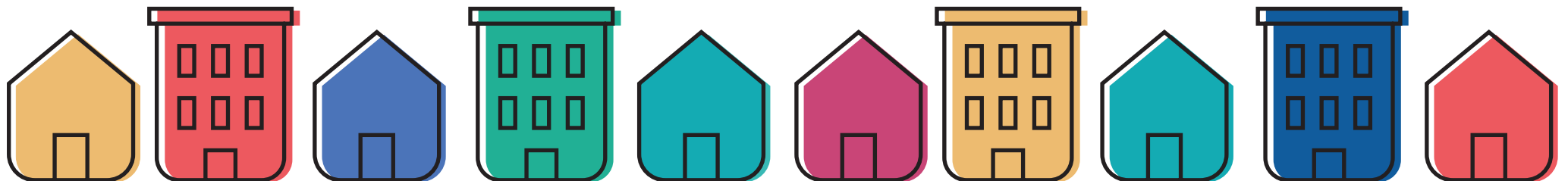




Rochdale Purpose Map

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

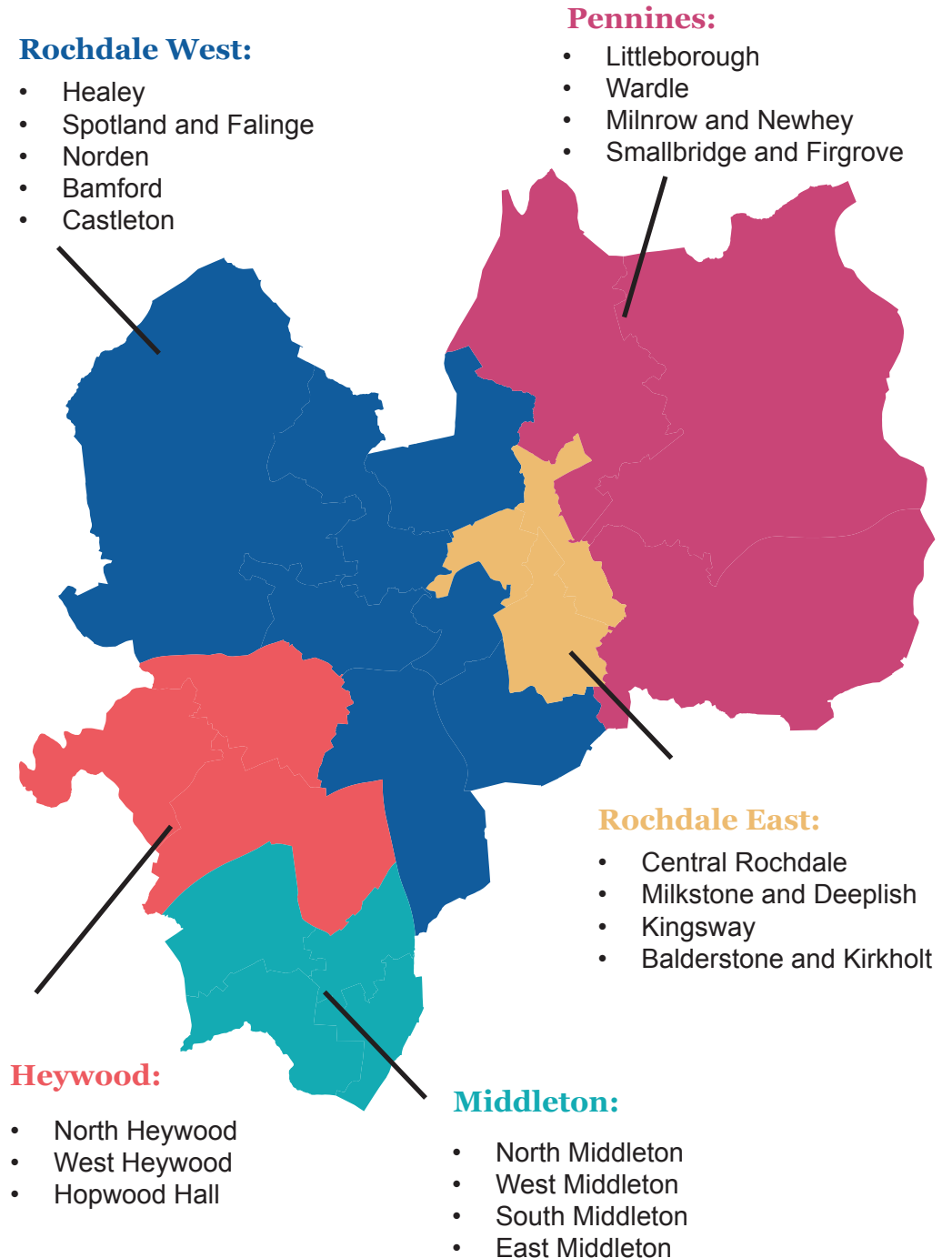


Rochdale Purpose Map

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

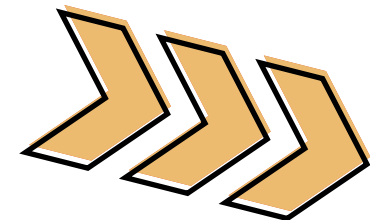
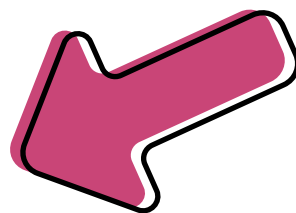
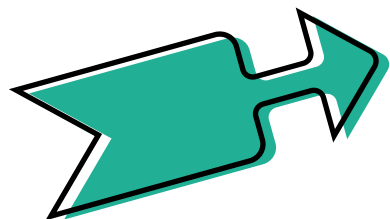
1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support



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

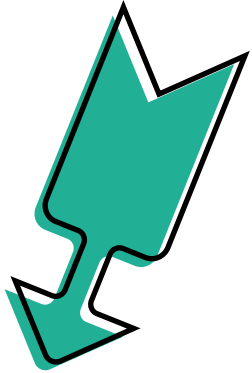


They also help people who have experienced

- 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



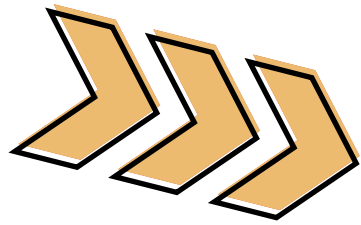
Creative

- 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



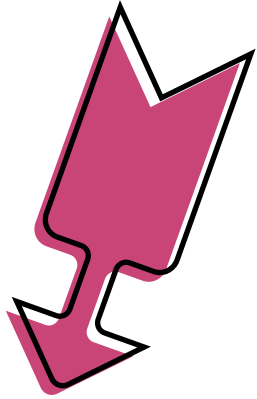
Food

- Food parcels
- Brew and Biscuit



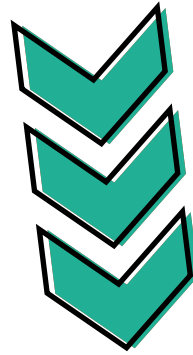
Support and advice

- 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

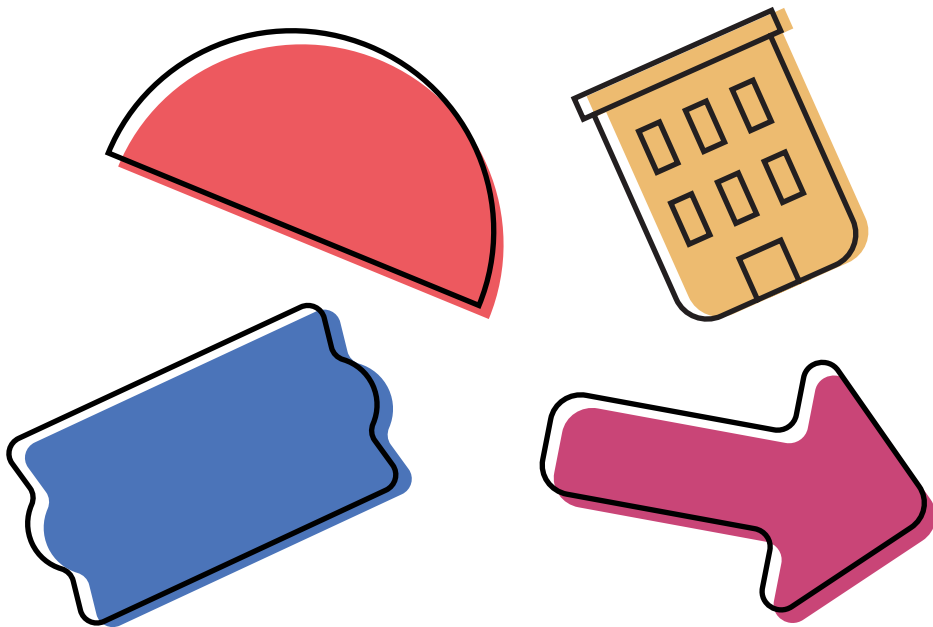
- Online
- Face to face
- Apps

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:

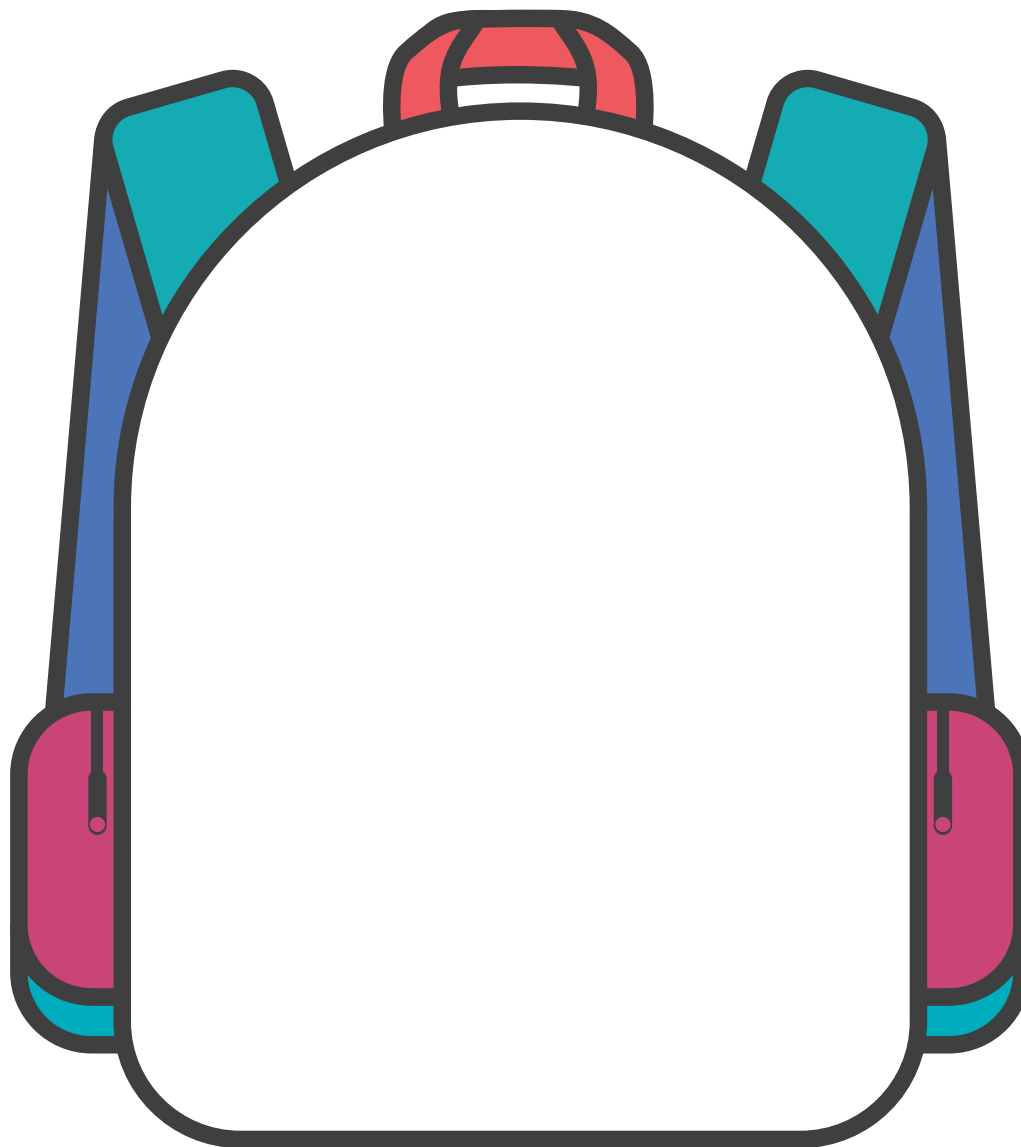
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

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

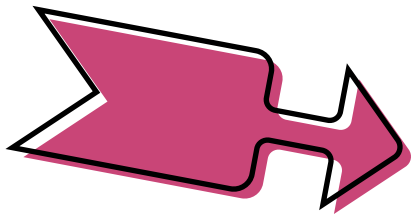
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

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

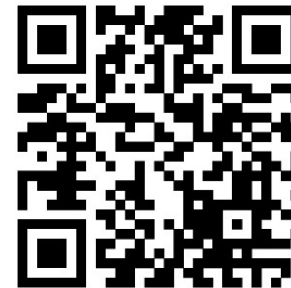
Helping you get around Greater Manchester with Purpose

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

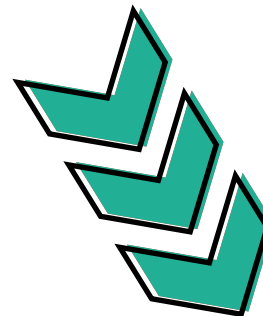
The Bee Network Website

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...

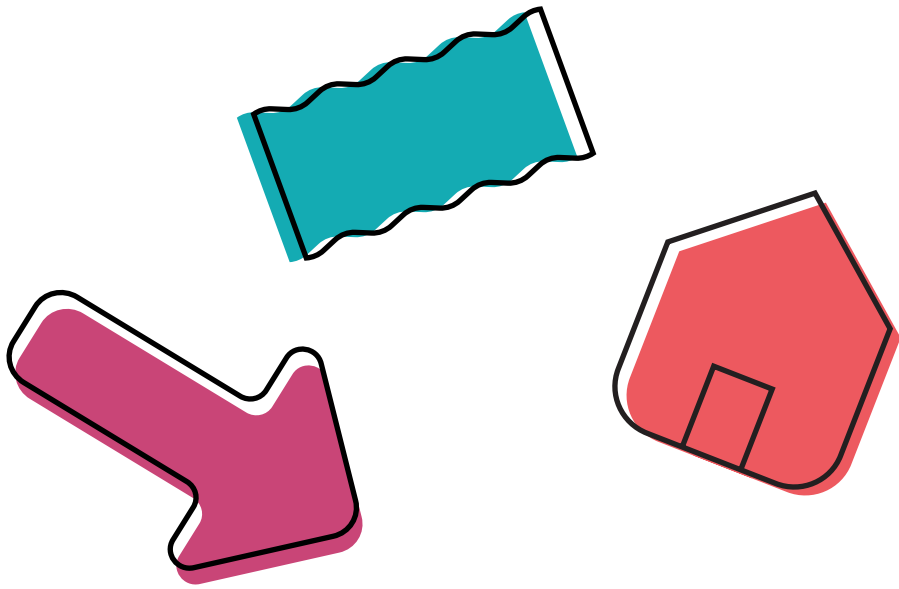
Keep Learning...

Give...

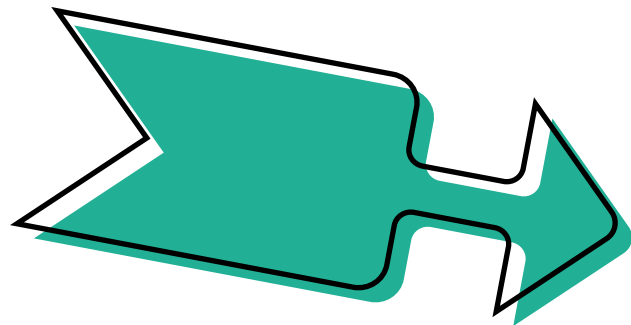
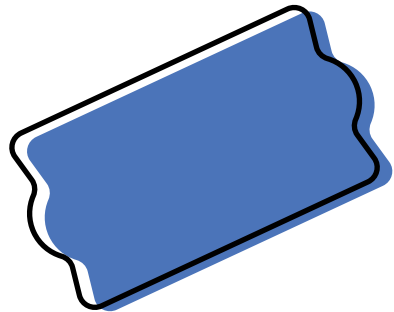
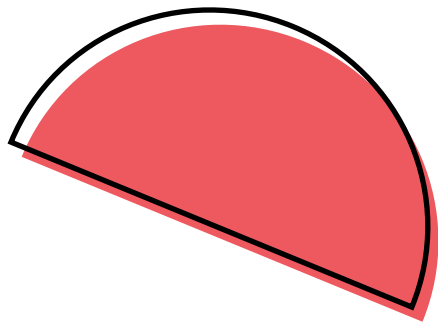
Be Active...

