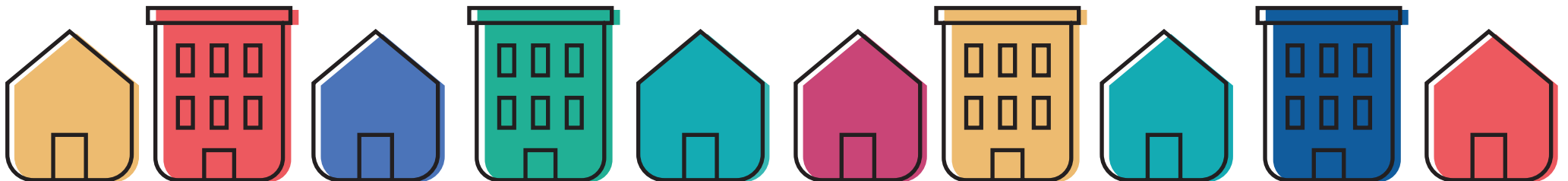




Oldham Purpose Map

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

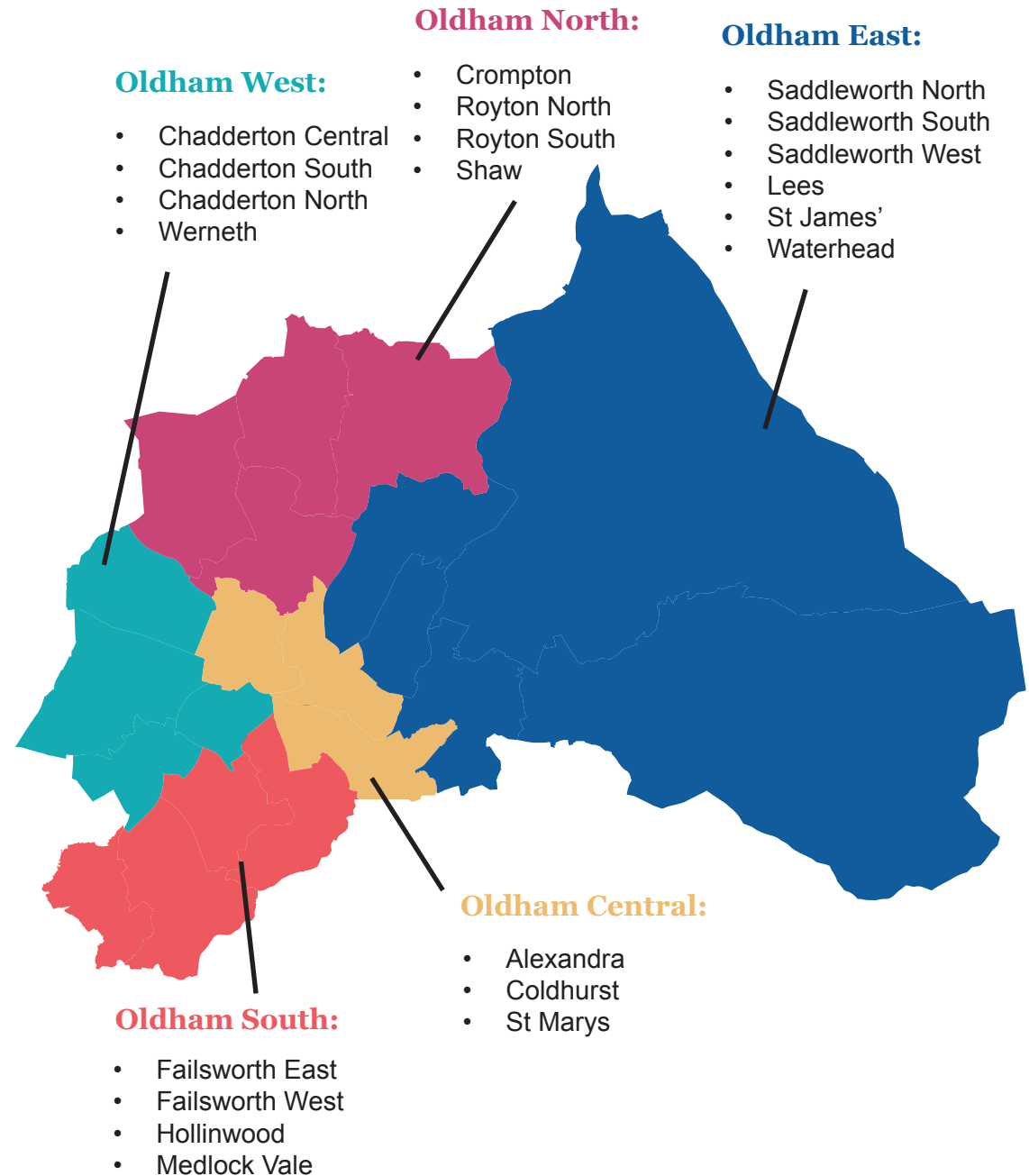


Oldham Purpose Map

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

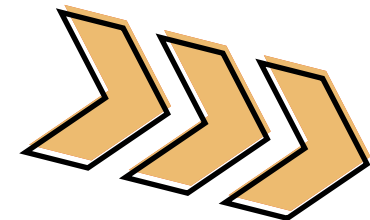
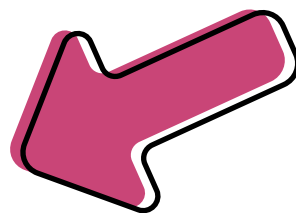
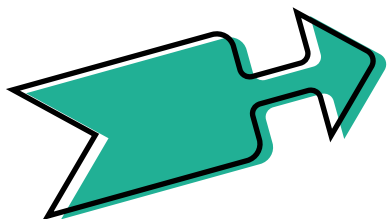
1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support



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

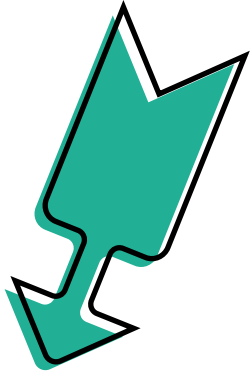


They also help people who have experienced

- 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



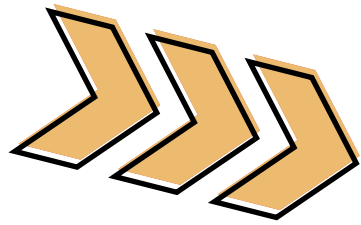
Creative

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



Outdoors

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



Wellbeing

- Meditation
- Relaxation
- Massage
- Yoga



Sports and activities

- Table tennis
- Swimming
- Exercise classes
- Bike repairs



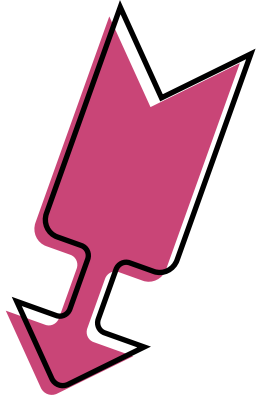
Food

- Food parcels
- Brew and Biscuit



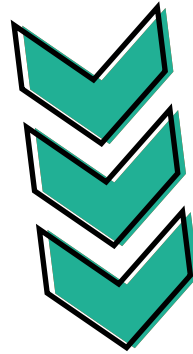
Support and advice

- 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

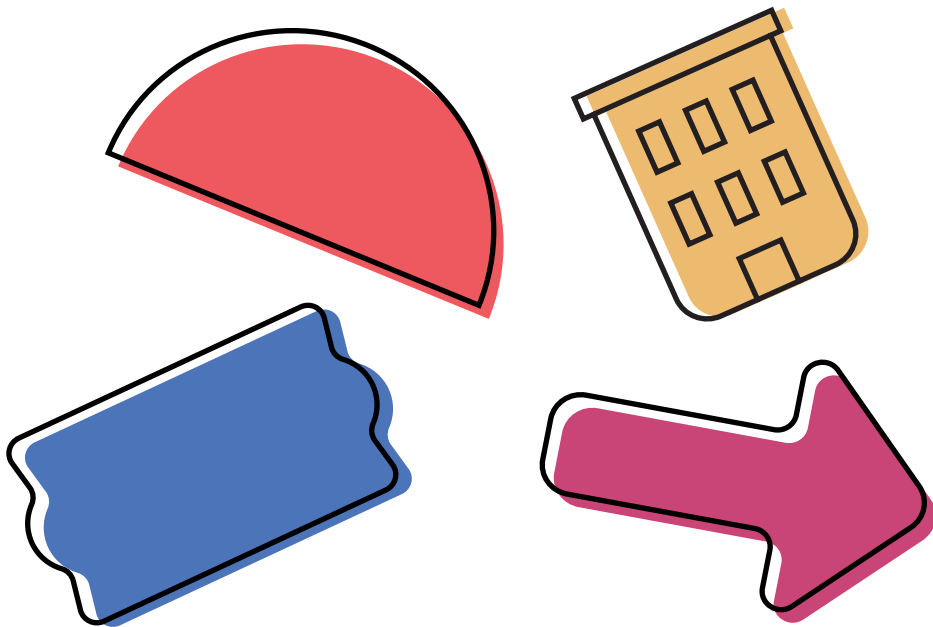
- Online
- Face to face
- Apps

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:

