the 'keep learning' section
- If you are interested in volunteering, look at the 'giving' section
- If you are interested in support with everyday living, go to the 'practical support' section

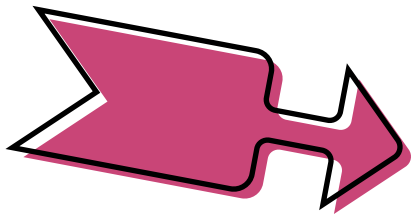
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

Remember these purpose maps are meant to be used with your Housing First Workers or independently.



# What I want to explore

The calendar allows you to note down the things you want to try (this can be printed to go on the fridge or cupboard).



## Monday

What time is the group?

How will I get there?

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday



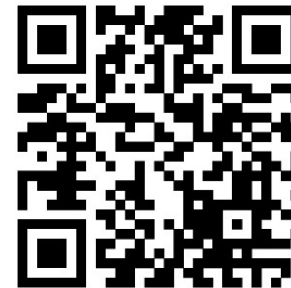
# Helping you get around Greater Manchester with Purpose

Here are some great links to help you plan your journey around Greater Manchester whilst getting out and about exploring the Purpose Maps.

## The Bee Network Website

Here you can:

- Get information on live departures across GMs transport network
- Plan your journey with their easy-to-use journey planner (it allows you to enter your address and the address of the place you want to travel to and select different types of transport you would like to use)
- See travel alerts
- Get information of ticket prices and passes
- See tram and bus schedules
- Find out more about different ways to travel around Greater Manchester
- Find information on the different fare zones and the fares that apply to each
- Information on free and discounted travel



Here is a quick  
QR code to the  
Bee Network  
Journey Planner



## Google Maps

This is available on all digital platforms either via your browser or the Google Maps App. It allows you to put in your journey details and shows you different options for driving, walking, public transport and taxis.

# Five Ways to Wellbeing

**Connect...**

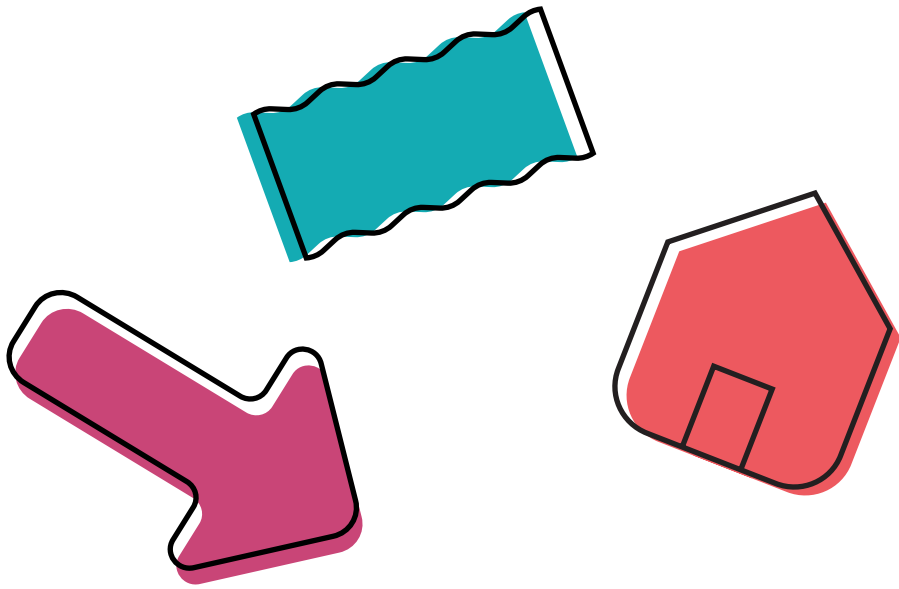
**Keep Learning...**

**Give...**

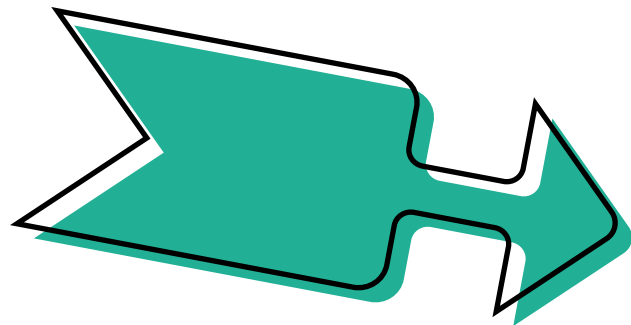
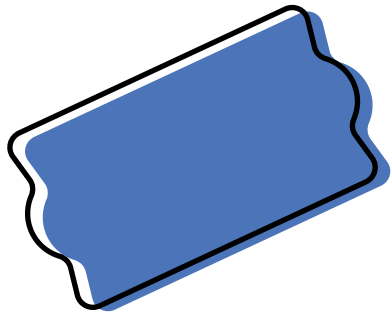
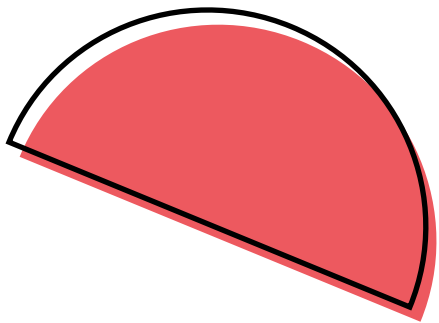
**Be Active...**

**Take Notice...**

**Connect...**



With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



### **Samaritans** ◆

T: Free Call 24 hr 116 123

E: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Places of Welcome** ◆ ▲

Free refreshments (at least a cup of tea and a biscuit) and basic local information in various places across Manchester and the UK

T: 0203 752 5655

E: [info@placesofwelcome.org.uk](mailto:info@placesofwelcome.org.uk)

### **Manchester Settlement** ■ ◆ ▲

Community Cafe, activities and drop-in for well-being, money advice, leisure, and crafts and digital skills.

New Roundhouse, 1328 - 1330 Ashton Old Road, Openshaw, Manchester, M11 1JG

T : 0161 9741300

E: [info@manchestersettlement.org.uk](mailto:info@manchestersettlement.org.uk)

### **The Oasis Centre** ○ ◆ ▲

Holistic support including well-being, leisure activities, group activities. There is also a cafe and shop to visit.

929 Hyde Rd Manchester M18 7FB

T: 0161 529 5508

### **Aim Northwest** ◆

Domestic Abuse Peer Mentor service, Positive change service supports for men and women who are; At risk of offending, Currently Offending, Have a history of offending, Financial well being, Mental Health well being, Housing needs or resettlement from prison. Substance or alcohol misuse, Support through the criminal justice System. Social Inclusion, Family Support, Anger Management

T: 07470 396 240

E: [enquiries@aimnorthwest.org.uk](mailto:enquiries@aimnorthwest.org.uk)

### **Andy's Man Club** ◆

Peer to peer support open to any man aged 18 or over Mondays 7pm (except Bank hols)

Manchester 62-66 Deansgate, Manchester M3 2EN

E: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

### **MaD Theatre Company** ■ ◆

Various Theatre Projects supporting mental health, substance misuse, gambling & social isolation

T: 07788163151

E: [rob@madtheatrecompany.co.uk](mailto:rob@madtheatrecompany.co.uk)

### **Barnabus Support Office** ■ ◆

creative activities, volunteering, mentoring to build confidence and skills, Drop-in, Support, Health and Wellbeing, Street Outreach. 61 Bloom Street, Manchester, M1 3LY

T: 0161 237 3223

E: [admin@barnabusmanchester.co.uk](mailto:admin@barnabusmanchester.co.uk)

### Greater Together Manchester

Church of the Apostles, Ridgeway Street, Miles Platting M40 7FY  
Lifeskills sessions, activities, raining to improve physical and mental wellbeing, skills and learning. Homelessness

T: 07526 204 744

E: [ifeskills@greatertogethermanchester.org](mailto:ifeskills@greatertogethermanchester.org)

### Step Together (Manchester & Bolton)

Support for those excluded from society inc ex-offenders volunteering, Mentoring, skills, self-esteem, confidence

T: 07739823752

E: [karen.eplett@step-together.org.uk](mailto:karen.eplett@step-together.org.uk)

### Women MATTA

Group work and one-to-one support housing, money, mental health, domestic abuse and children and families

Unit 17, St Wilfrid's Enterprise Centre, Royce Road, Hulme, Manchester, M15 5BJ

T: 0161 232 1778

### Acting On Impulse

Acting workshops for anyone who has been or feels marginalised. Our actors include those in recovery, mental health issues, lived experience or homelessness.