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.



Samaritans ◆

24/7 helpline for anyone in need of someone to talk to

T: 116 123 (call 24 hours for free)

Action Together ◆◆

Action Together works across Rochdale Borough, providing a range of services to support the voluntary, community, faith and social enterprise sector

T: 0161 339 2345

E: info@actiontogether.org.uk

Action Together Digital Tech Library ◆◆

Access to tablets and other digital technology for people who are digitally excluded

T: 0161 339 2345

E: nazia.rehman@actiontogether.org.uk

Our Rochdale ◆

Providing information on health, social care, childcare and family services within the borough of Rochdale

Sanctuary Trust & Reach Out Centre (ROC) ◆◆▲

Homeless/prevention support, Breakfast club, IT skills, advice & information

9 Champness Hall, Drake Street, Rochdale, OL16 1PB

T: 01706 526722 or 01706 614648

E: admin@sanctuarytrust.org.uk

Inspire Middleton ◆▲

A group that is encouraging everyone to get involved in their community to create a better community together.

Community hub, food bank, debt advice, general support T: 0161

T: 643 1163

E: hello@inspiremiddleton.org.uk

Rochdale and District Mind Wellbeing Directory ◆

Mental Health information & directory

The Lighthouse Project ◆

Offer advice and support, money and debt support, volunteering, foodbank and the ability to print and scan documents

Second Floor Middleton Shopping Centre, Limetrees Road, Middleton, M24 4EL

Petrus Day Centre ◆◆▲

Free breakfast, showering and laundry facilities, clean clothing. 1-2-1 assessments, Advice and advocacy.

Short-term outreach support, employment, training and volunteering, incredible edible allotments

73 Great George Street, Rochdale, OL16 1QG

T: 01706 345844

E: petrus@petrus.org.uk

Places of Welcome ◆▲

Community cafe free brews and slice of cake, meet new friends, chat and feel at home.

Fellowship Smallbridge Church Rhodes Street, Smallbridge, OL12 9RW

T: 01706 370528

E: margotreeve@branchesfellowship.org

Burnside Community Centre ■◆

Community centre impartial advice & information, guidance, signposting and support. Creative activities including arts & drama. 36 Burnside Crescent, Middleton, M24 5NN

T: 0161 643 5775

E: enquiry@burnsidecentre.org.uk

Darnhill Community Café ◆▲

Darnhill Library Community Room, Argyle Parade, Heywood, OL10 3RY

T: 07739 408 843

Women's Housing Action Group (WHAG) ■ ● ● ○ ✕ ◆ ▲

Women's homeless support
Domestic abuse support for men, women and children, life skills, tenancy support
Rose Court, 679, Manchester Road, Castleton, Rochdale, OL11 3AA
T: 01706 298222
E: whag@whag.info

The Recovery Republic CIC ■ ● ● ○ ✕ ◆ ▲

Healthy Cooking on a Budget, A supported self-help centre for wellbeing, Cake and Coffee Morning, anxiety & depression Support Group, Men's Group -socialise, trivia, quiz games, **support**. Empowering Women Together, Computer Skills Drop-in, mindfulness activities, arts and crafts, fitness
63-65 York Street, Heywood, OL10 4NR
T: 01706622722
E: info@recoveryrepublic.co.uk

Let's Talk Rochdale ■ ● ● ○ ✕ ◆ ▲

Support & raising awareness around mental health, domestic violence, sexual abuse, faced marriages, loneliness, money management , functional skills
74 Drake Street, Rochdale OL16 1PQ
T: 07367 000 822
E: info@letstalkrochdale.co.uk

Soul Sisters ■ ● ● ○ ✕ ◆ ▲

Domestic abuse support, activities Arts and crafts, Women's group, advocacy, sign posting, support and mentorship, 121 and group sessions, confidence, grow self esteem, mental health, meditation
T: 0730 961 2325
E: info@soulsisters.org.uk

Middleton Co-operating ■ ● ● ○ ✕ ◆ ▲

A people-centred, community-led local organisation
The Lighthouse Project S6b/c Second Floor
Middleton Shopping Centre M24 4EL

Onward Homes Job Club ■ ● ● ○ ✕ ◆ ▲

Training, one to one support, help with applications, access to computers, cv building etc
1 Littlehills Close, Middleton, M24 4AG
T: 07718 569 970
E: matthew.lee@onward.co.uk

Empowering Minds Freehold Job Club ■ ● ● ○ ✕ ◆ ▲

Job club offered once a week to help create CV's and job searches and interview techniques
T: 07940 470705
E: mohammed_sheraz@hotmail.co.uk

Smallbridge Pantry & Drop in café ■ ● ● ○ ✕ ◆ ▲

Food members club' (foodbank), drop in cafe, community activities
5 Stevenson Square Smallbridge Rochdale OL12 9SA
T: 07502 033352
E: smallbridgepantry@gmail.com

Middleton Wellbeing Centre & Café ■ ● ● ○ ✕ ◆ ▲

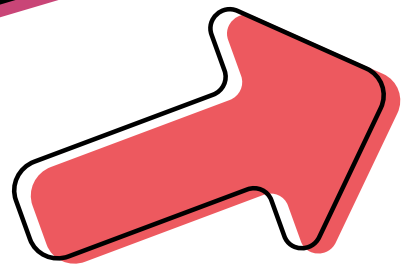
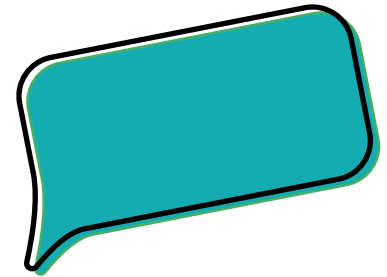
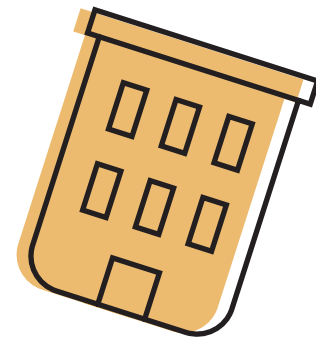
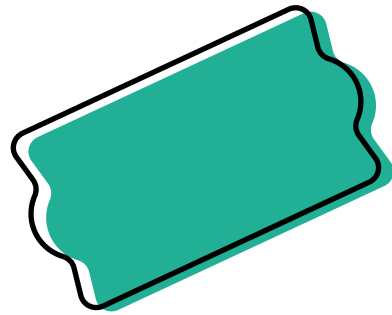
Mental health and emotional wellbeing support
14a-16 Wood Street, Middleton, M24 5TF
T: 0161 653 9368

Rochdale Wellbeing Café ■ ● ● ○ ✕ ◆ ▲

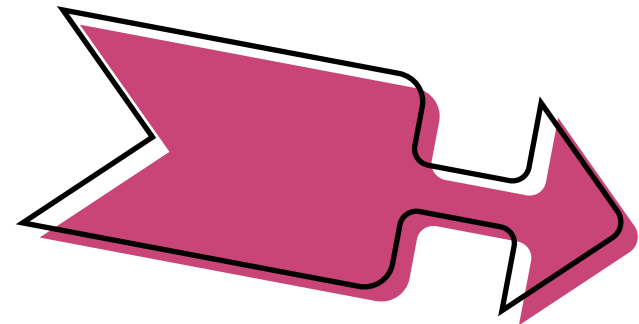
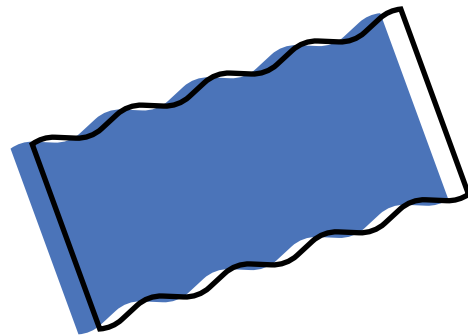
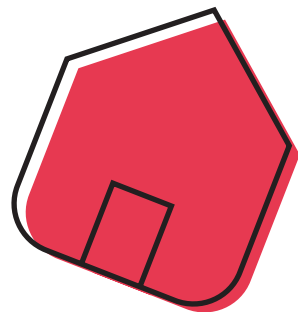
Mental health and emotional wellbeing support
Nye Bevan House, Maclure Road, Rochdale, OL11 1DN
T: 01706 648562

Forward Project ■ ● ● ○ ✕ ◆ ▲

A confidential service for those who have been involved in the Criminal Justice System and those who are at risk of becoming involved in the Criminal Justice System.
The Mind Wellbeing Centre, 3-11 Drake Street, Rochdale OL16 1RE
T: Alice on 07766 140 904
E: aliceastley@rochdalemind.org.uk