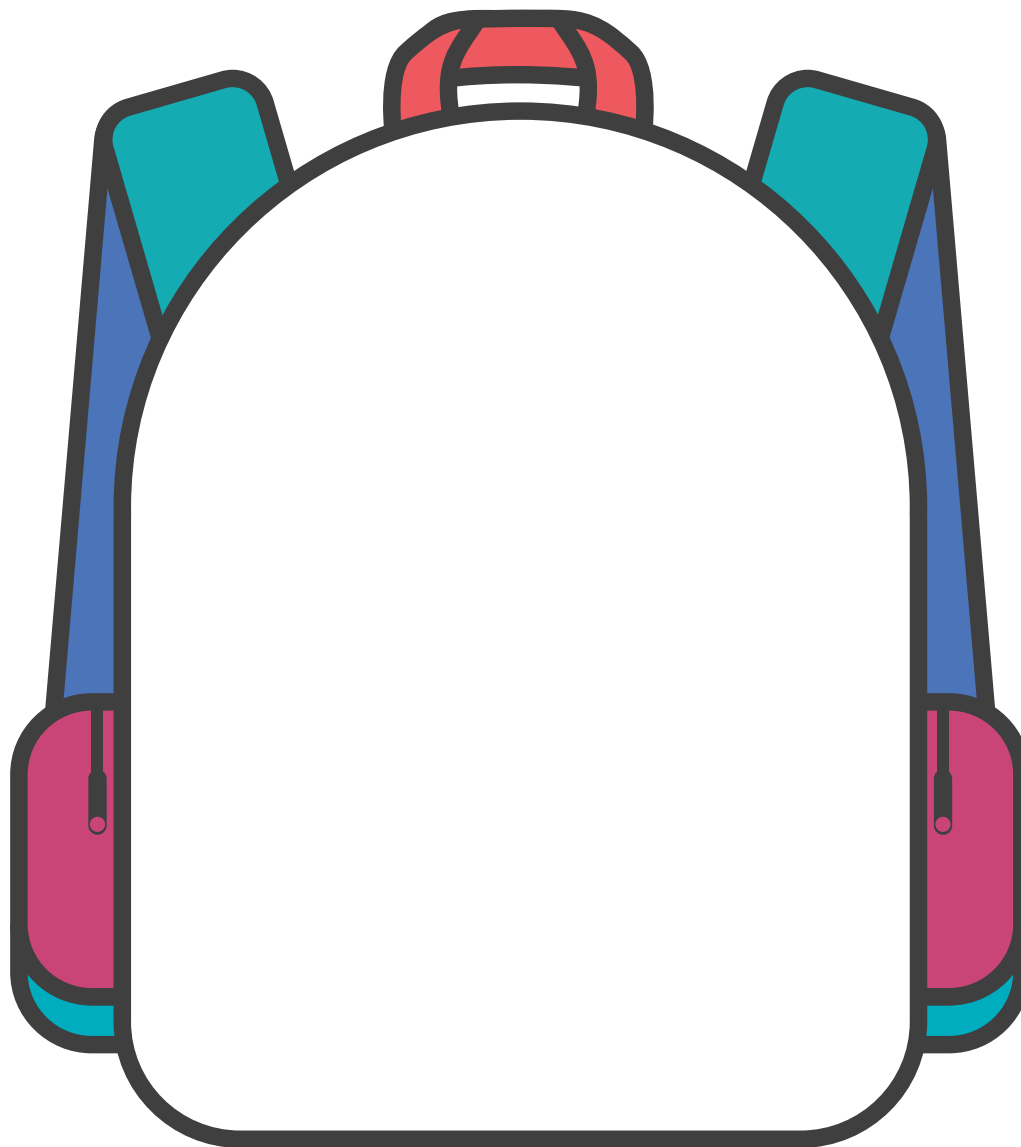
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

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

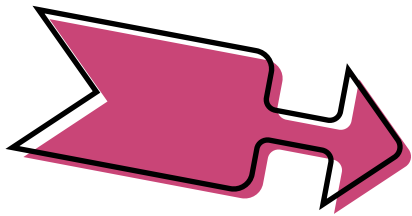
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

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

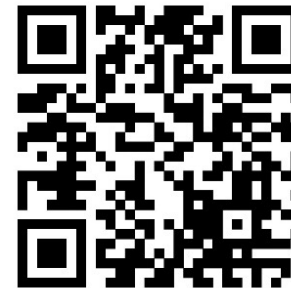
Helping you get around Greater Manchester with Purpose

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

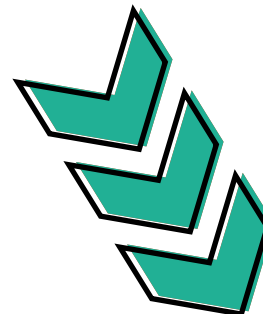
The Bee Network Website

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...

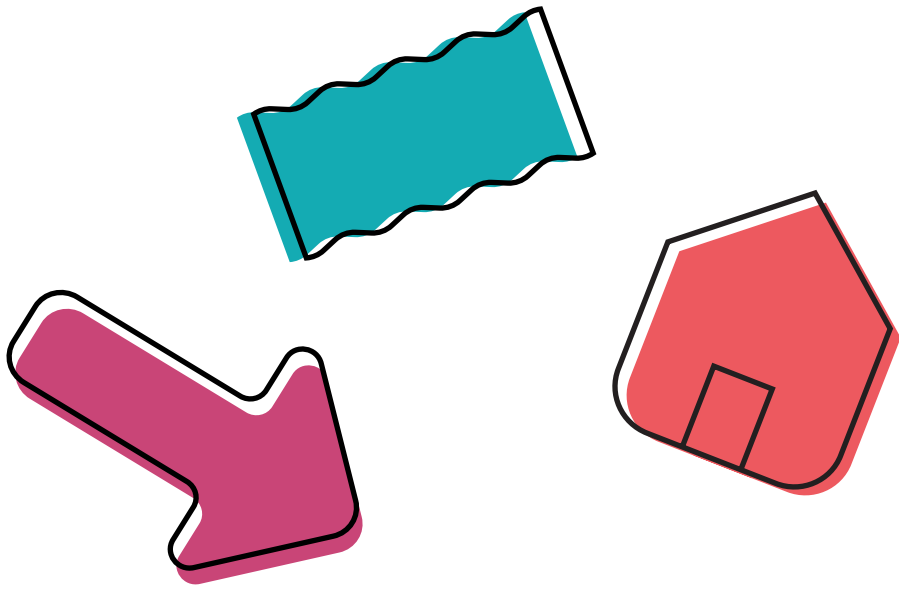
Keep Learning...

Give...

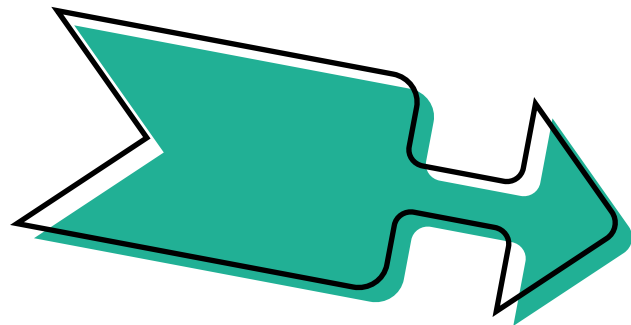
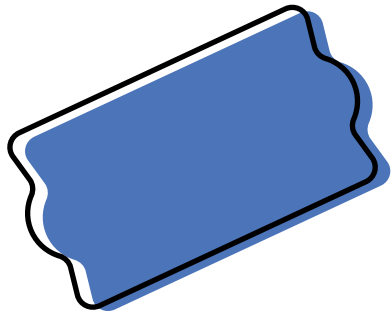
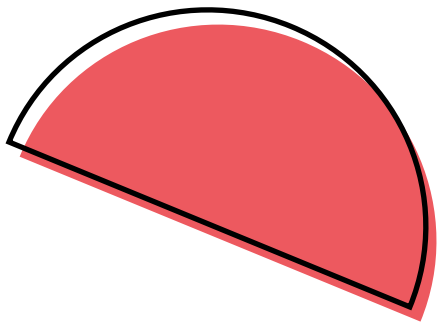
Be Active...