Trinity Sports Centre, Cambridge St, Hulme, Manchester. M15 6HP

T: 0161 9040 685

E: [actingonimpulsemail@gmail.com](mailto:actingonimpulsemail@gmail.com)

### Creative Support

Manchester Community Services, 2nd Floor, Dale House, 35 Dale Street, Manchester, M1 2HF

T: 0161 237 5005 or 0161 236 0829

E: [enquiries@creativesupport.co.uk](mailto:enquiries@creativesupport.co.uk)

### Tree of Life Centre

Social action and wellbeing activities, Community Cafe meals less than £3, Food pantry, food bank, employability skills, cheap decorating supplies, repurposed furniture, digital skills

Greenbrow Road, Newall Green, Manchester, M23 2UE

T: 0161 489 7018

E: [info@treeoflifecentre.org.uk](mailto:info@treeoflifecentre.org.uk)

### Cornerstone

free breakfast, hot showers, activities, 1:1 support and advice, signposting, homelessness, poverty, social isolation, poor mental health, drug and alcohol addiction. Health and other support services, education, training, volunteering opportunities

104b Denmark Road, Hulme, Manchester, M15 6JS

T: 0161 232 8888

E: [l.cumbo@caritassalford.org.uk](mailto:l.cumbo@caritassalford.org.uk)

### Mustard Tree

Supporting people out of homelessness, community cafe, courses, training, creative activities,

Art, creative writing, Music, and Textiles groups, Job Clubs, Work placements

110 Oldham Road Ancoats, Manchester, M4 6AG

T: 0161 850 2282

E: [information@mustardtree.org.uk](mailto:information@mustardtree.org.uk)

### Booth Centre

Homeless support Community Centre: volunteering, arts, Cooking, Gardening, Job Clubs, Music Activities, Toiletries sports and sports, training, Health and wellbeing

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

T: 0161 835 2499

E: [kate@boothcentre.org.uk](mailto:kate@boothcentre.org.uk)

### Zion Community Centre ◆

Community centre ,self-help groups, activities, community services and charities to help you live and feel well.

339 Stretford Road, Hulme, Manchester, M15 5ZY

T: 0161 226 5526

### Back On Track ◆◆

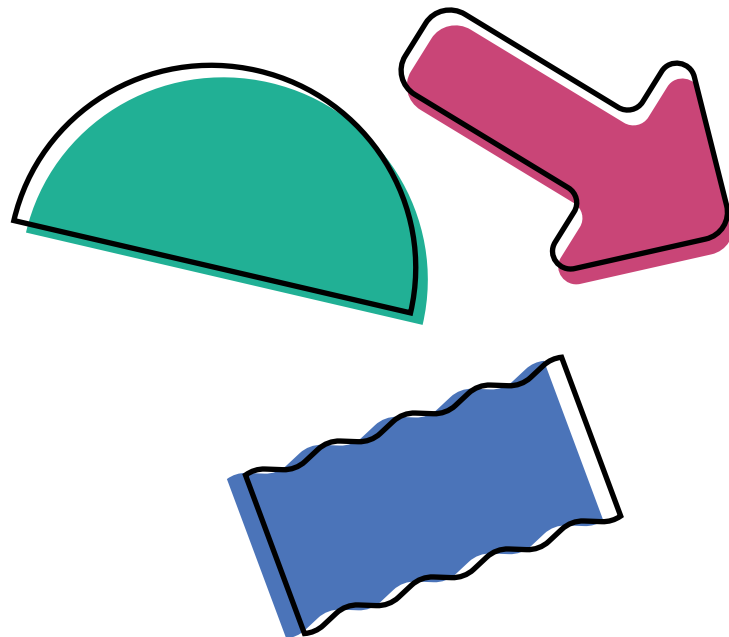
Enabling disadvantaged adults to make lasting positive changes, learning centre support with alcohol or drugs, offending, homelessness and mental health.

Arts, Cooking, Education, Music & Other Activities, Training and workshops

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

T: 0161 834 1661

E: [info@backontrackmanchester.org.uk](mailto:info@backontrackmanchester.org.uk)



### North Manchester Community Partnership ■●◆◆

Welcome Centre, 18-32 Brentfield Avenue, Manchester, M8 0TW

Work Club activities, Benefits Advice Service, Digital Skills

Training, Accredited online training, support for job seekers,

volunteering opportunities and confidence building with access to community led activities ie Crafts, befriending, gardening, self-help groups.

T: 0771 263 3654

E: [hello@nmcp.org.uk](mailto:hello@nmcp.org.uk)

### Start Inspiring Minds

Community activities, mental health drop in, social prescribing

T: 0161 351 6000

E: [info@startinsalford.org.uk](mailto:info@startinsalford.org.uk)

### Learn Well ◆○◆

offer courses on everything from CV writing to mindfulness to parenting skills, both online and in the community.

Our free courses are open to anyone who wants to learn and improve their wellbeing.

E: [training@thebiglifegroup.com](mailto:training@thebiglifegroup.com)

### Kath Locke Centre ◆

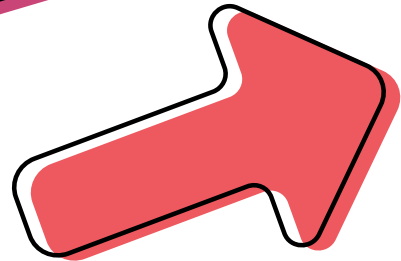
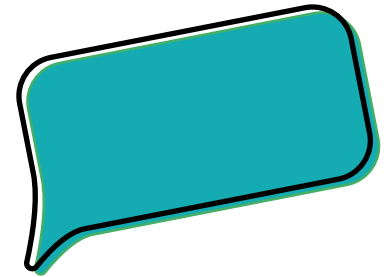
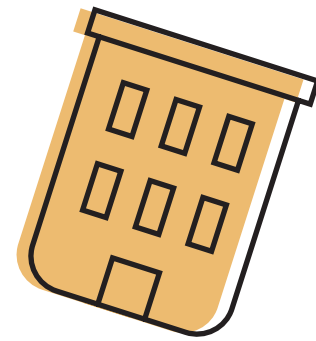
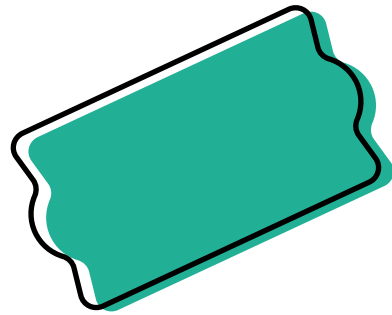
community centre, self-help groups, activities, community

services 123 Moss Lane East, Manchester, M15 5DD

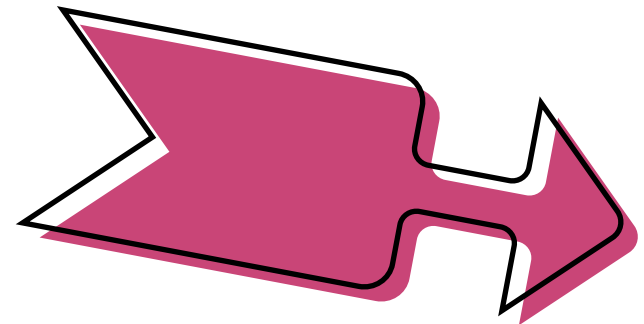
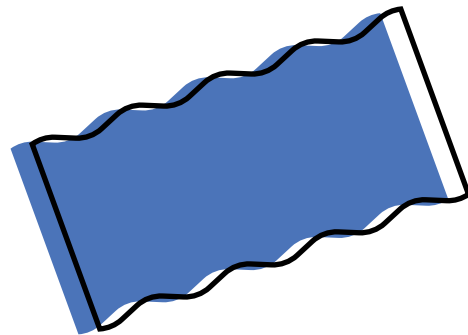
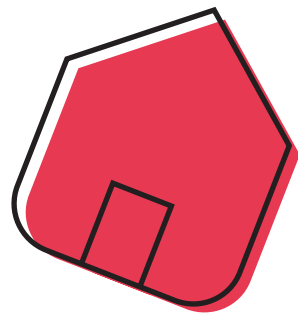
E: 0161 455 0211

### Manchester Parents Group ◆

A parent support group for Manchester parents



Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



### NHS GM Mental Health ■ ◆ ◆

Volunteering opportunities for people with lived experience of mental health services

Opportunities include:

- Arts and a craft
- Gardening
- Music
- Substance Misuse Peer Mentor
- Peer mentors for individuals leaving prison
- Recovery Academy Learning Experience

