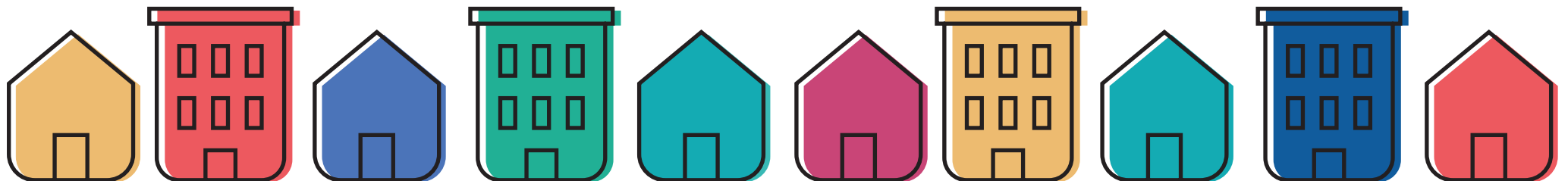




Trafford Purpose Map

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



Trafford 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

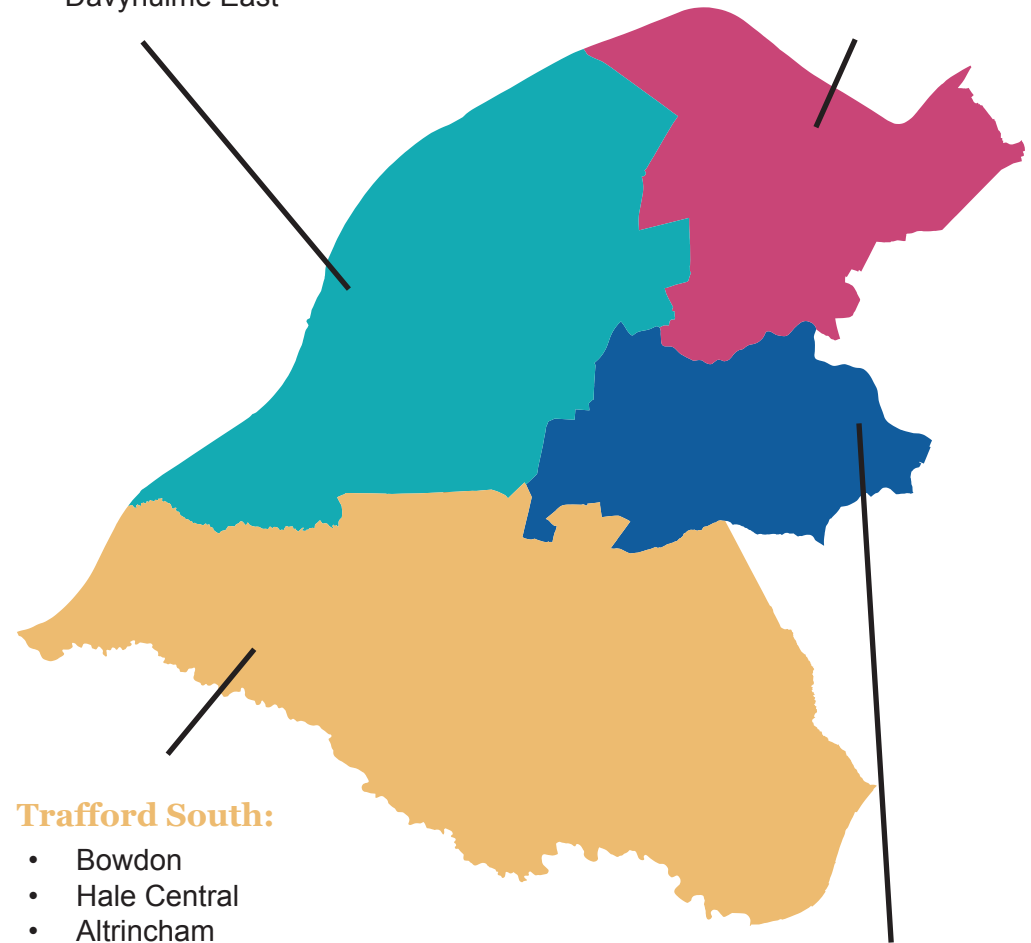
1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support