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.



Knowsley Community Network ◆

Support to build your independence and connections

T: Tracey - 07415 216 628

E: tracey.lloyd@keyring.org

Oldham Hubs ◆

A space for anyone to pop in for a chat and a brew

T: Donna - 07825 426 850

Jane - 07415 273 555

E: donna.calverley@keyring.org

E: jane.dodgson@keyring.org

Failsworth Salvation Army Community Church ◆

Support for the homeless, lonely and vulnerable, food parcels, Café on site to provide meals free of charge to people who are in need.

572 Oldham Road, Failsworth, M35 9DQ

T: 0161 682 0070

Hope Café ◆ ▲

Breakfast for the homeless or anyone struggling financially
Saturdays 10-2pm

Elim Foursquare Church 182 Greenacres Road Oldham OL4 2BA

FareShare Community Café ◆ ▲

Meals and food parcels for Homeless people and those struggling financially

Chadderton Community Church Garforth Street Chadderton OL9 6RW

East Oldham Methodist Church 28 Ripponden Road Oldham OL4 2RY

T: 07842 207 498

Oldham Social Prescribing Team ◆

Connecting people to local activities to support their health and wellbeing. Free social prescribing service to find and support to attend activities, workshops, classes & groups in your local areas that will improve your mental & physical health & wellbeing

T: 0161 339 2345

E: oldccg.socialprescribing@nhs.net

WiFi Northwest ◆ ✕ ◆

Healthy Cooking on a budget, skills, life coaching, help and advice with taking regular exercise, improving your fitness levels through, diet, exercise and fun

Greenacres Community Centre Galland St Oldham Lancashire OL4 3EU

T: 07780595524

E: wifioldham@gmail.com

Greenacres Community Centre ◆

Community groups for all ages
Galland St Oldham Lancashire OL4 3EU

T: 0161 652 0095

E: greencommcentre@msn.com

OBA Millennium Centre ◆

Community Centre Supporting vulnerable & disadvantaged people, Adult training and skills courses, women's services, Learning and physical disabilities

Community centre, Featherstall Road, Oldham, OL9 6QB

T: 0161 622 3812

E: obamillenniumcentre@hotmail.co.uk

Real Education Empowering Lives (REEL) ◆

- Services available:
- Women's Enrichment Support Group
- Confidence and Communications Skills course
- Employability Skills Course
- Volunteering and work experience
- Peer support groups
- Peer mentoring and coaching

T: 07551 357 202

E: info@reelcic.co.uk

Action Together Oldham ◆

Community information, What's on, training, Social Prescribing

T: 0161 339 2345

E: development@actiontogether.org.uk

Community page Oldham Chronicle ◆

One World Community Hub ◆

A space for communities to come together
Connaught Street, Off King's Street Roundabout,
Oldham OL8 1EB

T: 0161 620 1810

End The Fear (Local Offer) ◆

Greater Manchester against domestic abuse
Domestic abuse helpline and support

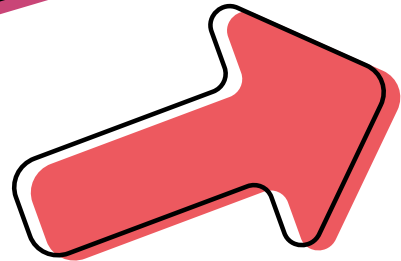
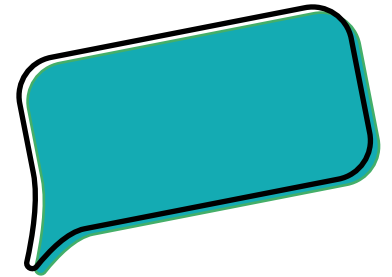
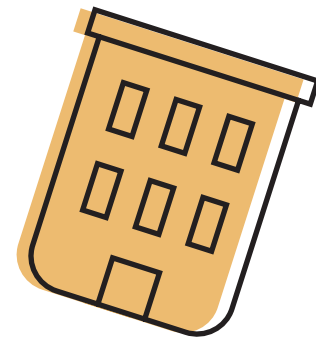
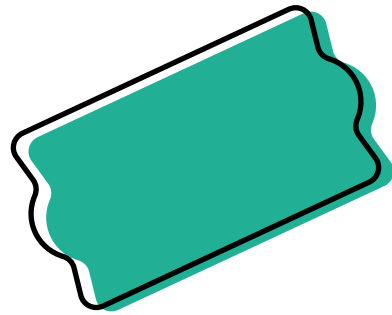
SAWN – Support and Action Women's Network ◆

Supporting black African women to come together and thrive

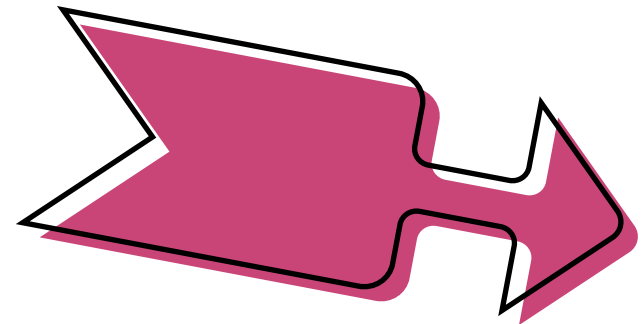
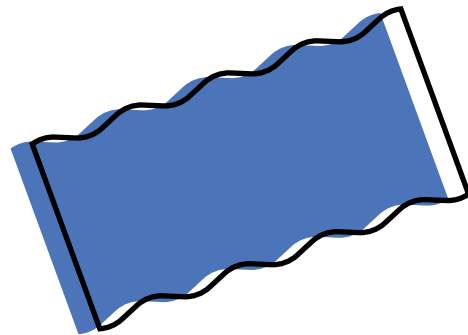
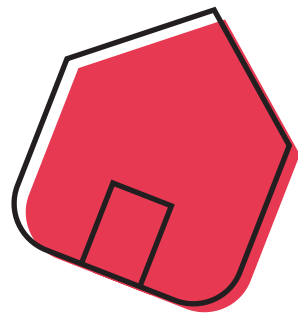
Facebook: <https://www.facebook.com/SAWNwoman/>

Inspire Women Oldham ◆

Empowering women through involvement
St George's House
215-219 Chester Rd
Manchester
M15 4JE



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.