### Manchester Community Central ◆

A range of volunteering opportunities across Manchester

T: 0161 830 4770

### Step Together (Manchester & Bolton) ◆ ◆

Support for those excluded from society inc ex-offenders volunteering, Mentoring, skills, self-esteem, confidence

T: 07739823752

E: karen.eplett@step-together.org.uk

### Cornerstone ◆ ◆

Volunteering opportunities

104b Denmark Road, Hulme, Manchester, M15 6JS

T: 0161 232 8888

E: l.cumbo@caritassalford.org.uk

### Zion Community Centre ◆ ◆

Volunteering at the Community centre 339 Stretford Road, Hulme, Manchester, M15 5ZY

T: 0161 226 5526

### Booth Centre ◆ ◆

Homeless support Community Centre: volunteering, Edward Holt House, Pimblett Street, Manchester, M3 1FU

E: 0161 8352 499

T: kate@boothcentre.org.uk

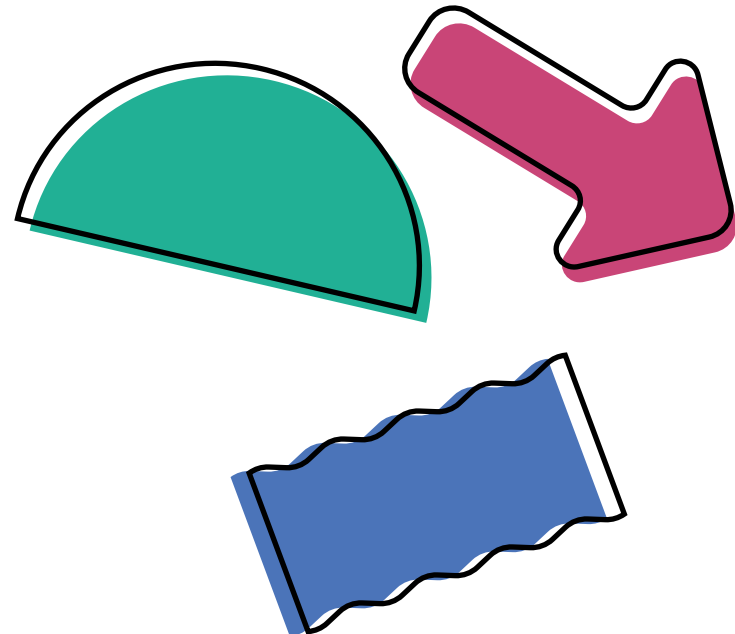
### Coffee4Craig ◆ ◆ ◆

Volunteering - Holistic homelessness support

Drop-In Address, The Meanwhile, Unit 5, 153 Great Ducie Street, Manchester, M3 1FB

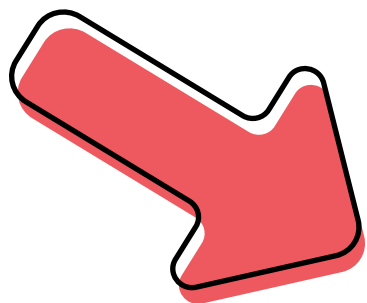
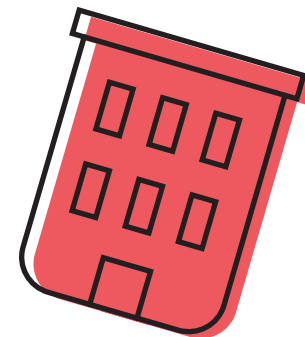
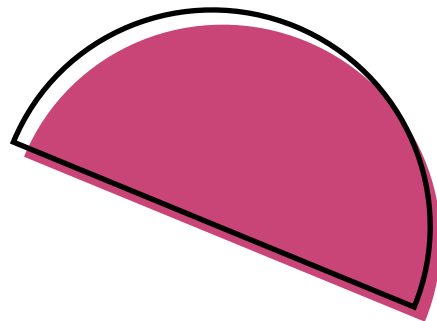
T: 07543590330

E: office@coffee4craig.co.uk

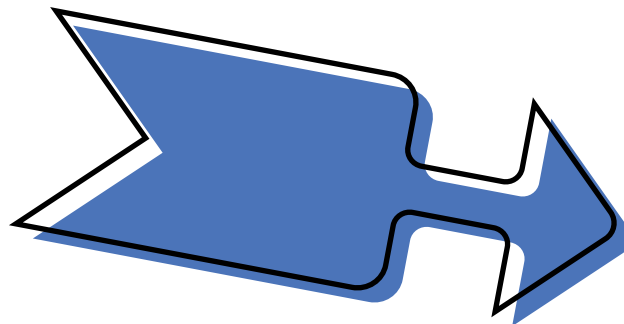
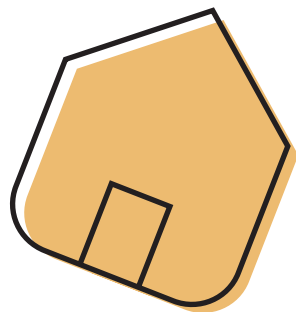
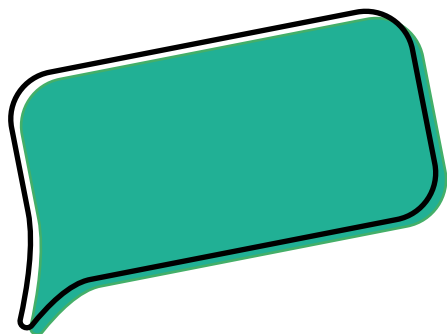




Keep Learning...



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



### **Motiv8**

Support Manchester residents aged 25+ who are not in employment or training. Support with - training, employment, health, wellbeing, self-confidence, self-esteem, finance and employability skills

T: 0161 331 2048

E: [info@manchesterbbo.co.uk](mailto:info@manchesterbbo.co.uk)

### **The Growth Company**

We are here to support those individuals who have lost their job, want to upskill, or who are simply looking for advice on changing careers.

T: 0161 393 6473

E: [greatermanchester@groundwork.org.uk](mailto:greatermanchester@groundwork.org.uk)

### **The Recovery Academy**

Provides a range of free educational courses and resources for people with mental health and substance misuse problems & their carers and families

Greater Manchester Mental Health NHS Foundation Trust Bury New Road, Prestwich, Manchester, M25 3BL

T: 0161 773 9121

### **Barnabus**

Support Office, 61 Bloom Street, Manchester, M1 3LY  
creative activities, volunteering, mentoring to build confidence and skills, Drop-in, Support, Health and Wellbeing, Street Outreach.

T: 0161 237 3223

E: [admin@barnabusmanchester.co.uk](mailto:admin@barnabusmanchester.co.uk)

### **Greater Together Manchester**

Lifeskills sessions, activities, raining to improve physical and mental wellbeing, skills and learning. Homelessness

Church of the Apostles, Ridgeway Street, Miles Platting M40 7FY

T: 07526 204 744

E: [lifeskills@greatertogethermanchester.org](mailto:lifeskills@greatertogethermanchester.org)

### **Acting On Impulse**

Acting workshops for anyone who has been or feels marginalised. Our actors include those in recovery, mental health issues, lived experience or homelessness.

Trinity Sports Centre, Cambridge St, Hulme, Manchester. M15 6HP

T: 01619040685

E: [actingonimpulsemail@gmail.com](mailto:actingonimpulsemail@gmail.com)

### **Creative Support**

Manchester Community Services, 2nd Floor, Dale House, 35 Dale Street, Manchester, M1 2HF

T: 0161 237 5005 or 0161 236 0829

E: [enquiries@creativesupport.co.uk](mailto:enquiries@creativesupport.co.uk)

### **Tree of Life Centre**

Social action and wellbeing activities, Community Cafe meals less than £3. Food pantry, food bank, employability skills, cheap decorating supplies, repurposed furniture, digital skills  
Greenbrow Road, Newall Green, Manchester, M23 2UE

T: 0161 489 7018

E: [info@treeoflifecentre.org.uk](mailto:info@treeoflifecentre.org.uk)

### MaD Theatre Company ■ ◆

Various Theatre Projects supporting mental health, substance misuse, gambling & social isolation

T: 07788163151

E: [Rob@madtheatrecompany.co.uk](mailto:Rob@madtheatrecompany.co.uk)

### Cornerstone ● ◆ ▲

free breakfast, hot showers, activities, 1:1 support and advice, signposting, homelessness, poverty, social isolation, poor mental health, drug and alcohol addiction. Health and other support services, education, training, volunteering opportunities

104b Denmark Road, Hulme, Manchester, M15 6JS

T: 0161 232 8888

E: [l.cumbo@caritassalford.org.uk](mailto:l.cumbo@caritassalford.org.uk)

### Mustard Tree ■ ● ◆ ▲

Supporting people out of homelessness, community cafe, courses, training, creative activities, Art, creative writing, Music, and Textiles groups, Job Clubs, Work placements

110 Oldham Road Ancoats, Manchester, M4 6AG

T: 0161 850 2282

E: [information@mustardtree.org.uk](mailto:information@mustardtree.org.uk)

### Booth Centre ■ ● ● ◆

Homeless support Community Centre: volunteering, arts, Cooking, Gardening, Job Clubs, Music Activities, Toiletries sports and sports, training, Health and wellbeing

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

T: 01618352499

E: [kate@boothcentre.org.uk](mailto:kate@boothcentre.org.uk)

### Zion Community Centre ✕

Community centre ,self-help groups, activities, community services and charities to help you live and feel well.