Trafford West:

- Bucklow-St Martins
- Flixton
- Urmston
- Davyhulme West
- Davyhulme East

Trafford North:

- Gorse Hill
- Stretford
- Longford
- Clifford



Trafford South:

- Bowdon
- Hale Central
- Altrincham
- Broadheath
- Timperley
- Hale Barns
- Village

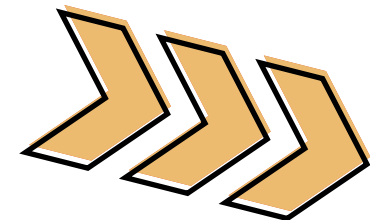
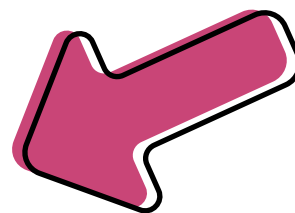
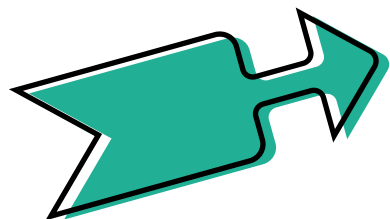
Trafford Central:

- Sale Moor
- Brooklands
- Priors
- Ashton upon Mersey
- St Mary's

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

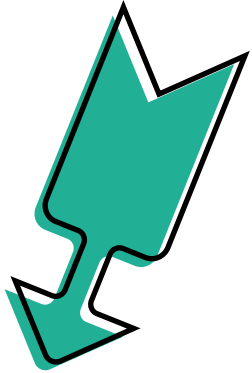


They also help people who have experienced