Action Together ●

Volunteering opportunities across Oldham

T: 0161 339 2345

E: volunteering@actiontogether.org.uk

Real Education Empowering Lives (REEL) ●

Volunteering opportunities with the project

T: 07551 357 202

E: info@reelcic.co.uk

Bulky Bob's Furniture World ●

Volunteering opportunities with Bulky Bobs

Oldham, Unit A, Oldham Central Trading Park, Oldham
OL1 4EB

T: 0161 665 0317

Groundwork ●

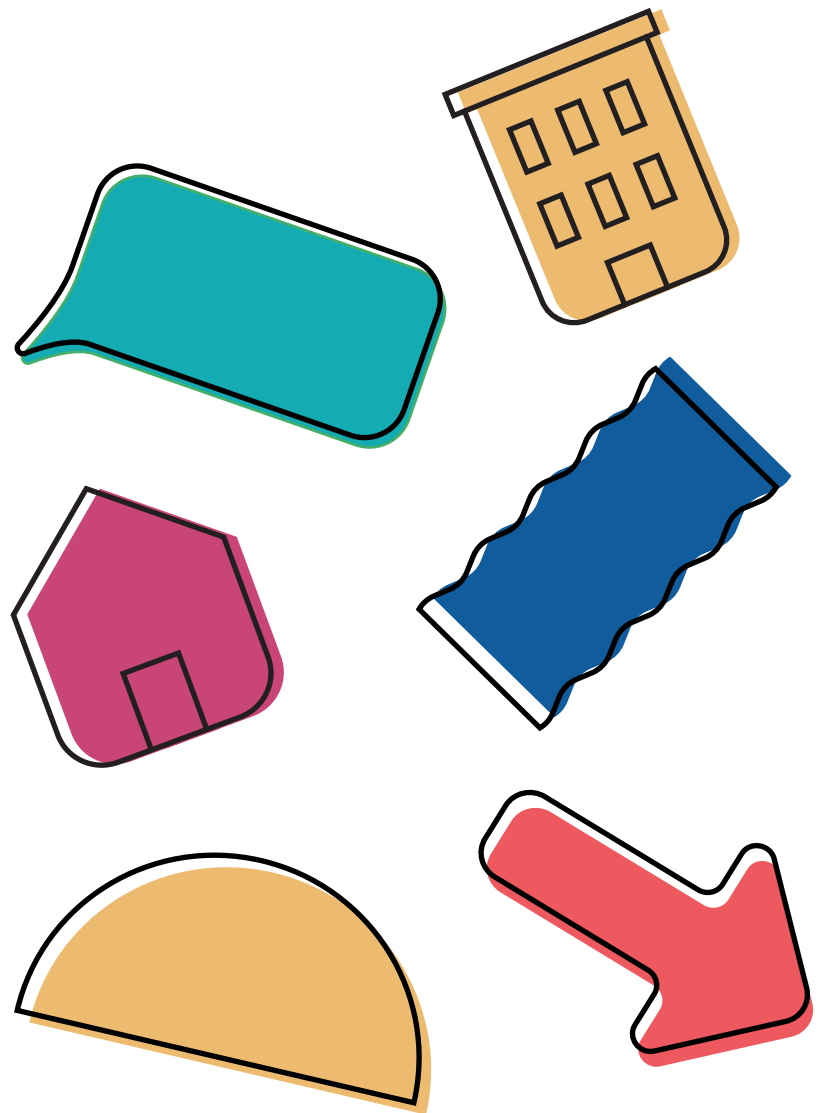
Volunteering opportunities in Oldham

Do It ●

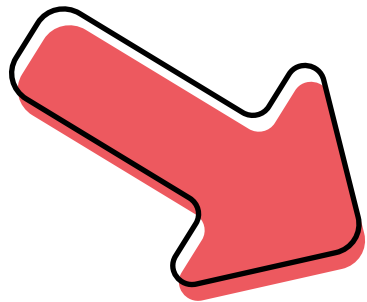
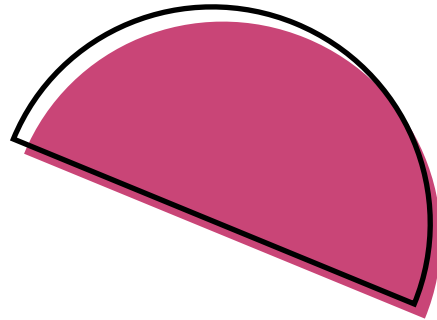
Find a range of volunteering opportunities across Oldham

Volunteering Opportunities ●

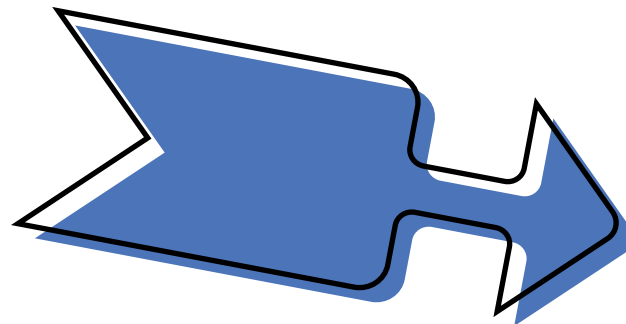
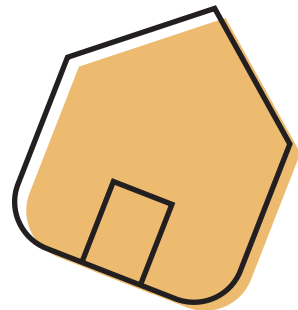
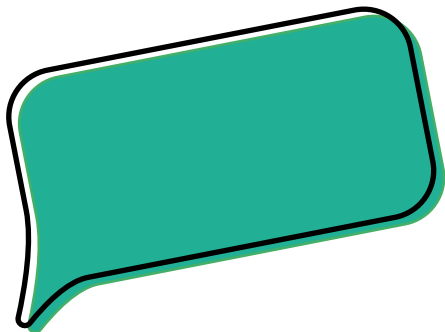
A range of volunteering sites to look for opportunities



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.



CAP Life Skills ◆◆

Training and skills workshops
East Oldham Methodist Church, 28 Ripponden Rd, Oldham.
OL4 2RY
Coach: Lisa Woolfenden
E: lisawoolfenden@caplifekills.org

OBA Millennium Centre ◆◆

Community Centre Supporting vulnerable & disadvantaged people, Adult training and skills courses, women's services, Learning and physical disabilities
Community centre, Featherstall Road, Oldham, OL9 6QB
T: 0161 622 3812
E: obamillenniumcentre@hotmail.co.uk

Oldham Social Prescribing Team ◆

Access work, training and volunteering, Workshops
T: 0161 339 2345
E: oldccg.socialprescribing@nhs.net

Lifelong Learning Oldham ◆◆

A range of opportunities for people to learn at all stages in their life
T: 0800 525 956
E: lifelong.learning@oldham.gov.uk

Mind Tameside, Glossop and Oldham ◆

A range of resources to keep learning across Oldham

Oldham College ◆

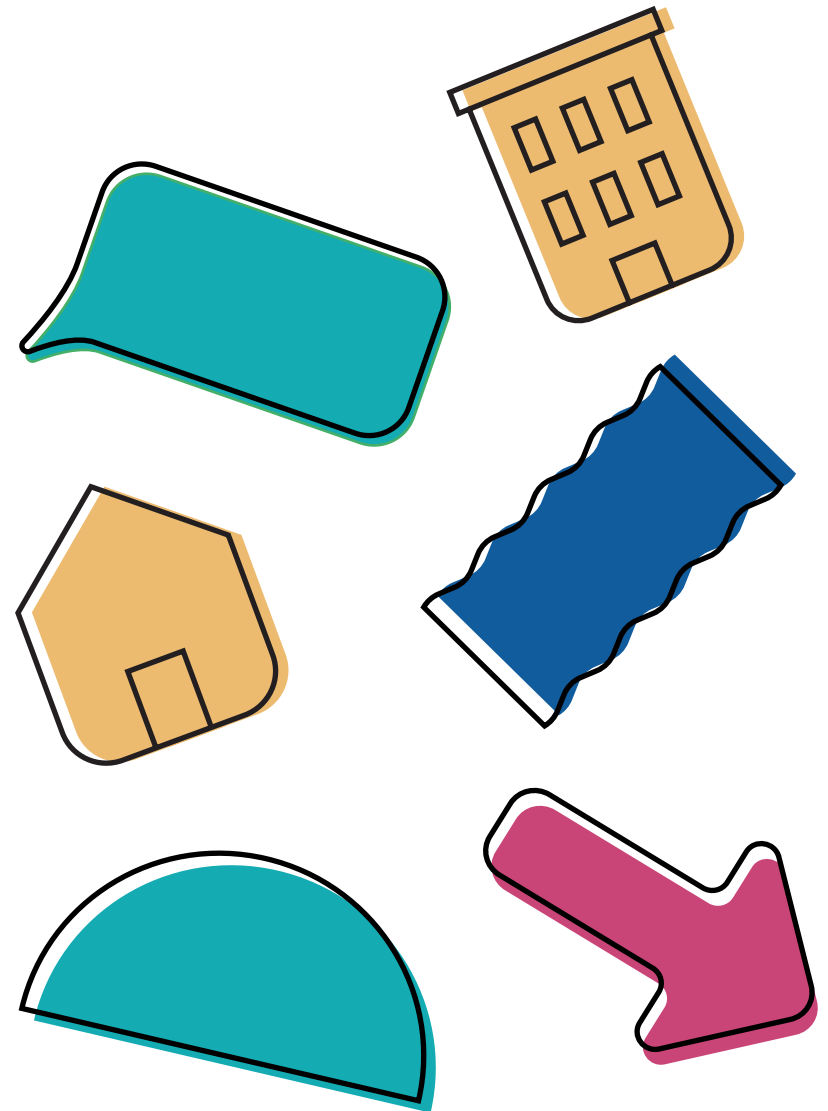
A range of adult learning offers

Oldham Libraries ◆

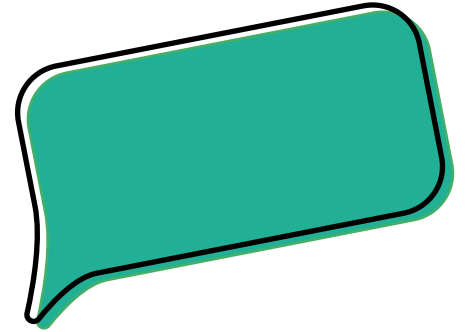
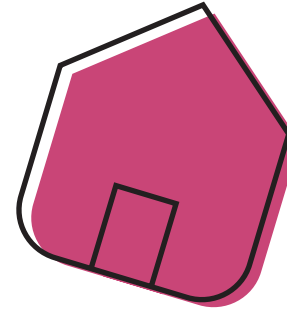
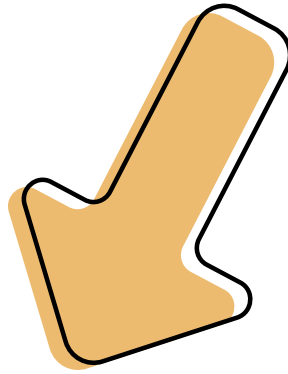
Free loan of books as well as access to free computers across Oldham