339 Stretford Road, Hulme, Manchester, M15 5ZY

T: 0161 226 5526

### Step Together (Manchester & Bolton) ✕

Support for those excluded from society inc ex-offenders volunteering, Mentoring, skills, self-esteem, confidence

T: 07739 823 752

E: [karen.eplett@step-together.org.uk](mailto:karen.eplett@step-together.org.uk)

### Back On Track ● ◆

Enabling disadvantaged adults to make lasting positive changes learning centre support with alcohol or drugs, offending, homelessness and mental health.Arts, Cooking, Education, Music & Other Activities, Training and workshops

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

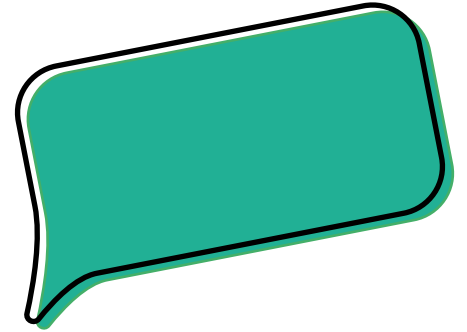
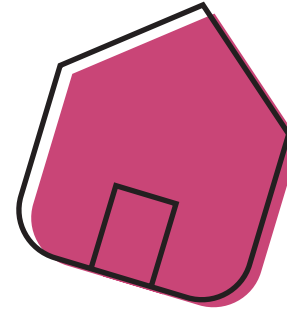
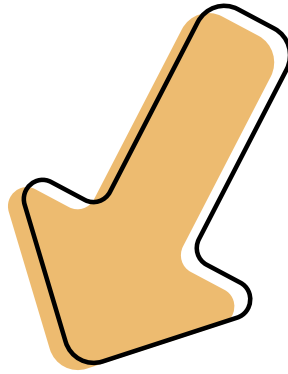
T: 0161 834 1661 ■ ● ◆

E: [info@backontrackmanchester.org.uk](mailto:info@backontrackmanchester.org.uk)

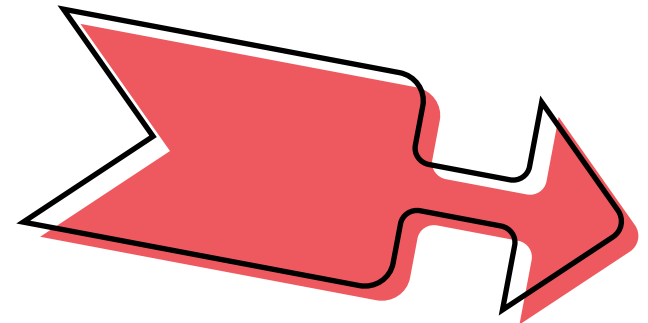
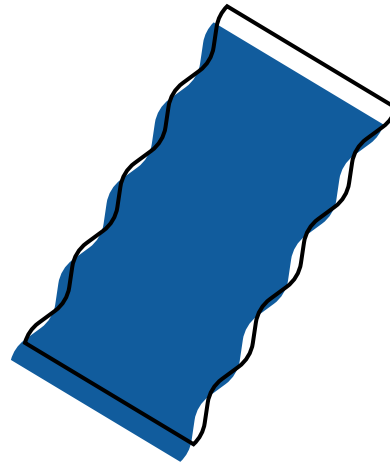
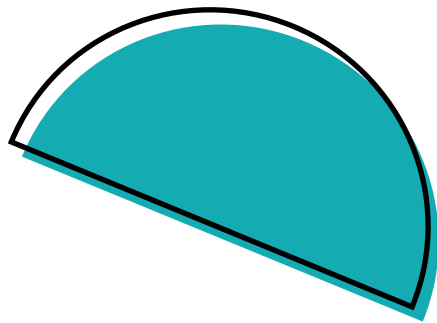
### Manchester Libraries ● ◆

There are lots of libraries across Manchester where you can go to read, use computers, stay warm and learn new skills.

# Take Notice...



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



**Insight Timer** ○

A free app available on app stores with meditations and talks for anxiety, depression, anger, grief and more

**Samaritans** ○

FREE self help available online & via app to support mental health & well being

**Manchester Buddhist Centre** ○

Offer a range of meditation spaces and courses

**How to meditate in a moment** ○

A short video to help you learn to take notice in any situation

**Manchester Mind Take Notice Resources** ○

A series of resource and ideas on how to take notice

**Mosaic classes** ○

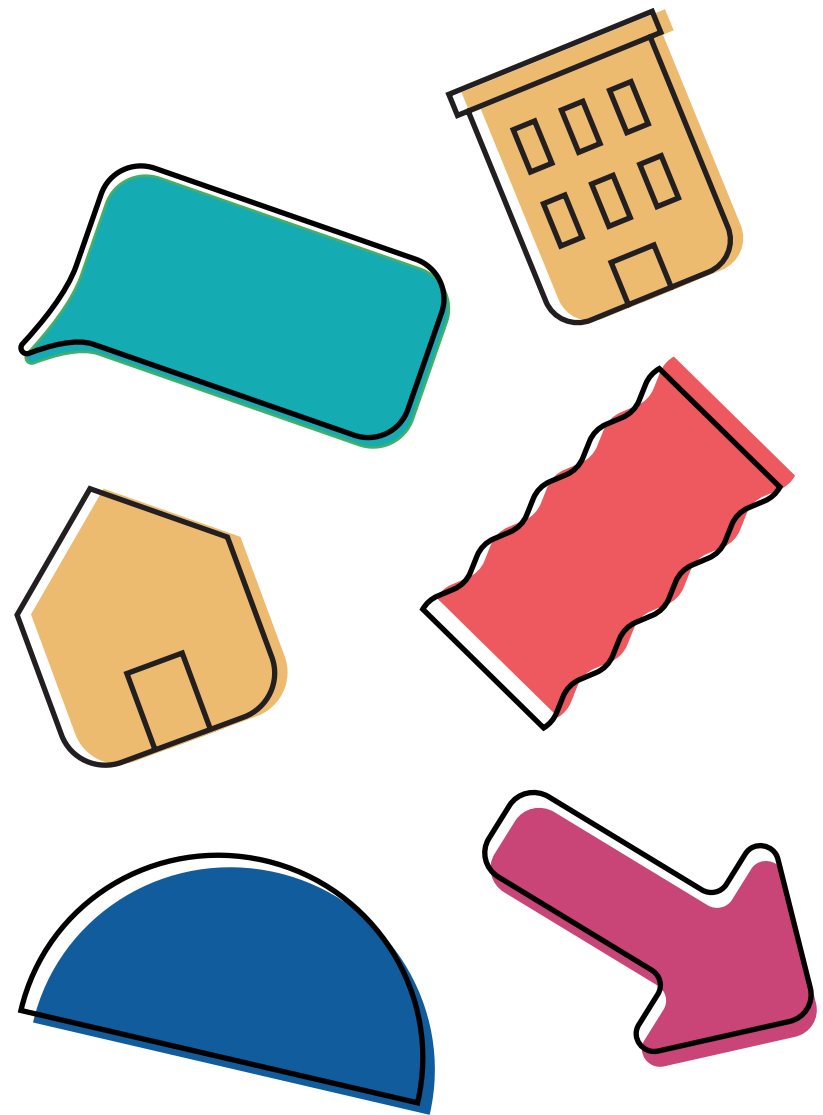
**Sewing, mending and upcycling opportunities** ○