- 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



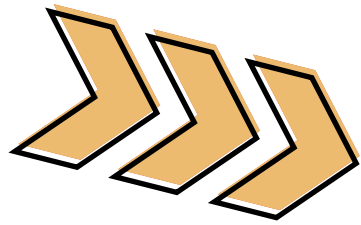
Creative

- 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



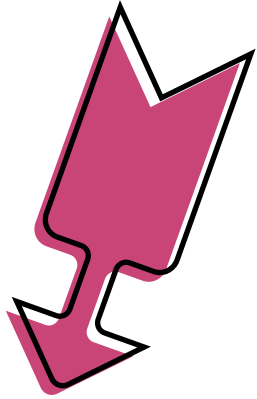
Food

- Food parcels
- Brew and Biscuit



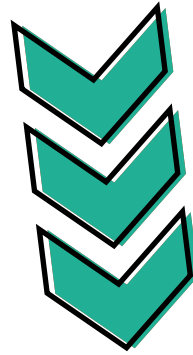
Support and advice

- 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

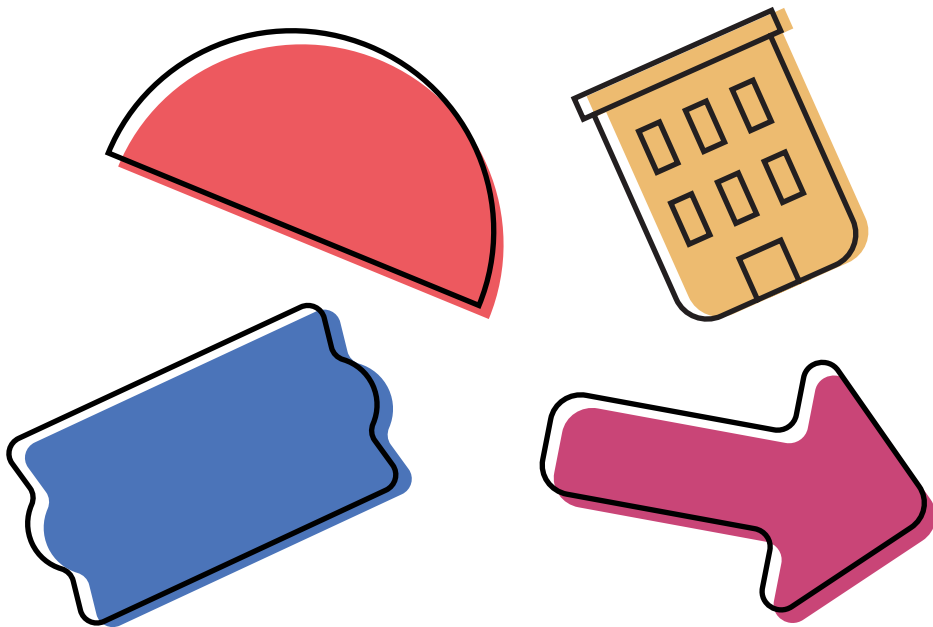
- Online
- Face to face
- Apps

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:

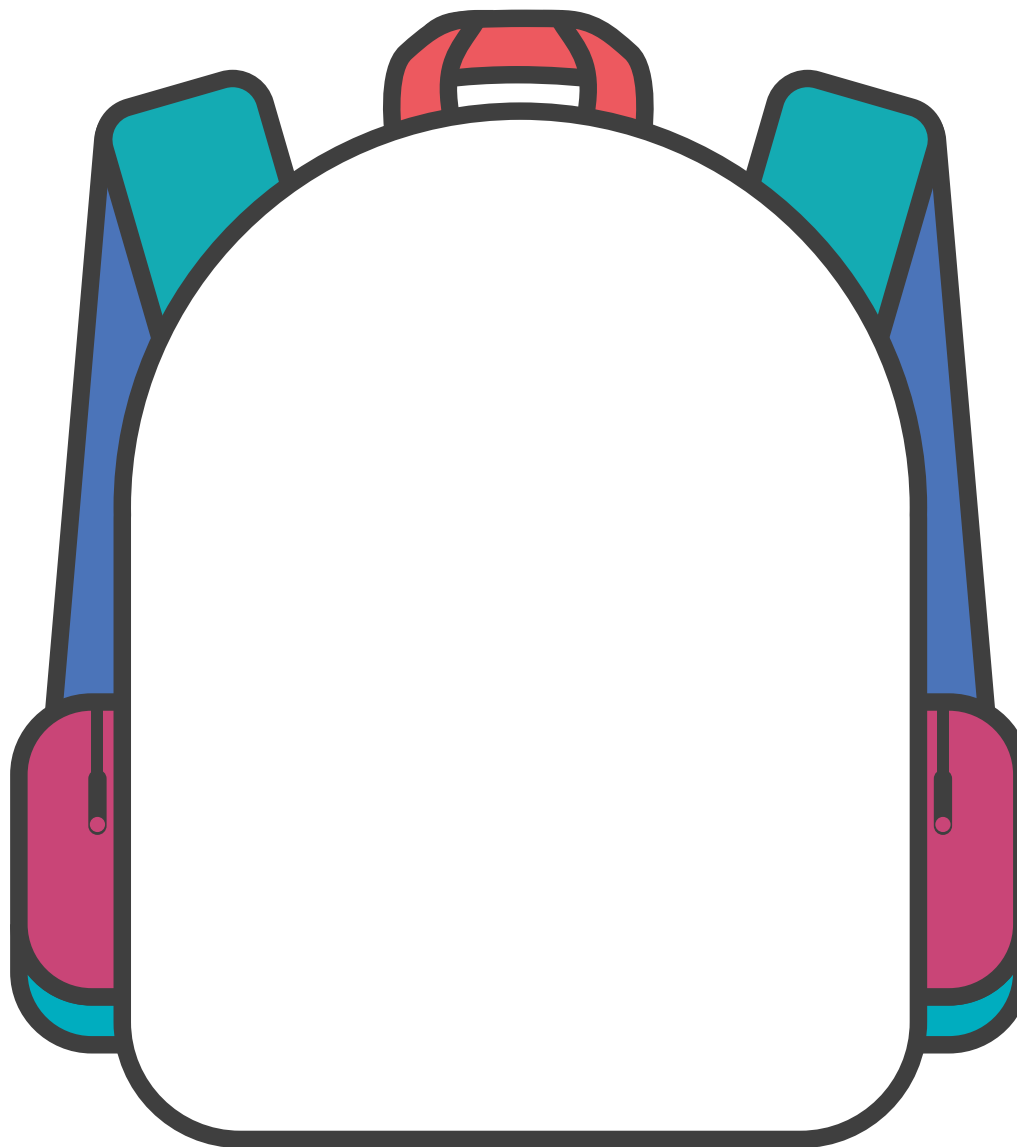
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