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 Volunteering ●

A range of volunteering opportunities across the NHS including peer support and group volunteering opportunities

Action Together Volunteering ●

Volunteering opportunities across Rochdale

T: 0161 339 2345

E: volunteering@actiontogether.org.uk

Petrus Community Hub Volunteering ●

Provides a wide range of practical help and support for people who are homeless, have been homeless or are at risk of becoming homeless

73 Great George Street, Rochdale, OL16 1QG

E: petrus@petrus.org.uk

Rochdale Borough Council Volunteering ●

Volunteering opportunities across Rochdale in many different roles

HMR Circle ●

Volunteering opportunities with the over 50s across Heywood, Middleton and Rochdale

Volunteering with KYP ●

Various volunteering opportunities with the Kashmiri Youth Project

T: 01706 630 140

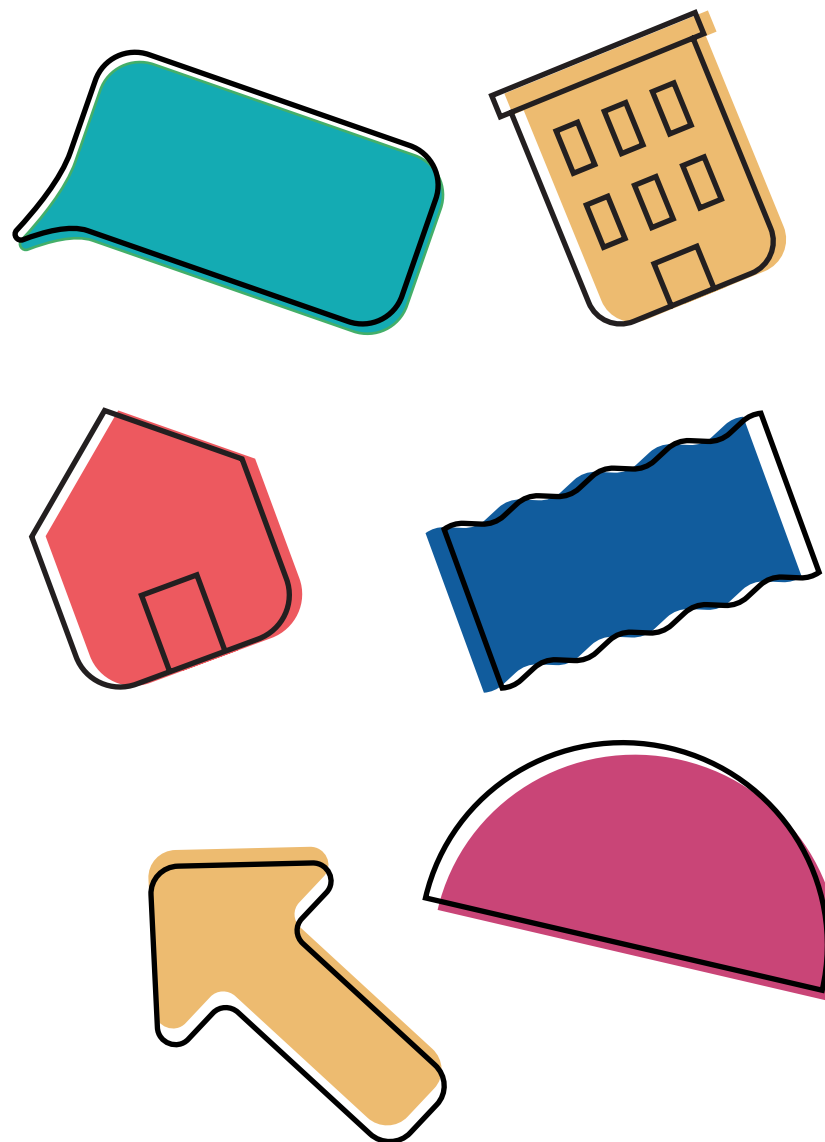
E: afa@kyp.org.uk

RSPCA Rochdale ●

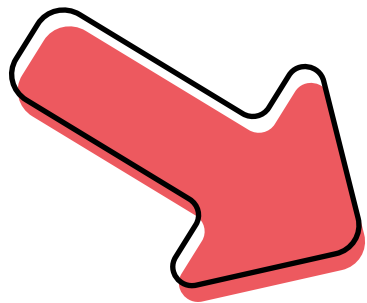
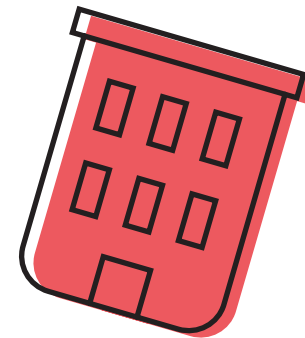
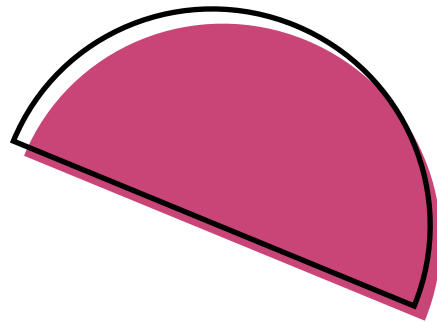
Volunteer with the RSPCA and help make sure all animals get a good life

Springhill Hospice ●

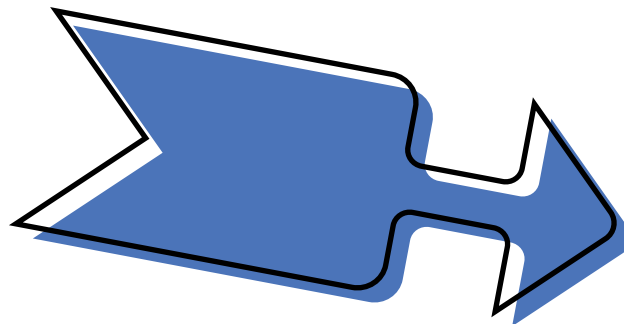
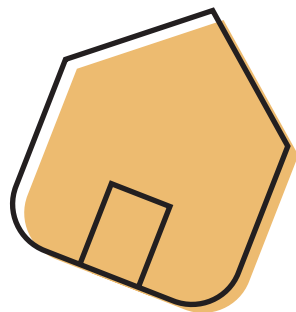
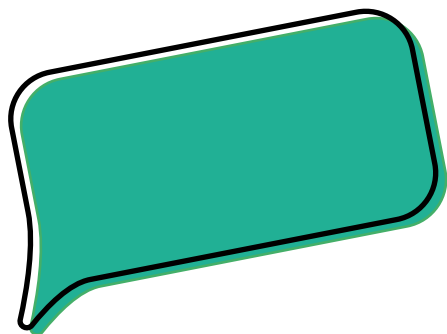
Various volunteer opportunities with Springhill Hospice



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.



Cartwheel Arts ■ ◆

Community arts projects.

T: 01706 361300

E: admin@cartwheelarts.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

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

Status4all ◆ ◆

Support with education, employment, training, new skills, advice, and social isolation. Sue Smith

157 Windermere Road, Middleton, M24 5NQ

T: 0161 643 6635

E: info@status4all.co.uk

Everyone Matters – Burnside Centre ◆ ▲

Health, Cooking and Well-being Session

38 Burnside Crescent, Middleton, M24 5NN

T: 0161 643 5775

E: burnsidecentre@btconnect.com

CWTC - Centre of Wellbeing, Training and Culture ◆ ◆

Mental Health, diabetes & dementia advice & information, employability skills & training courses, Signposting service
1, East Street, Rochdale, OL16 2EG

T: 07930 306933

E: admin@cw-tc.co.uk

Crimble Croft Community Centre ■ ◆ ◆

Aspinall Street, Heywood, OL10 4HW

Various Activities, classes and groups

T: 01706 620340

E: crimblecroft@hotmail.com

Deeplish Community Centre ◆ ◆

Educational, social and learning activities. Employment opportunities, health and wellbeing, informal education and support, new skills, learning, education and training
Hare Street, Rochdale, OL11 1JT

T: 01706 860151

E: info@deeplishcc.co.uk

The Falinge Community Hub ◆ ◆

Community café, Workshops, employment, training, support services, health and wellbeing m, Self development & social activities

Falinge Park, Falinge Road, Rochdale, OL12 6LD

T: 01706 632297 or 07760 354698

E: enquiries@vintageworx.org.uk

Spotland Community Association ◆◆

Support, advice and guidance, welfare rights/benefits, education and training and social inclusion activities, wellbeing & Health Advice, Job Club