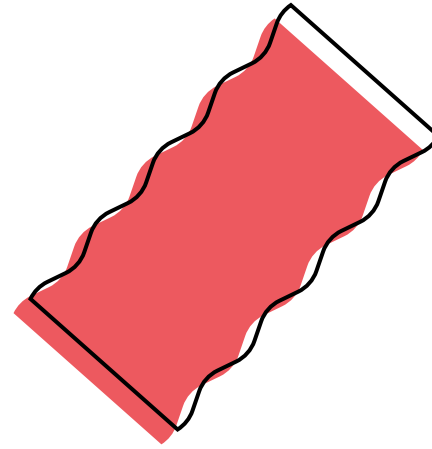
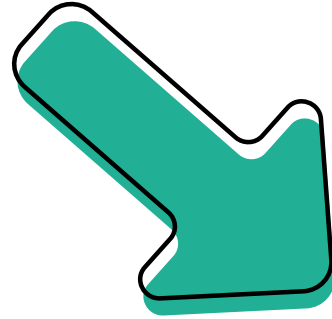
**Global Arts Manchester** ■ ○

Working to make visual arts inclusive and to give people space to appreciate art

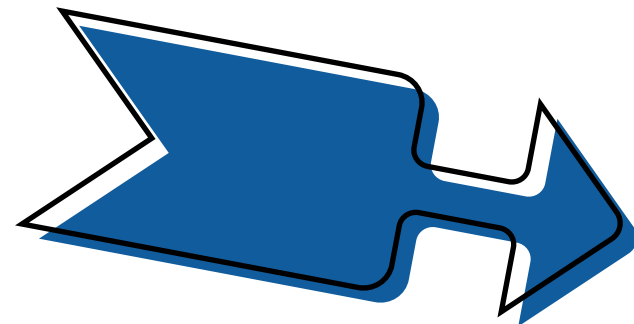
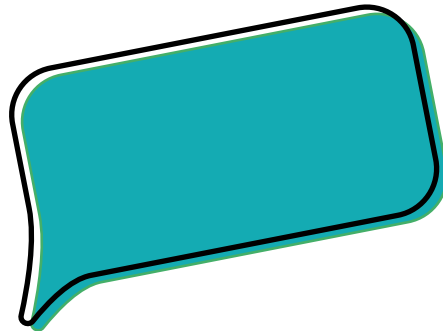
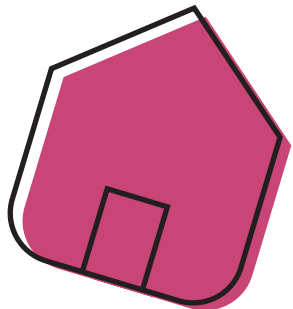
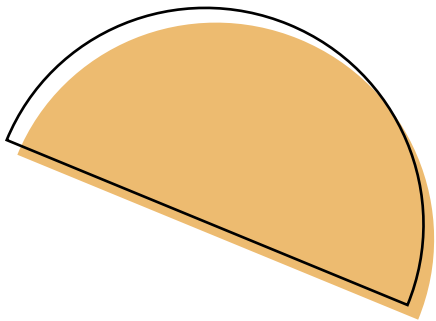
**Parks, playgrounds, allotments and open spaces** ■ ○

Spaces to get outside and take notice of what is around you





Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



### Street Soccer Academy

Football, fitness, and a 'wrap-around' package of support is offered in areas of personal mentoring, education and employment pathways. Referrals homelessness, offending, mental health, and addiction. The service users are trained and equipped to deliver the football and fitness sessions themselves as part of a Coach Education Programme.

The Manchester College, Nicholls Campus, Hyde Road, Ardwick, Manchester, M12 6BA

T: 01204417846

E: [info@streetsocceracademy.co.uk](mailto:info@streetsocceracademy.co.uk)

### Acting On Impulse

Acting workshops for anyone who has been or feels marginalised. Our actors include those in recovery, mental health issues, lived experience or homelessness.

Trinity Sports Centre, Cambridge St, Hulme, Manchester. M15 6HP

T: 0161 9040 685

E: [actingonimpulsemail@gmail.com](mailto:actingonimpulsemail@gmail.com)

### Incredible Edibles

Community Allotments and gardening

E: [ian@incredibleeducation.co.uk](mailto:ian@incredibleeducation.co.uk)

### Get Running With Couch to 5K Free App- NHS

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

### The Lost Plot

Southern allotments community group

### Friends of Longford park

A community group looking after Longford Park

### Chorlton Community Allotment

A space to go to learn to grow and meet people

### Friends of Chorlton Park

A community group looking after Chorlton Park

### Chorlton Community Garden

A community garden where you can get involved in maintaining the garden and learning new skills

### Better

Leisure centres, gyms and pools in Manchester

### Walking in Manchester

Various walking groups that are free to attend across the city

### Go Jauntly

Free walking routes around Manchester

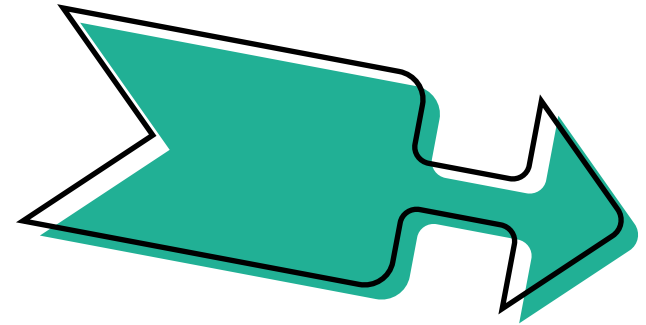
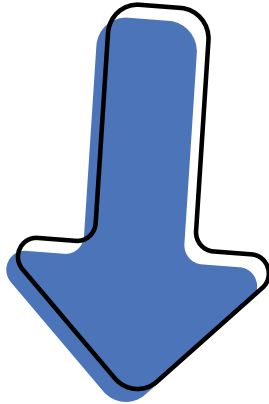
### Manchester Parks, Playgrounds, Allotments and Open Spaces

Spaces across Manchester you can get out and be green spaces

### UCOM

UCOMM is charity organization committed to promoting the general well-being of Black and Minority Ethnic groups in Manchester.

# Practical Support





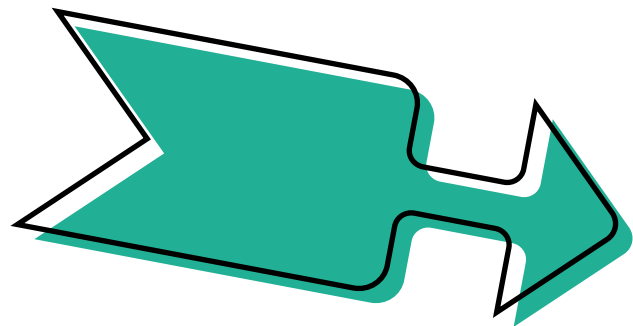
## Warm and Welcoming Spaces

Across Greater Manchester there are free warm spaces that you can go to and keep warm. These range from libraries to churches and from community centres to community cafes. The Warm and Welcoming Spaces website allows you to search for the ones nearest to your post code. It tells you when they are open. Many of them are located alongside other activities that you can access too.

### Warm Welcome Spaces



# Addiction and Crisis Support



## **FRANK: Drug information Service** ◆

FRANK is the national drug information service. You can ring FRANK at any time and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs. The service is free and confidential.

T: 0300 123 6600

## **NHS Addiction Services** ◆

Various services for people with addiction issues

## **Narcotics Anonymous** ◆

Mutual aid/peer support group for people experiencing drug addiction

T: 0300 999 1212 (Helpline 10am – midnight)

## **Alcoholics Anonymous** ◆

Mutual aid/peer support group for people experiencing alcohol addiction

T: 0800 9177 650

E: [help@aamail.org](mailto:help@aamail.org)

## **Gamblers Anonymous** ◆

Mutual aid/peer support group for people experiencing drug/gambling addiction

T: 0330 094 0322

E: [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

## **Change, Grow, Live Manchester** ◆

Drug & Alcohol Service

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

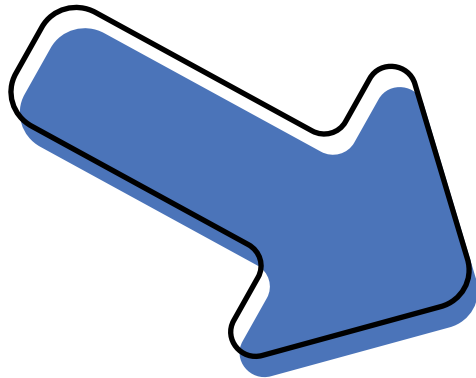
T: 0161 203 6622

## **A PORT OF CALL** ◆

Port of Call is a website and helpline for anyone affected by addiction.