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

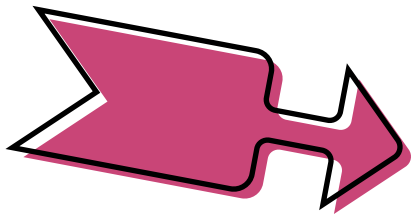
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

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

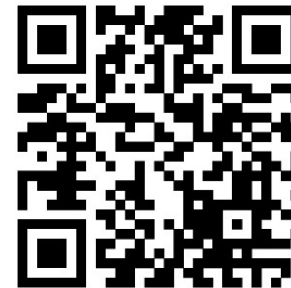
Helping you get around Greater Manchester with Purpose

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

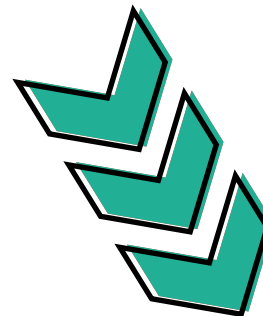
The Bee Network Website

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...

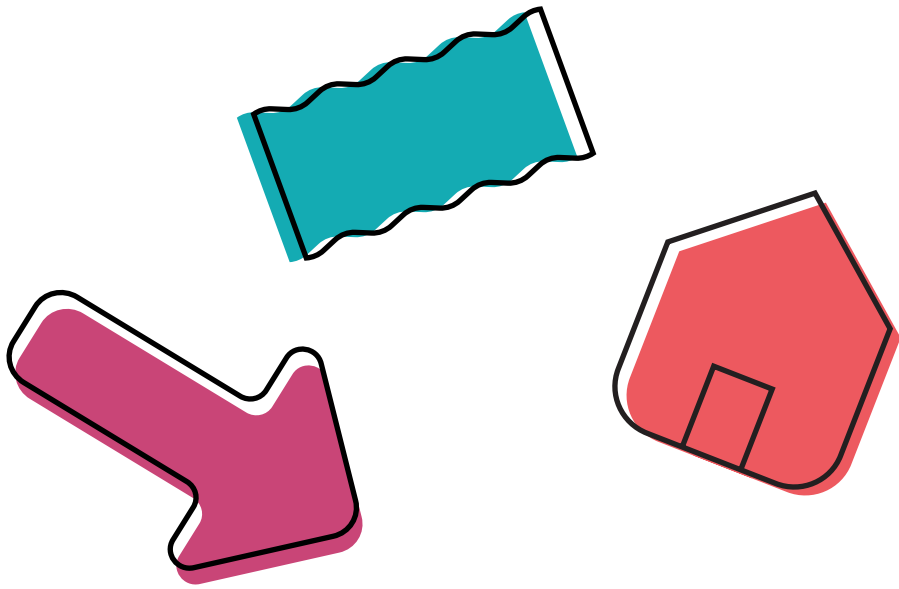
Keep Learning...

Give...