Adult Education Centres in Oldham ◆

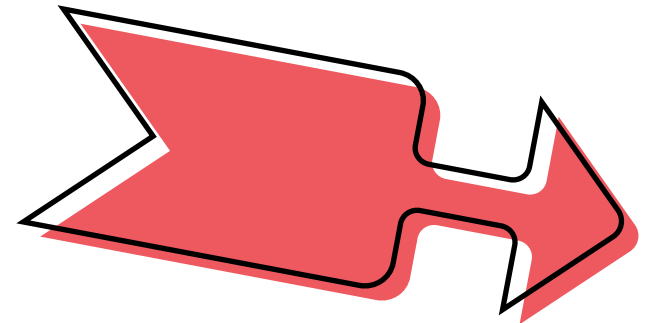
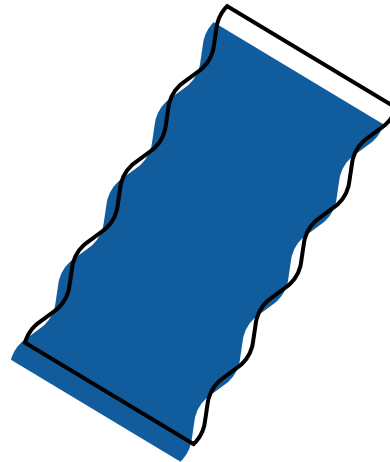
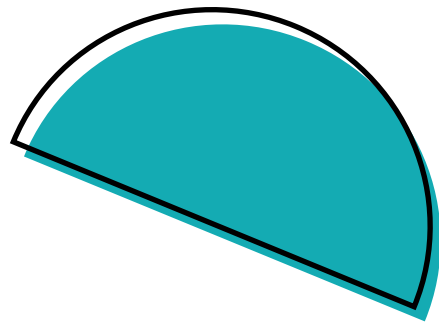
Information on the different places you can go and learn across Oldham



**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.



Dove Stone Reservoir ●

A great place to walk and be in nature
Greenfield, Saddleworth, Oldham, OL3 7NE

Tandle Hill Country Park ●

Walking, cafe, pond
Tandle Hill Road, Royton, OL2 5UX
T: 0161 627 4067
E: environmentalservices@oldham.gov.uk

Incredible Edible Saddleworth ■ ◆

A local community group for Saddleworth, working on reclaiming unused pieces of land to grow food for everyone to enjoy

Art with the Recovery Republic CIC ■ ◆

A space and time for some general arts and crafts fun.
Anyone is welcome to attend
Tuesday, 1.30pm - 2.20pm
63-65 York Street, Heywood, OL10 4NR
T: 01706 622722
E: info@recoveryrepublic.co.uk

Headspace ○ ◆

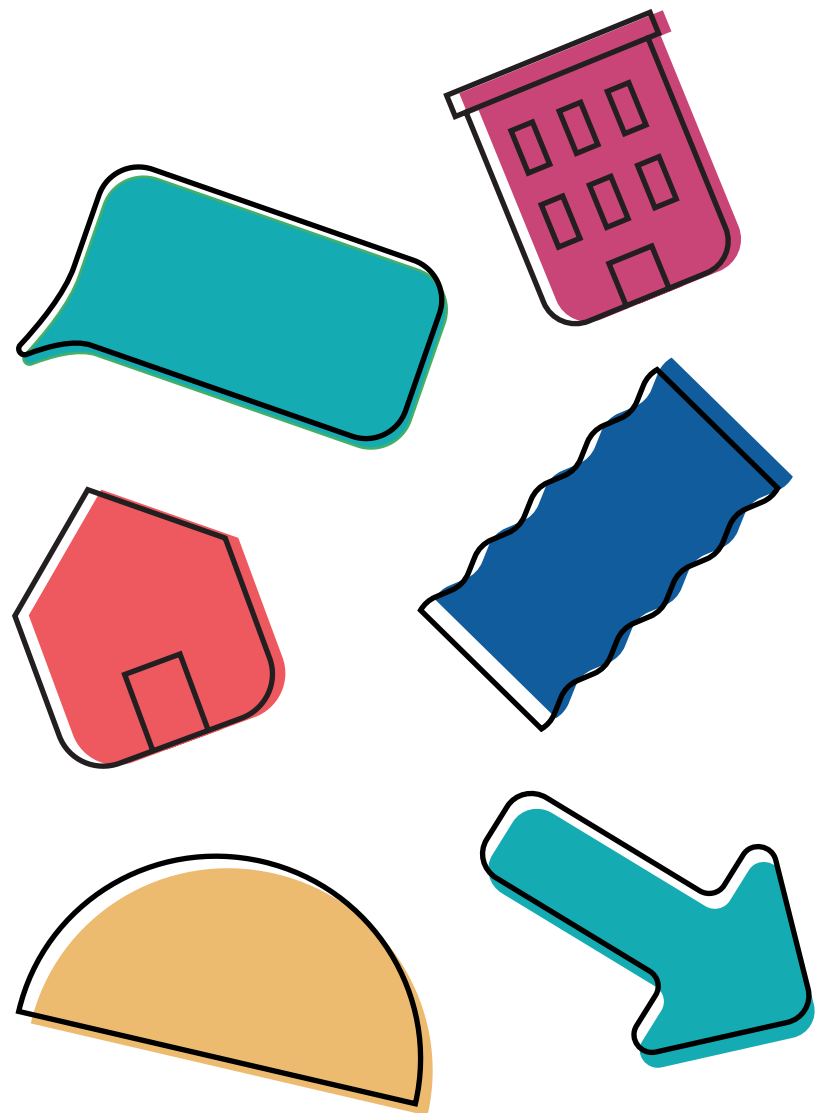
Use free guided meditations on their website and YouTube channel, or downloading the free app on your phone
Check out the [YouTube](#) Channel

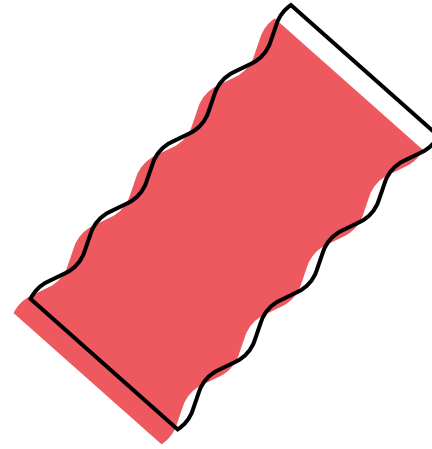
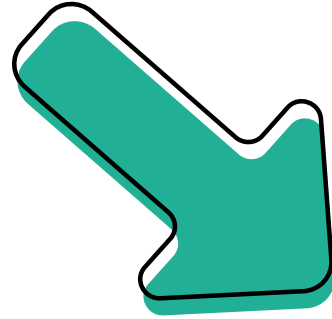
The Free Mindfulness Project ○

The Free Mindfulness Project brings together 100's of free mindfulness videos, audios and other resources all in one place