T: 0808 302 3172

# Housing, Money and Food



## Shelter ◆

Emergency helpline for anyone experiencing or at risk of homelessness

T: [0808 800 4444](tel:08088004444)

## Citizens Advice Manchester ◆

Support and advice on a range of consumer and citizen issues

T: [03444 111222](tel:03444111222)

## Church of the Apostles ◆▲

Meals, Clothes

Ridgeway Street, Miles Platting, Manchester M40 7FY

T: [07887601451](tel:07887601451)

## Cornerstone Day Centre ◆▲

Day centre for homeless or vulnerable people Housing advice, resettlement, tenancy sustainment, Signposting, Showers, clothing store. Low cost breakfast and lunch. Access to phones and internet. 104b Denmark Road, Moss Side, Manchester M15 6JS

T: [0161 232 8888](tel:01612328888)

E: [info@cornerstonecds.org.uk](mailto:info@cornerstonecds.org.uk)

## Feed My City Food Van ▲

Providing healthy vegetarian food from a van around Manchester.

Learning Centre, 117 Briscoe Lane, Newton Heath M40 2TP

Gorton Community Grocer

Gorton Community Centre, 543 Abbey Hey Lane, M18 8PE  
groceries + cooking classes and toiletries.

T: [07910 879985](tel:07910879985),

E: [info@healthymehealthycommunities.co.uk](mailto:info@healthymehealthycommunities.co.uk)

E: [amie@hmhc.co.uk](mailto:amie@hmhc.co.uk)

### **Bread and Butter thing** ▲

The Membership pantry Available for collection across Manchester

E: [hello@breadandbutterthing.org](mailto:hello@breadandbutterthing.org)

### **Droylsden & District Trussell Trust** ▲

St Mary's Church, Church Street, Droylsden, Manchester, M43 7BR

T: 07473 452813

### **St Clements Trussell Trust** ▲

St Clement's Church, Ashton Old, Manchester, M11 1HF

T: 07473 452813

### **Humans MCR** ▲

Emergency Food Parcels delivered to you

E : [info@humansmcr.org](mailto:info@humansmcr.org)

### **Kingdom Mandate Centre** ◆▲

Empowerment House, Food bank, clothes bank, 410 Ashton Old Road. Manchester M11 2DT

T: 01612233007 or 07799066755

### **ASCM Food Bank** ▲

582 Hyde Road Gorton, Manchester, M18 7EE

Proof of benefits required

T: 0161 2233 202 Fri 12 – 2pm

E: [info@ascministries.net](mailto:info@ascministries.net)

### **The River, Manchester** ◆

1300 Ashton Old Road, Openshaw, Manchester, M11 1JG  
Services

are restricted for people who have experienced domestic abuse referrals.

T: 0161 371 5522

E: [therivermanchester@gmail.com](mailto:therivermanchester@gmail.com)

### **Salvation Army Openshaw** ◆

Lime Square Shopping Centre, (Opposite Morrisons), M11 1DA

T: 0161 371 5044

E: [openshaw@salvationarmy.org.uk](mailto:openshaw@salvationarmy.org.uk)

### **The Roundhouse Pantry** ▲

Affordable fresh food 1328 Ashton Old Road

T: 0161 974 1300

### **On the Out** ◆◆▲

Service and support for ex-offenders.

support and guidance around benefits, addiction, housing, getting ID, debt and money, family and legal issues, employment, well-being mentoring skills, training and accredited qualifications.

Street Engagement Hub, Outside of Musatrd Tree (not part of Mustard Tree), 110 Oldham Rd, Manchester, M4 6AG

T: 07452 809 664

E: [info@ontheout.org](mailto:info@ontheout.org)

### **Christians Against Poverty (CAPUK)** ◆

- Debt advice, job clubs, training and workshops
- Debt Centre 0800 328 0006
- Job Club: 07766 724632

### **Mustard Tree** ◆ ▲

110 Oldham Rd, Manchester, M4 6AG  
Appliances, Clothes, Dried food, Furniture, Training and workshops  
T: 0161 228 7331  
E: [volunteering@mustardtree.org.uk](mailto:volunteering@mustardtree.org.uk)

### **Wesley Community Furniture** ◆

Cheap furniture and white goods  
St Wilfrid's Hall, St Wilfrid's Street, Hulme, Manchester, M15 5BJ  
T: 0161 226 9051  
E: [info@thewesley.org.uk](mailto:info@thewesley.org.uk)

### **Street Support** ◆

Find support services near you and see how you can help others.  
E: [info@streetsupport.net](mailto:info@streetsupport.net)

### **Feed my city** ▲

Emergency Food Charity - Dry food parcels & Hot Meals  
Hot meals & food parcel delivery service  
Feedmycity Building, Unit 2, 63-65 Beswick St, Manchester, M4 7HR  
T: 0300 365 3101  
E: [admin@feedmycity.org](mailto:admin@feedmycity.org)  
E: [info@sikhsewa.org.uk](mailto:info@sikhsewa.org.uk)

### **Coffee4Craig** ◆ ▲

Holistic homelessness support, Food, clothes, home-cooked meal, GP, shower, advice & sign posting, barbering service a Drop-In Address, The Meanwhile, Unit 5, 153 Great Ducie Street, Manchester, M3 1FB  
T: 07543590330  
E: [office@coffee4craig.co.uk](mailto:office@coffee4craig.co.uk)

### **Cornerstone** ◆ ▲

free breakfast, hot showers, activities, 1:1 support and advice, signposting, homelessness, poverty, social isolation, poor mental health, drug and alcohol addiction. Health and other support services, education, training, volunteering opportunities  
104b Denmark Road, Hulme, Manchester, M15 6JS  
T: 0161 232 8888  
E: [l.cumbo@caritassalford.org.uk](mailto:l.cumbo@caritassalford.org.uk)

### **Tree of Life Centre** ◆ ▲

social action and wellbeing activities, Community Cafe meals less than £3  
Food pantry, food bank, employability skills, cheap decorating supplies, repurposed furniture, digital skills  
Greenbrow Road, Newall Green, Manchester, M23 2UE  
T: 0161 489 7018  
E: [info@treeoflifecentre.org.uk](mailto:info@treeoflifecentre.org.uk)

### **Healthy Me Healthy Communities** ◆ ▲

Community Grocers £2.50 for £12 food shop  
Gorton Community Grocer, Gorton Community Centre, 543 Abbey Hey Lane, Gorton. M18 8PF  
T: 07910 879985 or 07913 540680  
E: [amie@hmhc.co.uk](mailto:amie@hmhc.co.uk)

### **Coverdale and Newbank Community Grocer Pantry** ◆ ▲

£2.50/week for 8 items Thu 11am-1pm  
Cornbrook House M12 4DY Ardwick Manchester

### **Chatterbox Food Bank** ◆ ▲

ID & proof of address Mon 1.30pm-2.30pm (Term time only)  
70 Booth Hall Road M9 7BL Blackley Manchester

### **Well of Hope Pantry Pantry** ◆ ▲

£3/week - 10 items Tue 12noon-1pm  
Wellspring M40 9DN Collyhurst Manchester

### **The Lalley Centre** ◆ ▲

Pantry £1/week Wed 10am-12noon St Malachy's M40 7RG  
M4,  
M8, M9, M40 Manchester

### **Wythenshawe Trussell Trust Food Bank Vouchers** ◆ ▲

not referring agent

- Wed 12noon-3pm St Aiden's Centre M23 9DE Wythenshawe Manchester
- Tue 10am-3pm Royal Oak Community Centre M23 1DU Wythenshawe Manchester
- Wed 11am-2pm Dandelion Community Centre M22 1AH Wythenshawe Manchester
- Fri 4pm-5pm St Luke's Church M22 4PT Wythenshawe Manchester
- Fri 9am-12noon Bideford Centre M23 0QN Wythenshawe Manchester
- Mon 12.30pm-4pm Bideford Centre M23 0QN Wythenshawe Manchester
- Thu 9am-4pm Bideford Centre M23 0QN Wythenshawe Manchester
- Tue 9am-4pm Bideford Centre M23 0QN Wythenshawe Manchester
- Wed 9am-1pm Bideford Centre M23 0QN Wythenshawe Manchester

### **Chorlton + Didsbury Trussell Trust Food Bank Vouchers** ◆ ▲

not referring agent

- Tue 4.30pm-6.30pm Chorlton Central Church M21 8BF Chorlton Manchester
- Fri 11am-1pm St Barnabus M21 8DH Chorlton Manchester

### **Southway Homes Pantry £2/week - 15 items** ◆ ▲

- Wed 10am-3pm Westcroft Community Centre M20 6EF M20 Manchester
- Fri 12noon-4pm 42 Merseybank Avenue M21 7NN M21 Manchester
- Thu 10.30am-1pm Brookfield House M21 7UD M21 Manchester
- Fri 12.30pm-2.30pm Old Moat Children's Centre M20 1DE M20 Manchester