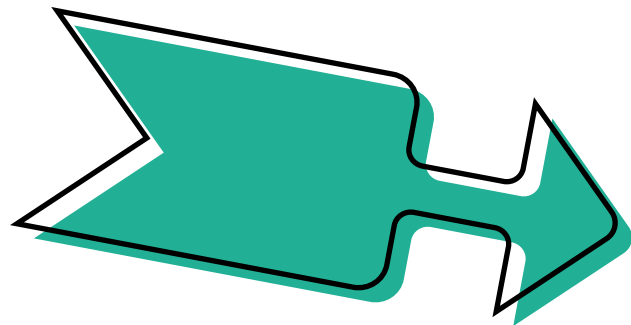
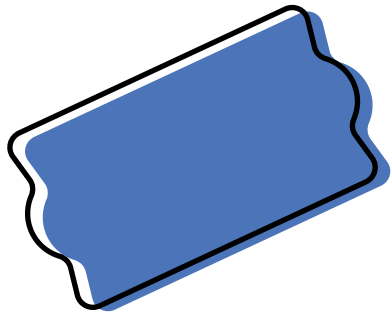
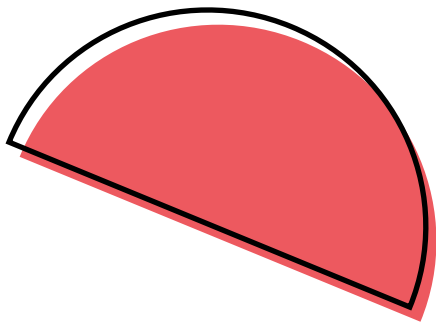
Be Active...

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 ◆

Free 24 hr support and helpline

T: 116 123

E: jo@samaritans.org

St John's Centre ■ ○ ✕ ◆ ▲

Advice & support, food parcels, courses, wellbeing activities, exercise, creative activities

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

T: 0161 872 7795

E: Info@stjohnscentre.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

Inch Arts ■ ○

Creative Arts, music, writing for mental health & well being
20 Stamford New Road, Altrincham Cheshire, WA14 1EJ

T: 07873 263271

E: info@inch-arts.co.uk

Aim Northwest ✕

Support with domestic abuse, men and women who are at risk of offending, currently offending, or have a history of offending, Financial wellbeing, Mental Health wellbeing, 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

The Big Breakfast Old Trafford ▲

A free breakfast for people experience homelessness

Shrewsbury Street, Old Trafford, Manchester M16 9NW

T: 07886 185490

E: thebigbreakfastot@gmail.com

St Antony's Centre ◆ ○ ◆ ▲

Activities, Support, Training, welfare & benefit advice Eleventh Street, Trafford Park, Manchester, M17 1JF

T: 0161 848 9173

E: secretary@stantonyscentre.org.uk

Wellbeing Activities & Community Café at Old Trafford

Wellbeing Centre ■ ● ○ ✕ ▲

Brew n chat, drama, meditation, art, support groups, bike repair, woodwork, yoga, mental health, crafts, relaxation, table tennis or board games

54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: 0161 877 3719

E: reception@bluescisupport.org.uk

Seed Studios ■ ◆ ○

Music to relieve social isolation & wellbeing, creative activities, personal development,

Broomwood Community Wellbeing Centre Mainwood Rd, Timperley, Altrincham, WA15 7JF

Old Trafford, Old Trafford Wellbeing Centre, 54-56 Seymour Grove,

Old Trafford, M16 0LN

T: 0161 980 0720

E: enquiries@seedstudios.org

Sunshine Café ▲

Low cost breakfast & lunches call ahead for opening times
Sale West Youth & Community Centre, Newbury Avenue, Sale, M33

4QW

T: 07917 406 816

Target Community Café ▲

Donation based pay what you can afford
Gorse Hill Methodist Church, Wesley Street, Stretford, M32 0GL T:
07867 528265 (contact for opening times)
T: 07501 441072
E: kcooney34@aol.com

Andy's Man Club - Peer to peer support for men ○ ◆

Mondays 7pm (except bank hols)
J. Davidson Stadium, Moss Lane, Altrincham, WA15 8AP
E: info@andysmanclub.co.uk