Smart Hub, 1-2-1 support

92-96, Spotland Road, Rochdale, OL12 6PJ

T: 01706 354151

E: asgharspotlandcc@inbox.com

Wardleworth Community Centre ◆◆

Welfare benefits, Immigration & Debt advice, Adult care services, Educational training sessions

South Street, Rochdale, OL16 2EP

T: 01706 342889

E: miah.wcca@live.co.uk

The Recovery Republic CIC ■◆◆

Healthy Cooking on a Budget, A supported self-help centre for wellbeing, Cake and Coffee Morning, anxiety & depression Support Group, Men's Group -socialise, trivia, quiz games, support. Empowering Women Together, Computer Skills Drop-in, mindfulness activities, arts and crafts, fitness

63-65 York Street, Heywood, OL10 4NR

T: 01706622722

E: info@recoveryrepublic.co.uk

Let's Talk Rochdale ◆◆▲

Support & raising awareness around mental health, domestic violence, sexual abuse, faced marriages, loneliness, money management , functional skills

74 Drake Street, Rochdale OL16 1PQ

T: 07367 000 822

E: info@letstalkrochdale.co.uk

Art and Craft / Social Group ■◆

Adult art & craft social group In Rochdale

Sparth Community Centre, Rochdale, OL11 4H

T: 01706 527276

E: craigsparth@yahoo.co.uk

Healthy Living and Activity Group ■◆◆

Working with 'Making Space' Cooking, Eating, Talks, Crafts, games and Chatting.

Mills Hill Baptist Church, Middleton, M24 2FD

T: 0161 637 1511

E: ruthp8@outlook.com

Inspire by S.A.F ○◆

Motivation and Empowerment sessions, change restricting and limiting mindsets and belief systems, boost confidence, self-belief, self-esteem and self worth.

50 Delamere road, Rochdale, OL16 4xn

Sanya Karim

T: 07492424648

E: inspire.saf@outlook.com

The Lighthouse Project ○◆

Learn My way - free internet and computer skills training

Lighthouse Money Advice is a FCA registered debt advice service set up the help people with personal debt or financial issues.

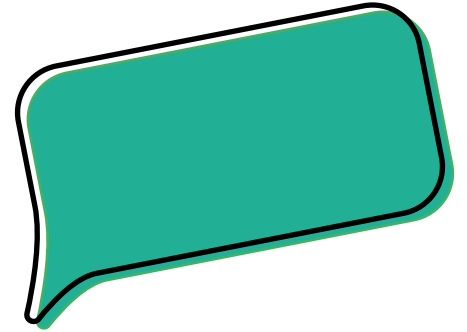
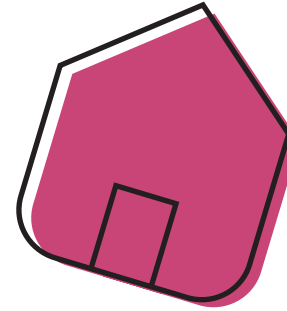
Lighthouse Pantry food club

Middleton Men's Shed and Ladies Workshop

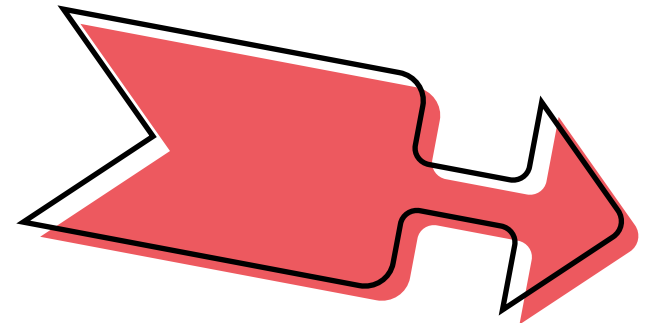
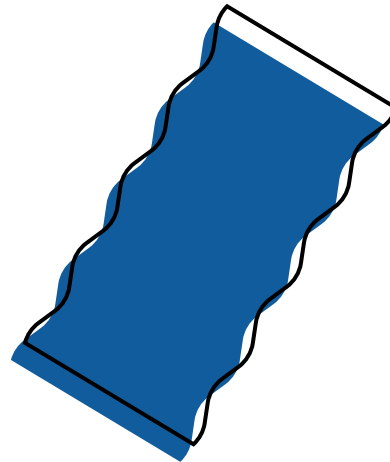
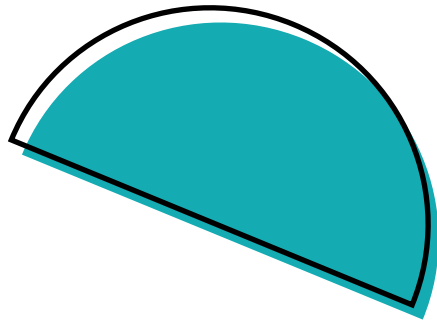
Unit S6b/c Middleton Shopping Centre, Limetrees Road, Middleton M24 4EL

T: 0161 643 1163

**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

Hollingworth Lake and Visitors Centre ○

A space to be in nature and take notice of the surroundings and natural beauty

T: 01706 37342

Mindfulness ○

A series of resources from Pennine Care

Parks and Open Spaces ○

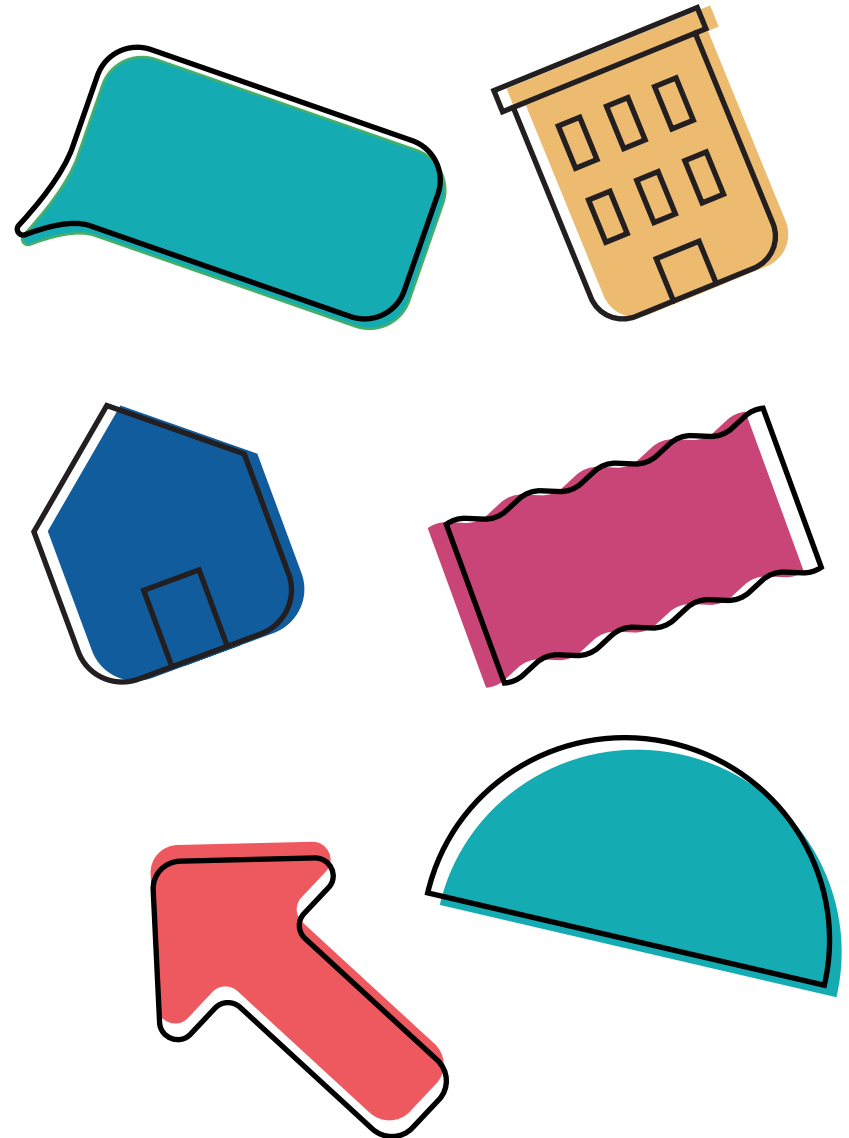
Find a local park or open space you can go to and enjoy the small things around