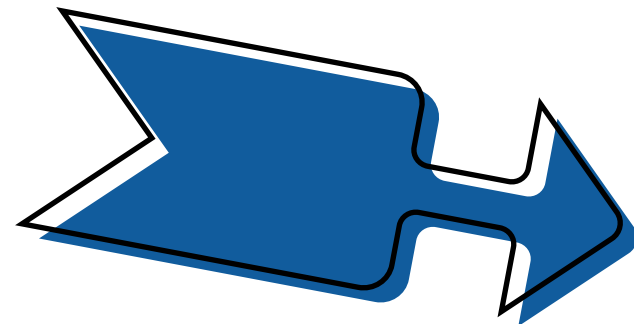
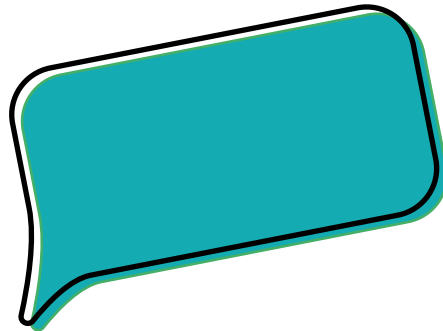
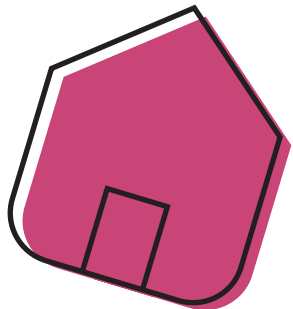
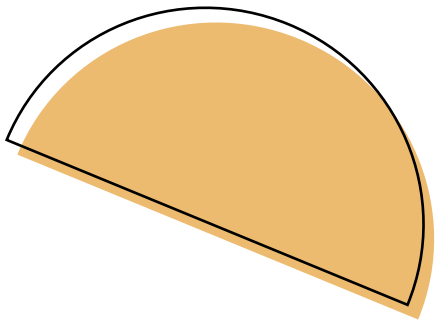
Oldham Ramblers ○

Get out and about across Oldham and take in the amazing surroundings





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.



WiFi Northwest ● ○ ◆

Wellbeing and Fitness Initiative

Healthy Cooking on a budget, skills, life coaching, help and advice with taking regular exercise, improving your fitness levels through, diet, exercise and fun.

Greenacres Community Centre Galland St Oldham Lancashire OL4 3EU

T: 07780 595 524

E: wifieldham@gmail.com

Alexandra Park ●

Walking, boating lake, gardens

Environmental Services, Alexandra Park, Oldham Council, Kings Road, Oldham, OL8 2BH

T: 0161 770 4056

E: environmentalservices@oldham.gov.uk

Dove Stone Reservoir ●

A great place to walk and be in nature

Greenfield, Saddleworth, Oldham, OL3 7NE

Incredible Edible Saddleworth ●

A local community group for Saddleworth, working on reclaiming unused pieces of land to grow food for everyone to enjoy

Tandle Hill Country Park ●

Walking, cafe, pond

Tandle Hill Road, Royton, OL2 5UX

T: 0161 627 4067

E: environmentalservices@oldham.gov.uk

Pitt Street Park ●

Creating a better park together for the community, volunteering opportunities available

W: <https://www.groundwork.org.uk/natural-neighbourhoods-greater-manchester/oldham-council-pitt-street-park/>

E: Francesca.Sullivan@groundwork.org.uk

Oldham Community Leisure ✕

A range of health and wellbeing activities

T: 0161 207 7000

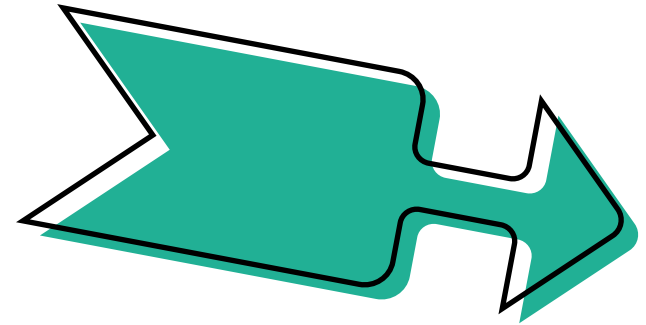
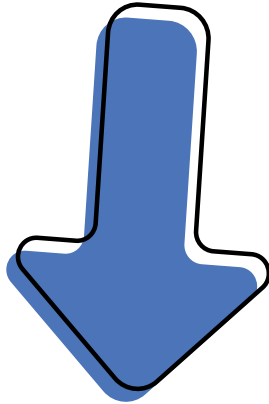
Oldham Ramblers ✕

Get out and about across Oldham and take in the amazing surroundings

Wednesday Walkers ✕

A friendly walking group that walks together on Wednesdays based in Oldham

Practical Support



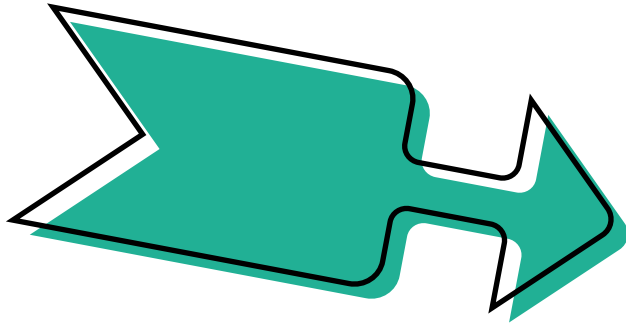
Warm and Welcoming Spaces

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



Turning Point ♦

Care and support for people with mental illness and
Substance misuse

5 Greaves Street, Oldham, OL1 1QN

Leigh Bank, 13-14 Edward Street, Oldham, OL9 7QW

T: 0300 555 0234

T: 0161 212 1435

E: info@turning-point.co.uk

Fresh Start ♦

Smoking, binge drinking, gambling or an Internet addiction
support

Elim Fountain of Hope, Greenacres Rd, Oldham. OL4 2AB

Coach: Wilfred Achumba

T: 07780351883

E: wilfredachumba@capfreshstart.org

NHS Addiction Services ♦

A range of addiction services

Narcotics Anonymous ♦

Meetings online and in Bury

helpline 10am - midnight

T: 0300 999 1212

Alcoholics Anonymous ♦

Meetings online and in Bury

T: Helpline call Free 0800 9177 650

E: help@aamail.org

Gamblers Anonymous ♦

Meetings online and in Oldham

T: Helpline 0330 094 0322

E: info@gamblersanonymous.org.uk

The Ancora Project ♦

Providing support to people in crisis in Oldham

T: 0161 669 5868

E: ancora@keyring.org

Oldham Intensive Service ♦

A 12 month service for people in crisis

T: Anna - 07950 840 354

E: oldhamreferrals@keyring.org

Ancora Project ♦

immediate help and ongoing support for people who are experiencing crisis

For information on the times and locations of the Hubs, please view the latest rota:

T: 0161 669 5868

E: ancora@keyring.org

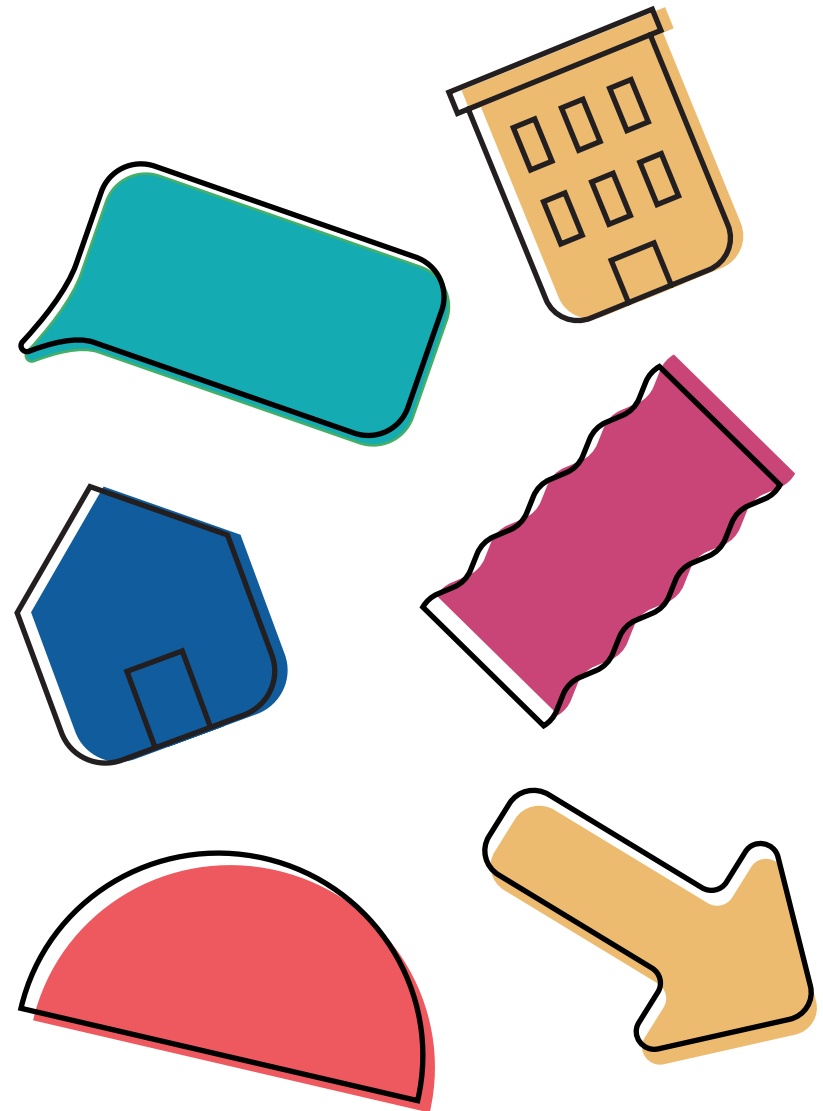
Samaritans ♦

24 hour support line

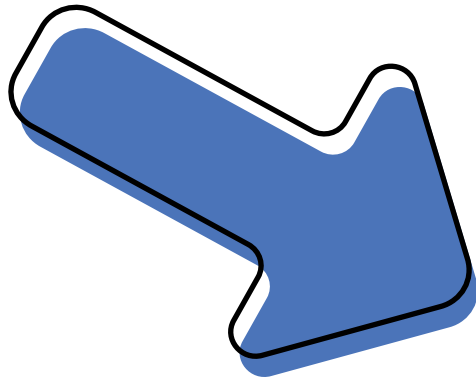
Local branch: 0161 764 0055 (local call charges apply)

T: 116 123 (Free phone)

E: jo@samaritans.org



Housing, Money and Food



Impact Community Church ▲

Foodshare, brew & chat
Byron Street, Hollinwood, Oldham, Greater Manchester,
OL8 4QY

T: 07772460520 or 07719396197

E: Info@impactchurch.co.uk

Elim Fountain of Hope ▲

Foodbank & meals

Greenacres Road, Oldham, Greater Manchester, OL4 2AB T:
0161 624 1237

E: admin@elimfoh.org.uk

CAP (Christians Against Poverty) ◆

Debt & money advice

East Oldham Methodist Church, 28 Ripponden Rd, Oldham,
OL4 2RY

T: 08003280006

E: contact@capuk.org

Oldham Networks ◆

Support for people with things like securing, managing or
maintaining a tenancy.

T: Donna - 07825 426 850 / Jane - 07415 273 555

E: donna.calverley@keyring.org

E: jane.dodgson@keyring.org

Oldham One to One Service ◆

Person-centred one-to-one support for adults who are
living independently

T: Donna - 07825 426 850 or Louise - 07908 102 699

E: donna.calverley@keyring.org

E: Louise.o'neal@keyring.org

Real Change Oldham ◆

homeless support & prevention, essentials, ID, housing, welfare support, furnishings, clothes for a job interview.
12 Manchester Chambers, West Street, Oldham, OL1 1LF
E: info@realchangeoldham.co.uk

Citizens Advice SORT Group ◆

Benefit, debt, hardship, housing support

The Salvation Army ◆

Drop-in centre for homeless & vulnerable people

- Free drinks and snacks
- Newspapers and board games
- A listening ear and someone to talk to
- Housing related advice
- Accept referrals for food parcels from outside agencies

203 Roundthorn Road Oldham OL4 5LD
T: 0808 278 7803

The Welcome Centre ◆

Drop-in centre 10.30am - 12noon every day (except Tuesday and Sunday):

Free meals, can provide clothing
St Aidan & Oswald RC Church Vaughan Street Royton
OL2
5DL
T: 0161 624 1322

Oldham Foodbank ▲

Emergency food , crisis support, GP's, health visitors, social workers, CAB, brew & support, signposting
The Three crowns 1-3 Manchester Street Oldham OL1 1LE 2
satellite Food Banks South Chadderton Methodist Church,
Thompson Lane, Chadderton OL9 8LX and Salvation Army,
Shaw, OL2 8QY.
T: 0161 622 1061

UKeff ◆ ▲

Food aid, advice and signposting
Homeless and vulnerable, advice, hot meals and food parcels. One World Café where some people pay extra so that a homeless person can have a free meal.
The Unitarian Chapel Connaught Street (off King Street roundabout) Oldham OL8 1EB
72 Yorkshire Street Oldham OL1 1SR
T: 0161 660 6818

Impact Community Church Foodshare Project ◆ ▲

food parcels and furniture
The Old Bank 358 Manchester Road, Hollinwood OL9 7NU

Bulky Bob's Furniture World ◆ ▲

Free and Cheap preloved furniture
Oldham, Unit A, Oldham Central Trading Park, Oldham, OL1 4EB
T: 0161 665 0317

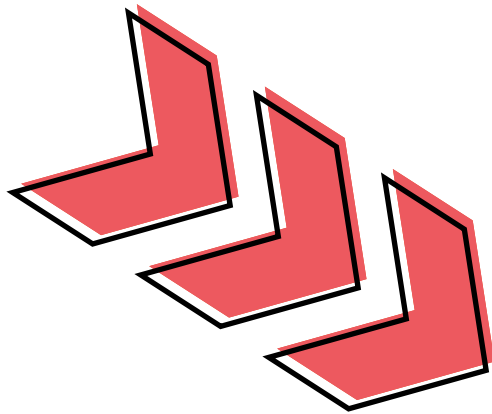
Step Change Debt Charity ◆ ▲

Provides independent debt advice
T: 0800 1381 111

Shelter emergency helpline ◆ ▲

8am -8pm Monday to Friday and 9am – 5pm on weekends and bank holidays
T: 0808 800 4444

Physical and Mental Health



Oldham Social Prescribing Team ◆

Connecting people to local activities to support their health and wellbeing. Free social prescribing service to find and support to attend activities, workshops, classes & groups in your local areas that will improve your mental & physical health & wellbeing.

T: 0161 339 2345

E: oldccg.socialprescribing@nhs.net

Tameside, Oldham and Glossop Mind ◆

Mind offers information and advice to people with mental health problem

Oldham Office, Positive Steps, Media Place, 80 Union Street, Oldham, OL1 1DJ

T: 0161 330 9223

E: office@togmind.org

WiFi Northwest ◆ × ◆ ▲

Healthy Cooking on a budget, skills, life coaching, help and advice with taking regular exercise, improving your fitness levels through, diet, exercise and fun.

Greenacres Community Centre, Galland St, Oldham, Lancashire OL4 3EU

T: 07780595524

E: wifioldham@gmail.com

HealthWatch Oldham ◆

Healthwatch Oldham, 12 Manchester Chamber, West Street, Oldham, Lancashire, OL1 1LF

T: 0161 622 5700 between the hours of 09:00 – 17:00 Monday to Friday

E: info@healthwatcholdham.co.uk

Early Help Service ♦

Supports people to help themselves, focussing on their strengths, giving them problem solving skills and enabling them to manage their own lives.

T : 0161 770 7777, (option 1)

E: earlyhelpteam@oldham.gov.uk

MoodZone ♦

MoodZone is an NHS resource which includes an assessment tool to check in with your mood, and audio guides to boost your wellbeing and manage stress and anxiety.

[Mood self-assessment - nhs.uk website](#)

[Mental wellbeing audio guides - nhs.uk website](#)

SilverCloud Health ♦

SilverCloud offers online programmes to help ease your levels of stress, sleep better, or build resilience. These programmes are similar to what you would complete with a therapist, except you can go through them on your own at your own pace.