Coppice Library and Wellbeing Centre ■ ◆ ○

A range of activities for learning and wellbeing
Find out **what's on**
Coppice Avenue, Sale, M33 4ND
T: 0161 912 3560
E: michael@bluesci.org.uk

Partington Library and Wellbeing Centre ■ ◆ ○

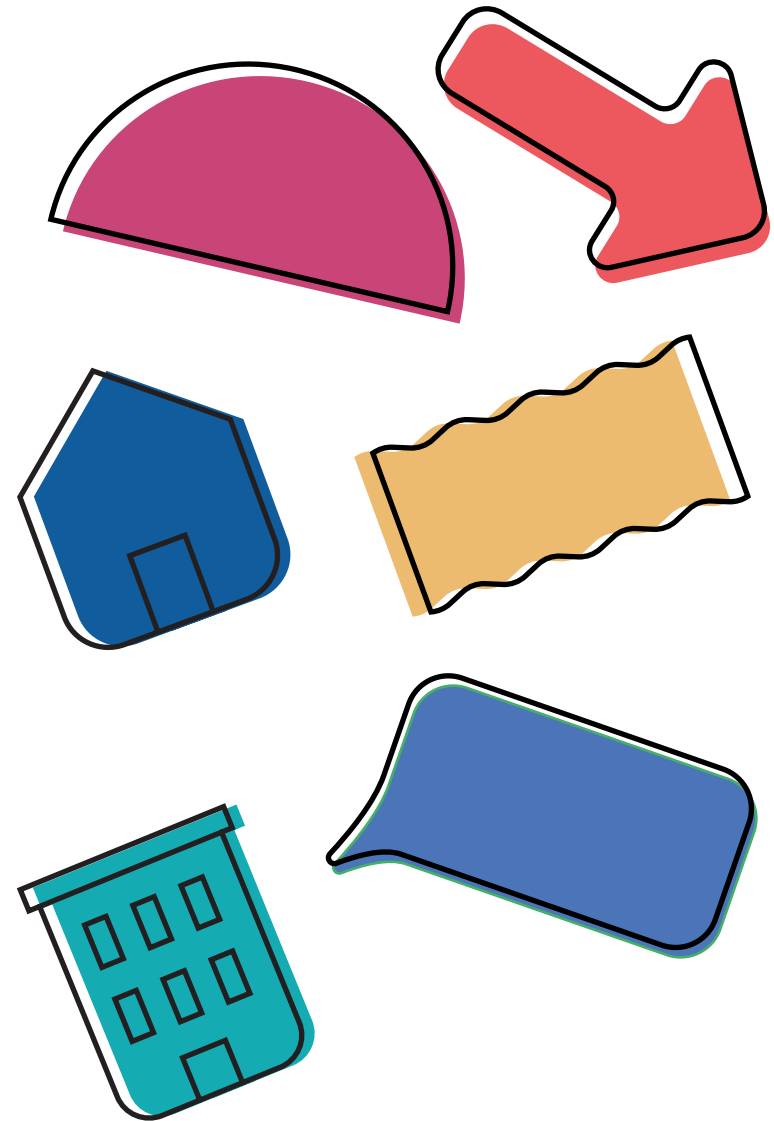
A range of activities for learning and wellbeing
Find out **What's On**
Central Road, Partington, M31 4LP
T: 0161 775 1912
E: sam@blueci.org.uk