### **Burnage Trussell Trust Food Bank Vouchers** ◆ ▲

not referring agent

- Fri 3pm-5pm St Bernard's M19 1DR Burnage Manchester
- Tue 12.30pm-2.30pm St Nicholas M19 1PL Burnage Manchester

### **Fallowfield + Withington Trussell Trust Food Bank Vouchers** ◆ ▲

Not referring agent Tue 12noon-2pm

St Cuthbert's M20 3LH Withington Manchester

### **Ardwick and Longsight Foodbank Food Bank Online voucher** ◆ ▲

- Mon 1pm-3pm Transformation Community Research Centre M13 0LN Longsight Manchester
- 2pm-4pm Transformation Community Research Centre M13 0LN Longsight Manchester

### **Compassion Prison Ministries Food Bank Online voucher** ◆ ▲

- Fri 12noon-3pm Church of God of Prophecy M14 4SS Moss Side Manchester
- Tue 12noon-3pm Church of God of Prophecy M14 4SS Moss Side Manchester

### **Hulme Community Pantry** ▲

£3/week - 10 items

- Mon 9am-4.30pm 3-5 Malvern Row M15 4FD Hulme Manchester
- 9am-4.30pm 3-5 Malvern Row M15 4FD Hulme Manchester
- Wed 9am-4.30pm 3-5 Malvern Row M15 4FD Hulme Manchester

### **Manchester South Central Trussell Trust Food Bank** ▲

Shelter can refer

- Sat 11am-1pm The Wesley Centre M15 5BP Hulme Manchester
- Wed 1pm-3pm St Edmund's M16 8EZ Whalley Range Manchester

### **Hulme Community Grocer Pantry** ▲

£2.50/week - 8 items

Tue 12noon-3pm Aquarius Centre M15 6AX Hulme Manchester

### **Gorton Community Grocer Pantry** ▲

£2.50/week - 8 items

Fri 9.30am-12noon Gorton Community Centre M18 8PF Gorton Manchester

### **Fallowfield + Withington Trussell Trust Food Bank** ▲

Vouchers

not referring agent

- Fri 12noon-2pm Union Chapel M14 6EQ Fallowfield Manchester
- Sat 10am-12noon Holy Innocents M14 6JZ Fallowfield Manchester
- Fri 9.30am-12noon Fallowfield Community Library M14 7FB Fallowfield Manchester
- Wed 5pm-6.15pm Fallowfield Community Library M14 7FB Fallowfield Manchester

### **Anson Community Grocer Pantry** ▲

£2.50/week - 8 items

- Thu 9.30am-12.30pm 38 Meldon Road M13 0TR Rusholme & Longsight Manchester
- Tue 9.30am-12.30pm 38 Meldon Road M13 0T

### **Rusholme & Longsight Manchester** ▲

Manchester Central Trussell Trust Food Bank Shelter can refer

- Fri 10am-12noon Avila House M13 9PG Manchester Manchester
- Tue 10am-12noon Avila House M13 9PG Manchester Manchester
- Wed 10am-12noon Avila House M13 9PG Manchester Manchester

### **New Hope Church Pantry** ▲

50p 2 bags of food

M/T/T/F 5pm ONLY FOR CLIENTS IN M15 Hulme Manchester

### **Step Change Debt Charity** ▲

Charity offering free debt advice & support

T: 08001381111

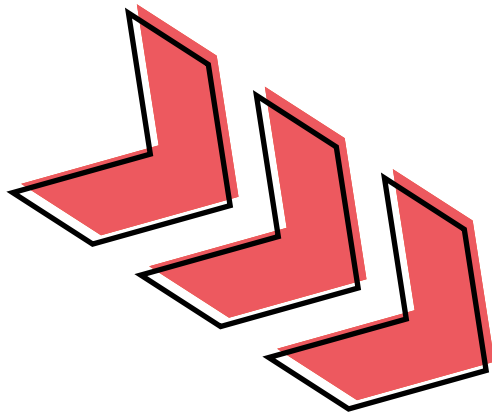
### **Didsbury Trussell Trust Food Bank** ▲

Vouchers - not referring agent

Wed 11am-1pm

Christ Church M20 2ZD Didsbury Manchester

# Physical and Mental Health



## **Talk Listen Change (TLC) (Jigsaw Homes Group Ltd)** ○ ◆

Counselling and Well Being, support services, Improved emotional wellbeing , Increased resilience, Improved relationships

T: 0161 872 1100

E: [enquiries@talklistenchange.org.uk](mailto:enquiries@talklistenchange.org.uk)

## **Manchester Hearing Voices Group** ◆

Harpurhey Neighbourhood Project, Carisbrook Street, Harpurhey, Manchester M9 5UX

T: 0759 083 7359 or 0161 205 0188

E : [neptune\\_1965@hotmail.com](mailto:neptune_1965@hotmail.com)

## **Manchester MIND** ◆

Support with mental health, meditation sessions via Zoom.

T: 0300 123 3393

E: [info@mind.org.uk](mailto:info@mind.org.uk)

## **Talking Therapies Manchester** ◆

Oakland House, Talbot Road, Manchester, M16 0PQ

T: 0161 226 3871

## **Buzz Manchester** ✕ ◆

is a health and wellbeing service set up to help individuals. Their website is a great resource with loads of ways to improve you health and wellbeing

[www.buzzmanchester.co.uk](http://www.buzzmanchester.co.uk)

## **Moodswings** ◆

Helping people recover from their ups and downs

T: 0161 832 3736

## **HealthWatch Manchester** ◆

Helping to navigate health and care services across Manchester



**Face to Face** ♦

Counselling Service for people on low income  
122 Egerton Road South, Manchester M21 0XJ  
T: 0161 881 1535

**Women MATTA** ♦

group work and one-to-one support housing, money, mental health, domestic abuse and children and families  
Unit 17, St Wilfrid's Enterprise Centre, Royce Road, Hulme, Manchester, M15 5BJ  
T: 0161 232 1778

**Talk Listen Change** ♦

Free Counselling and Well Being  
E: [ServiceEnquiries@talklistenchange.org.uk](mailto:ServiceEnquiries@talklistenchange.org.uk)  
T: 0161 872 1100

**Survivors Manchester**

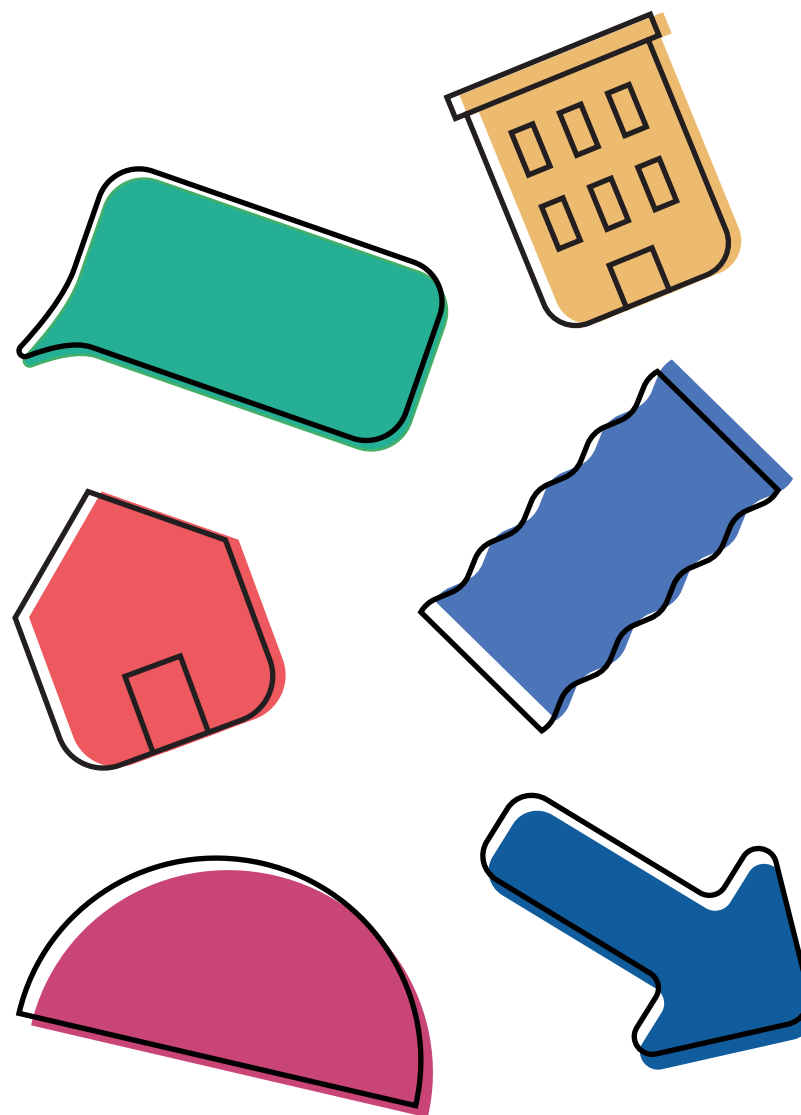
Unit 9, Brewery Yard, Deva City Office Park, Trinity Way, Salford, M3 7BB  
T: 01612362182  
E: [info@survivorsmanchester.org.uk](mailto:info@survivorsmanchester.org.uk)