Kooth ♦

Online mental wellbeing community Discussion boards, chat and messenger, support and counselling

Mind ♦

Leading mental health charity Mind are able to offer support to better manage your mental health. If you are worried about coronavirus and how it could affect your life Mind offer lots of practical things you can try to improve your wellbeing

Togetherall ♦

Togetherall is a 24/7 support system for Oldham residents to use free of charge. A safe, online community where people support each other anonymously to improve mental health and wellbeing. If you're an Oldham resident aged 16+ create a free account [here](#)

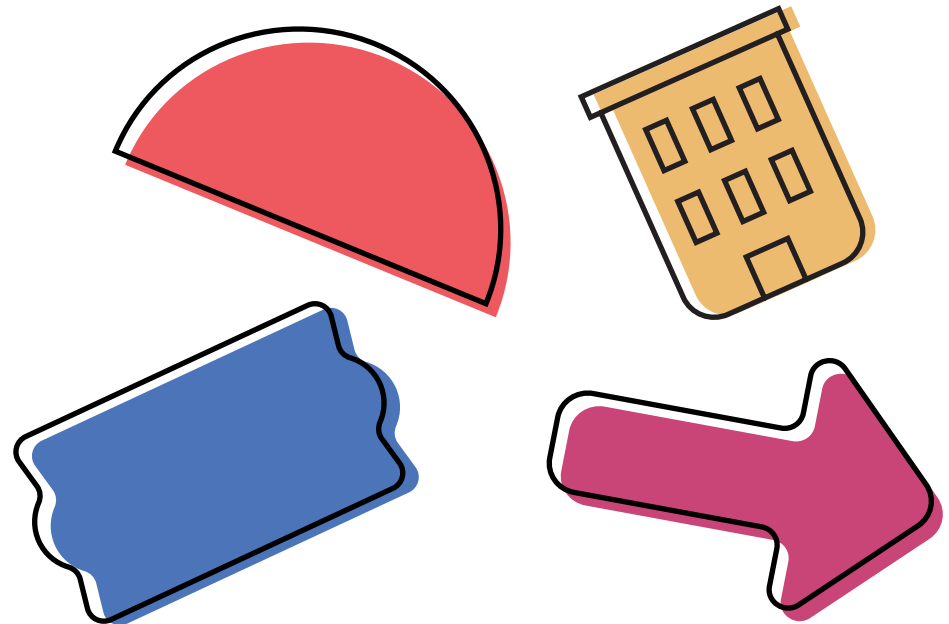
Positive Steps - Success Coaching (Local Offer) ♦

Support for emotional and behavioural difficulties

Age From 11 years old

Union Street, OL1 1DJ

T: 0161 621 9653



Let's keep building our understanding together

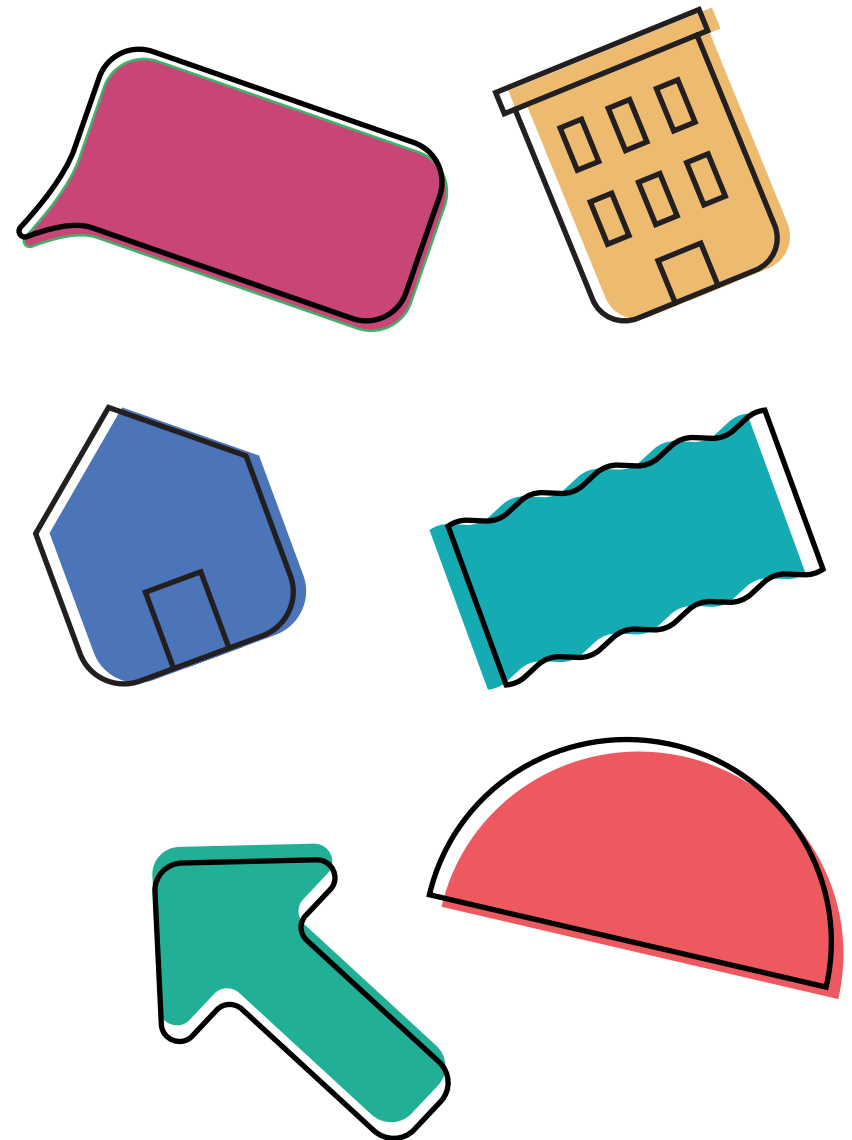
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

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

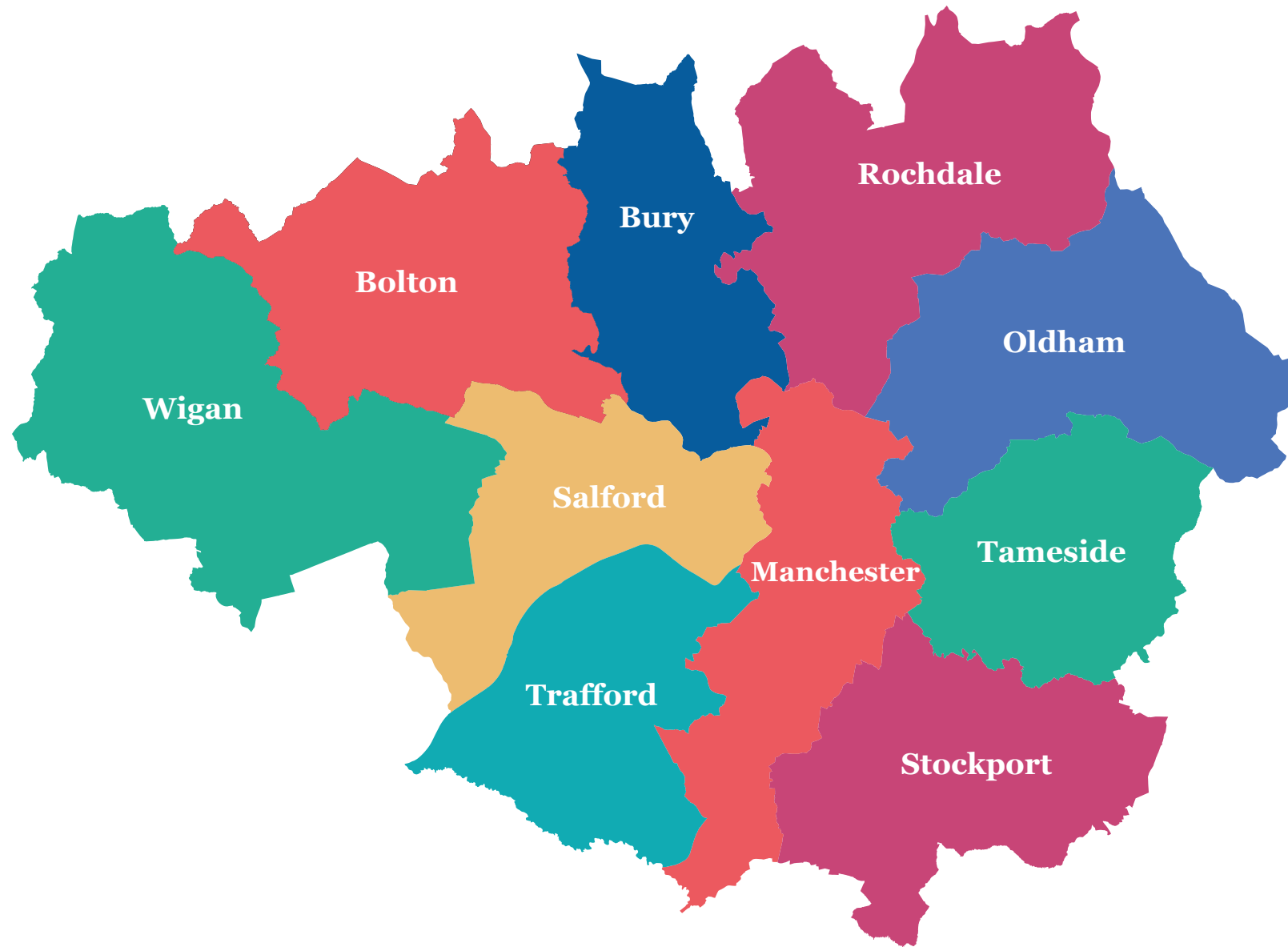
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

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