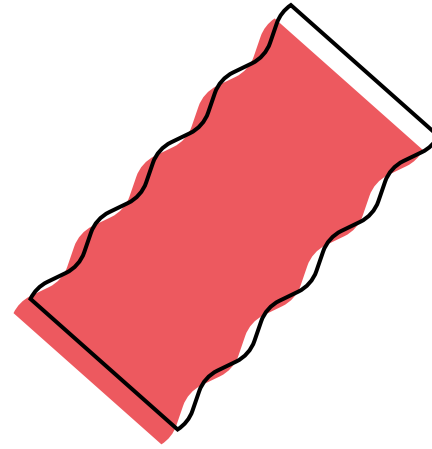
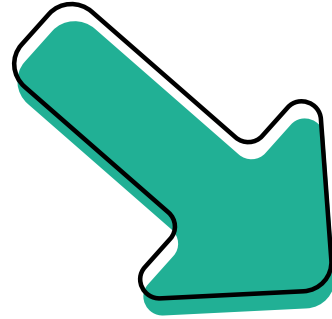
Walk to Talk ○

Health walks across Rochdale to help you connect and enjoy the spaces Rochdale has to offer

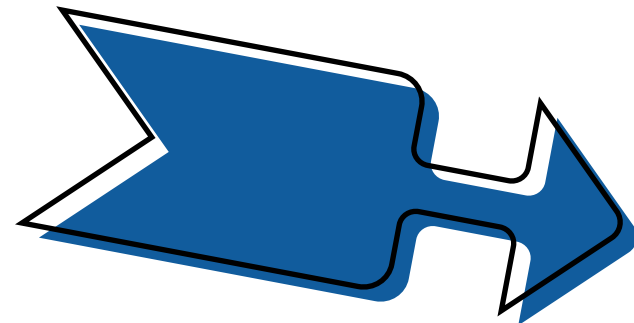
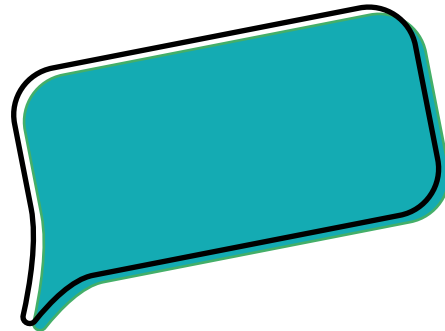
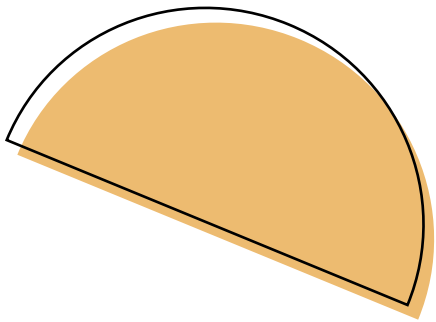
Rochdale Ramblers ○

Regular walking meet ups in Rochdale





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.



Your Trust ● ✕

Adult Activities in various venues across the borough Dancercise, aerobics, Nature walks, PilatesRunning, Zumba, Cycling, Other activities

T: 01706 926239 or 07976 498629

E: sarah.shard@link4life.org

Basa Rochdale CIC ○ ✕

Sports activities, healthy living, mental health and wellbeing within the central area of Rochdale.

E: info@basa-rochdale.co.uk

Cycling Projects ● ✕

Bringing cycling to everyone including disabled people. Help, support and guidance.

Heywood Sports Village, West Starkey Street, Heywood, OL10 4TW.

Catherine Szymanskyj

T: 01706 926276 or 07814 771271

Living Well ● ○ ◆

Health and wellbeing. 1-2-1's groups support with stopping smoking, losing weight, getting more active, dealing with long-term ill-health linked to everyday living and much more. We can even help if you just want to feel better about life but don't know where to Lock 50, Oldham Road, Rochdale, OL16 5RD

T: 01706 751 190

Incredible Edibles at Toad Lane Allotments ●

A community gardening group that comes together to grow and learn new skills together

E: ian@incredibleeducation.co.uk

Mind Rochdale & District - The Growth Project ● ◆

Community Allotment

Kellett Street, Rochdale, OL16 2JU

T: 01706 752 336

E: info@rochdalemind.org.uk

Petrus Incredible Edibles Rochdale (PIER) is a community ●

allotment on Belfield Road in Rochdale that are part of the Petru community

T : 01706 345844

Parks and Open Spaces ●

Find a local park or open space you can go to and enjoy the small things around

Walk to Talk ●

Health walks across Rochdale to help you connect and enjoy the spaces Rochdale has to offer

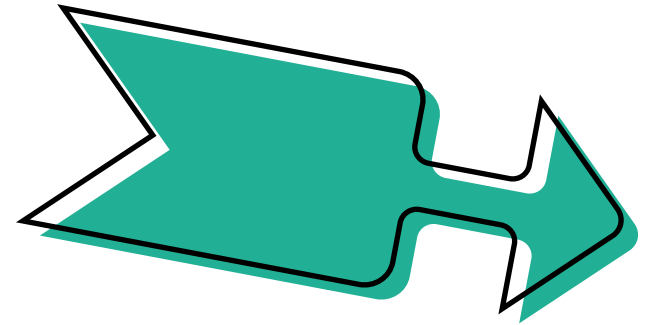
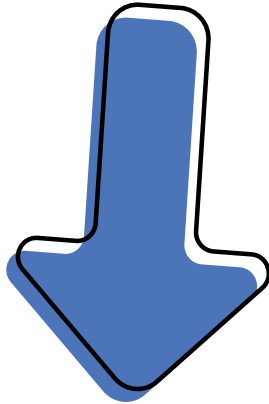
Rochdale Ramblers ●

Regular walking meet ups io Rochdale

Exercise Referrals ●

Find out about the exercise referral scheme that could mean you could access local gyms and swimming for free or a lower cost.

Practical Support



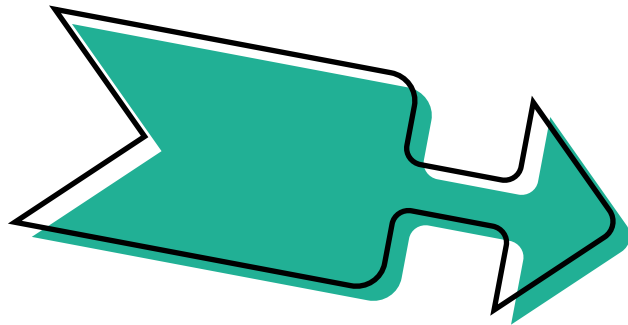
Warm and Welcoming Spaces

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 ♦

Drug & alcohol service

Rochdale Hub, 11-14 St Chad's Court, Rochdale, OL16 1QU

T: 0300 555 0234

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 (Helpline call free)

E: help@aamail.org

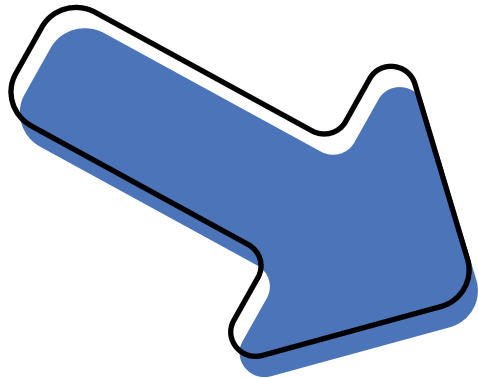
Gamblers Anonymous ♦

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

T: 0330 094 0322 (Helpline)

E: info@gamblersanonymous.org.uk

Housing, Money and Food



Shelter ◆

Emergency helpline for anyone experiencing or at risk of homelessness

T: 0808 800 4444

Rochdale Food Bank ▲

Community Food bank in Rochdale
8 South Parade, Rochdale, OL16 1LR

T: 01706 713 701

Heywood Food Bank ▲

Community Food Bank
94 Adelaide St, Heywood OL10 4HE

T: 07396071193

Middleton Central Foodbank ▲

Hosted by the Lighthouse Project
S6b/c Middleton Shopping Centre, Limetree Road, Middleton,
M24 4EL

T: 0161 643 1163

E: info@middletoncentral.foodbank.org.uk

Auntie Irene's Pantry ▲

Community Pantry in Milnrow
8 St James Street, Milnrow, Rochdale OL16 3JT

T: 07870 172142

Kashmir Youth Project (KYP) Community Pantry ▲

Belfield Road, Rochdale OL16 2UP

Step Change Debt Charity ▲

Charity offering free debt advice & support

T: 0800 1381 111

The Lighthouse Project ▲

Community Food bank
Unit S6b/c Middleton Shopping Centre, Limetrees Road,
Middleton M24 4EL
T: 0161 643 1163

Rochdale AFC Community Food Pantry ▲

FREE Food parcels and low cost shopping to those who need it
Crown Oil Arena, Sandy Lane, Rochdale OL11 5DR
E: community@rochdaleafc.co.uk