**Domestic Abuse helpline** ♦

T: 0800 2000 247

**Anxiety UK** ♦

Support for anyone suffering from anxiety  
Online support sessions - stress, anxiety, positive thinking



# Let's keep building our understanding together

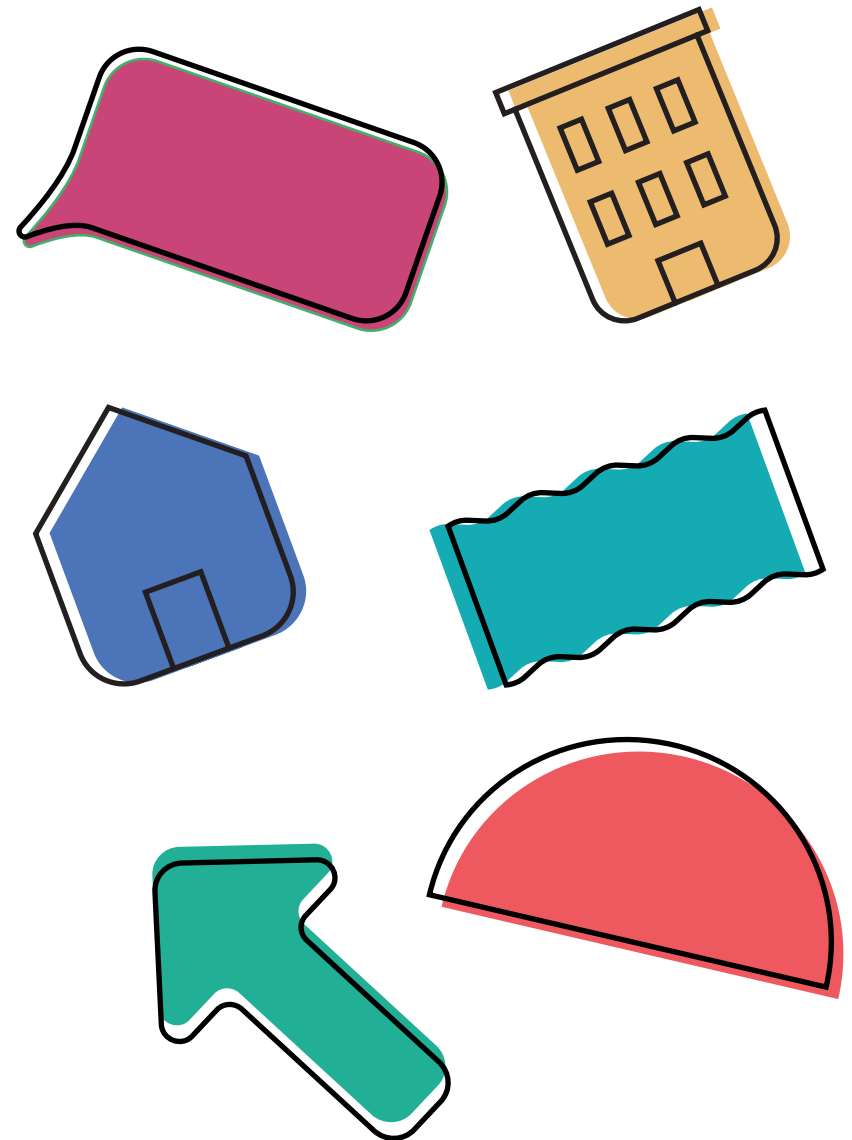
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

Google form to add something new  
<https://forms.gle/jJpo7pdQDjCfFDf87>

if you come across something that is in this map that you think we need to look at or you have not had the welcome you expected then we please contact us via  
[hello@collaborateoutloud.org](mailto:hello@collaborateoutloud.org)

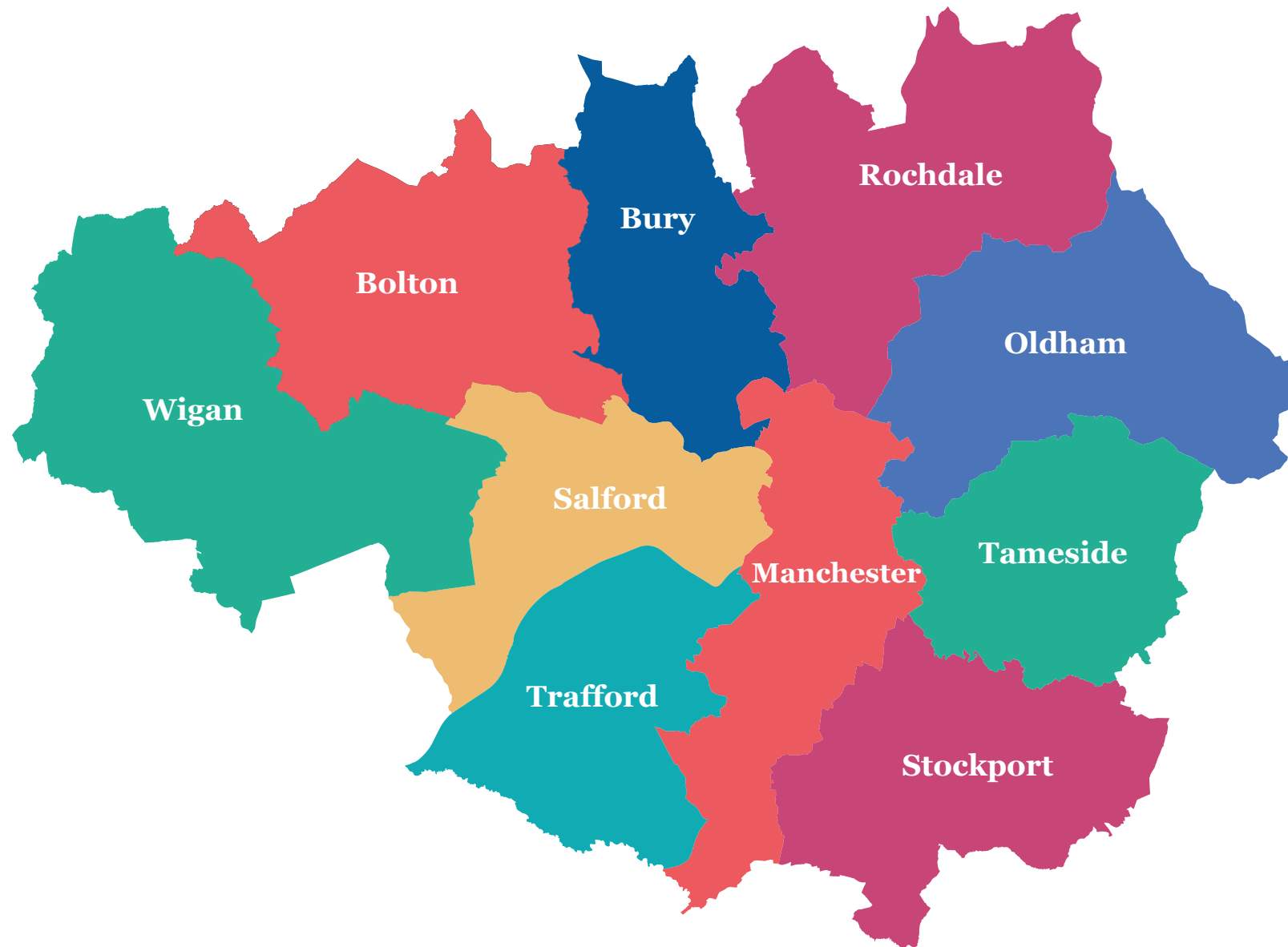
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

**The Collaborate Out Loud Team**



# GM Wide Purpose Maps

Click [here](#) to access the Purpose Maps for each borough of Greater Manchester.





**If you want further information about this work or talk to us about our work then please get in touch**



Hello@Collaborateoutloud.org



X @collaboutloud



Instagram @collaboutloud