Women's Housing Action Group (WHAG) ◆◆

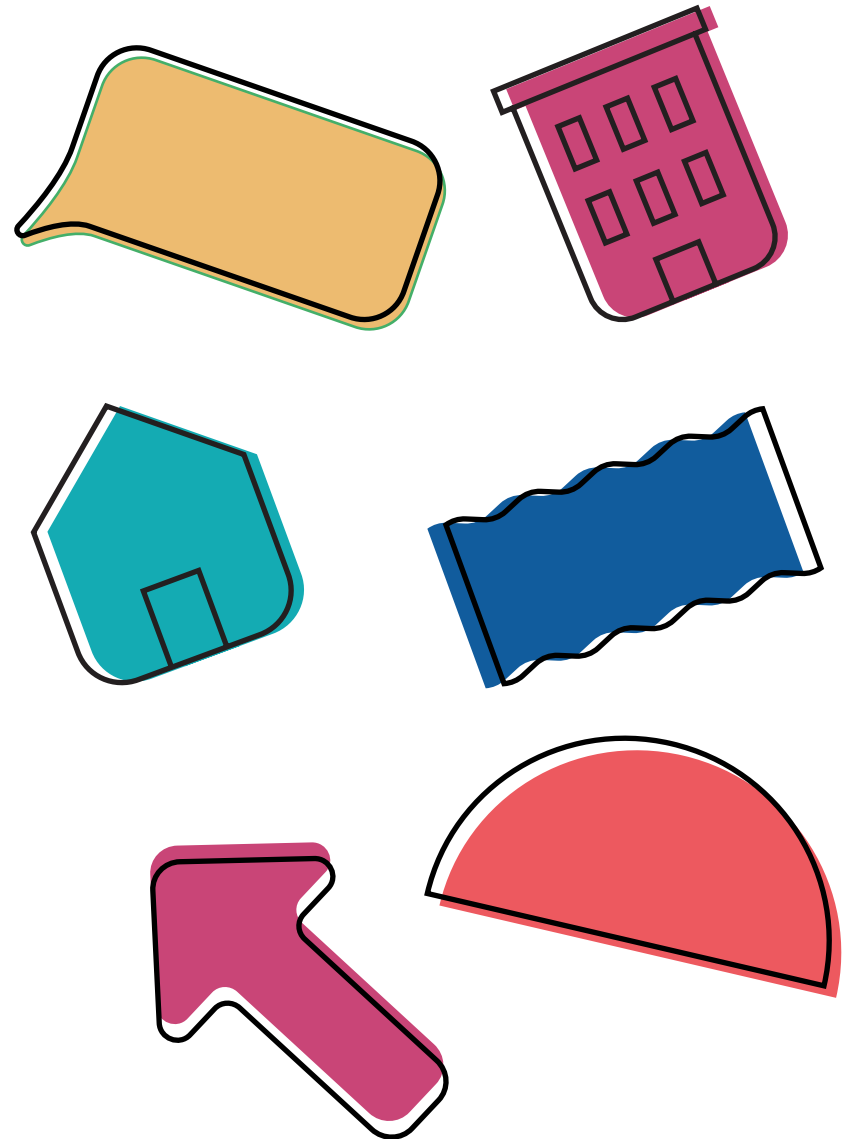
Women's homeless support, Domestic abuse support for men,
women and children, life skills, tenancy support
Rose Court, 679, Manchester Road, Castleton, Rochdale, OL11
3AA
T: 01706 298222
E: whag@whag.info

The Bond Board ◆▲

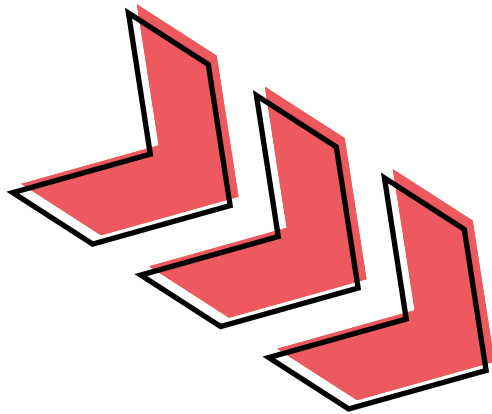
Support Services for homeless or at risk of homeless people
General support with everything from benefits to foodbanks to
access to housing through our bond scheme. Phone the office for
more information.
209-211 Bury Road, Rochdale, OL11 4EE
T: 01706342404
E: info@thebondboard.org.uk

Smallbridge Pantry & Drop in café ◆▲

Food members club' (foodbank), drop in cafe, community
activities 5 Stevenson Square Smallbridge Rochdale OL12 9SA T:
T: 07502 033352
E: smallbridgepantry@gmail.com



Physical and Mental Health



Healthwatch Rochdale ◆

Advice and support on health and care services in Rochdale
Healthwatch Rochdale, Suite 5, No. 2 The Esplanade, Rochdale,
OL16 1AE

T: 01706 249 575 between the hours of 10:00 – 16:00 Monday to
Friday.

E: info@healthwatchrochdale.org.uk

Samaritans ◆

Free 24 hour support on the phone

T: 116 123

E: jo@samaritans.org

Basa Rochdale CIC ◆

sports activities, healthy living, mental health and wellbeing
within the central area of Rochdale.

E: info@basa-rochdale.co.uk

Living Well ● ✕ ◆

Health and wellbeing. 1-2-1's groups support with stopping
smoking, losing weight, getting more active, dealing with long-
term ill-health linked to everyday living and much more. We can
even help if you just want to feel better about life but don't know
where to Lock 50, Oldham Road, Rochdale, OL16 5RD

T: 01706 751 190

Talk Listen Change (TLC) ◆

Counselling, support, advice and guidance

T: 0161 872 1100

E: enquiries@talklistenchange.org.uk

Thinking Ahead Rochdale, Heywood and Middleton ◆

Self Help Services Mental Health Charity can help people who are feeling distressed by difficult events in their lives as well as people with a mental health problem.

T: 01706 751 180

E: thinkingahead@thebiglifegroup.com

The Mind Wellbeing Centre ◆

mental health and emotional wellbeing support, counselling
3-11 Drake Street, Rochdale, OL16 1RE

T: 01706 752 338

E: info@rochdalemind.org.uk

Rochdale Health Alliance ◆

Social Prescribing -connecting people to community groups and statutory services to meet the variety of needs they present with
The Old Post Office, No 2 The Esplanade, Rochdale, OL16 1AE

T: 01706 587775 or 01706 587777

E: lgmch.communications.rha@nhs.net

Anxiety UK ◆

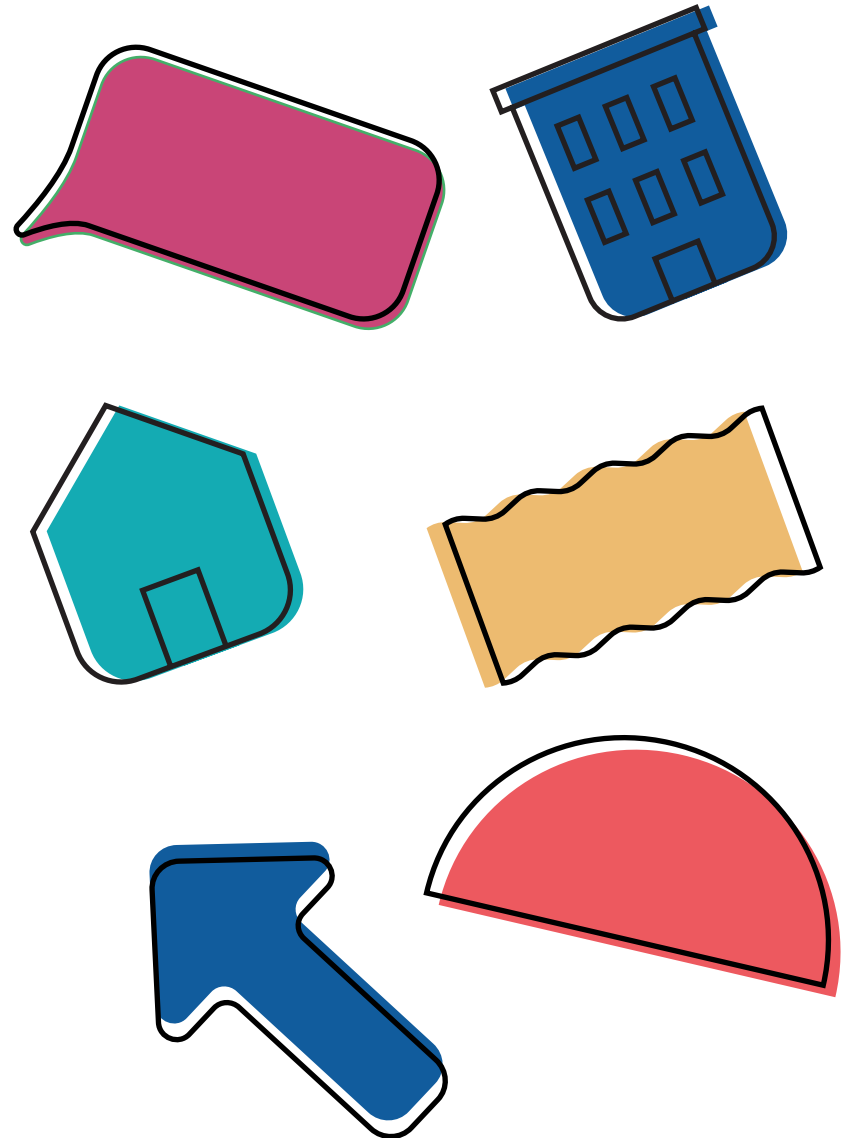
Online support sessions - stress, anxiety, positive thinking

Survivors Manchester (for Men) ◆

Rape crisis support for men
Unit 9, Brewery Yard, Deva City Office Park, Trinity Way, Salford,
M3 7BB

T: 01612362182

E: info@survivorsmanchester.org.uk



Let's keep building our understanding together

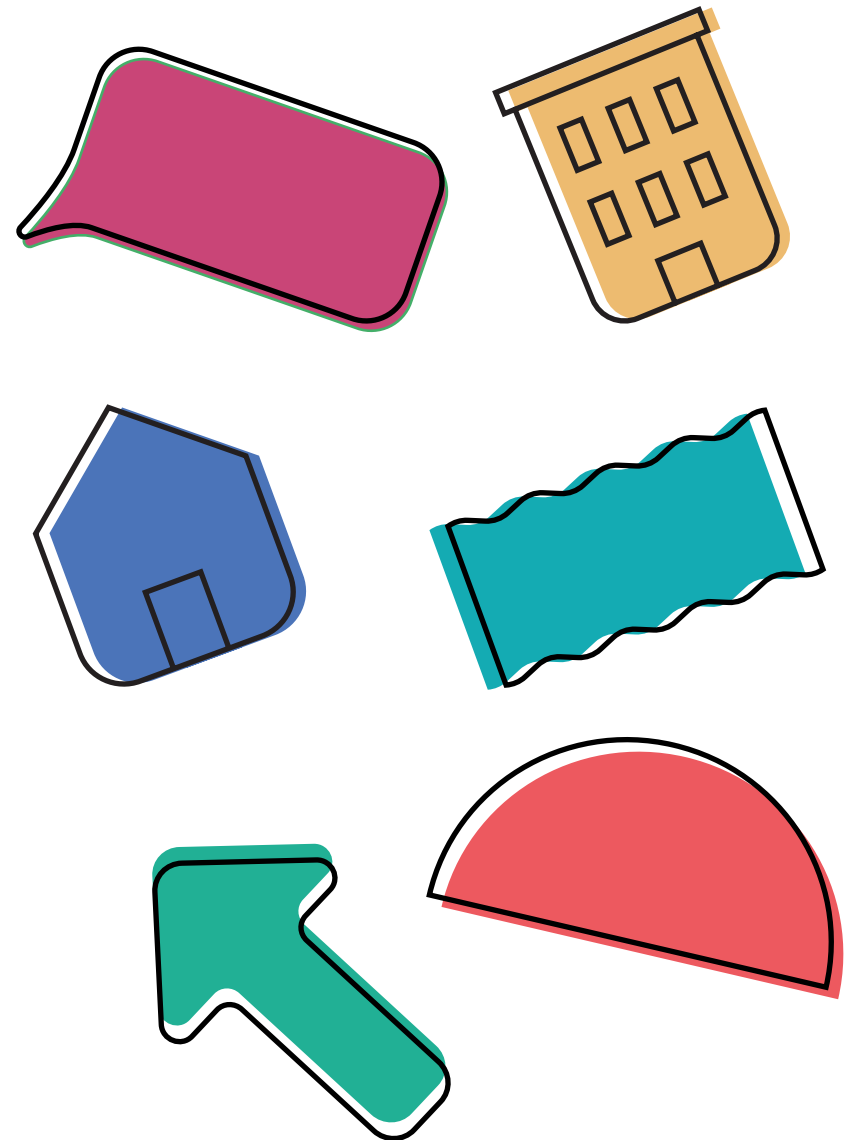
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

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

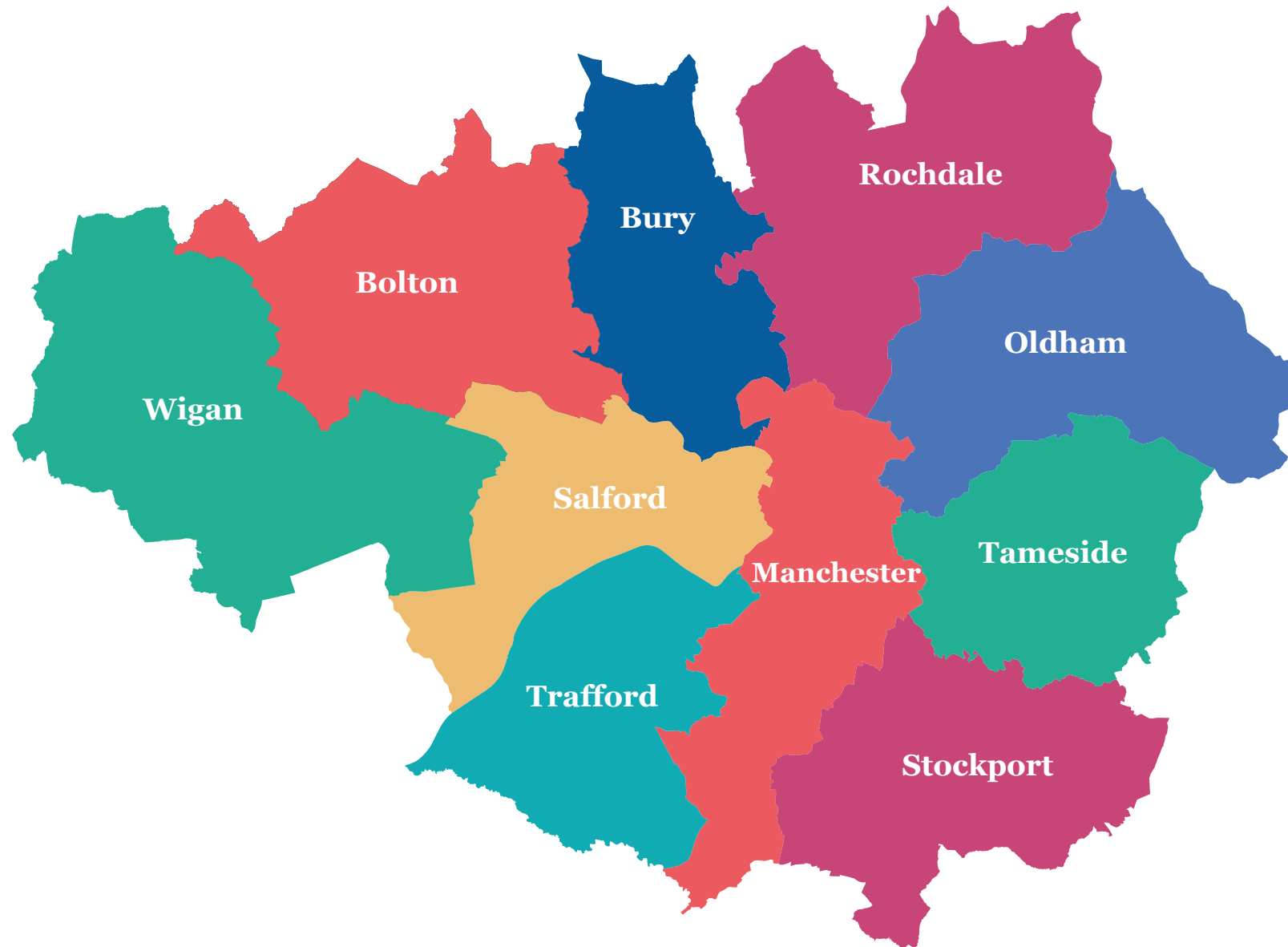
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

The Collaborate Out Loud Team



GM Wide Purpose Maps

Click on the borough below if you are interested in finding out more about activities in different parts 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