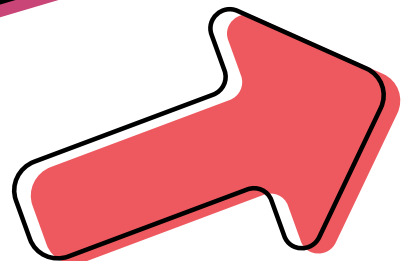
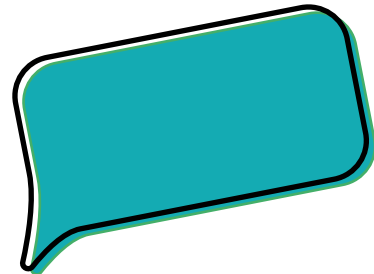
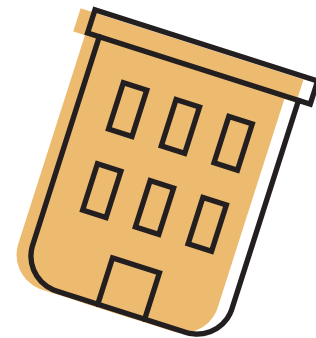
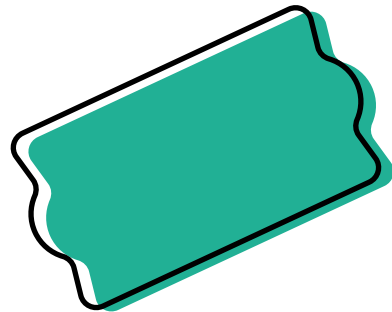
Broomwood Community Wellbeing Centre ◆ ○

A range of activities for learning and wellbeing
Find out **What's On**
Mainwood Road. Timperley. WA15 7JU
T: 0161 980 0720
E: andrew.hodson@bluesci.org.uk

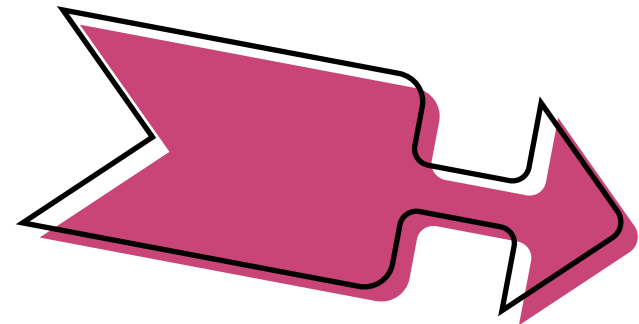
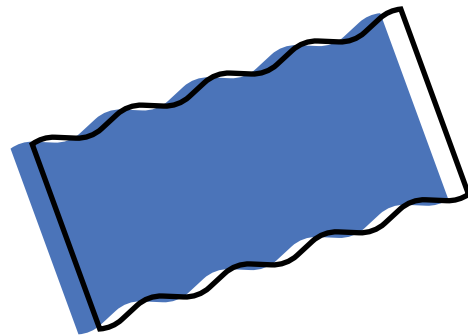
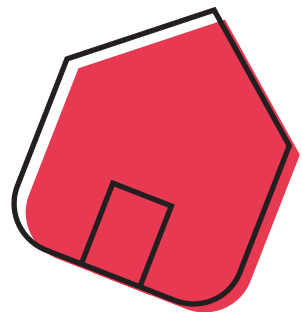
BlueSci Trafford ◆ ○

a range of activities available where you can also connect and meet others





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.



Trafford Community Collective

Various volunteering Opportunities across Trafford
Stretford Public Hall, Chester Road, Stretford, Manchester,
M32 0LG

T: 0330 123 9766

E: info@thrivetrafford.org.uk

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

Altrincham Community Response Hub

Various volunteering opportunities at the
hub

T: 0161 941 2018

E: volunteer@ourhub.org

HealthWatch Trafford

Various volunteering opportunities with HealthWatch in Trafford

Theatre of the Senses

Volunteers in all aspects of theatre production including stage
management, producing, marketing, and set design

Old Trafford Wellbeing Centre 54-56 Seymour Grove Old Trafford
Manchester M16 0LN

E: shauntotscic@gmail.com

Voluntary Community Action Trafford (VCAT)

Volunteering opportunities in community development,
environment and conservation, health and well-being, social and
community care services

Oakland House, Manchester M16 0PQ

T: 0161 872 8563

E: vcat@vcatrafford.org

Thrive Working Together in Trafford Volunteer Opportunities

A range of volunteering opportunities support the voluntary,
community and faith sector

T: 0330 123 9766

E: info@thrivetrafford.org.uk

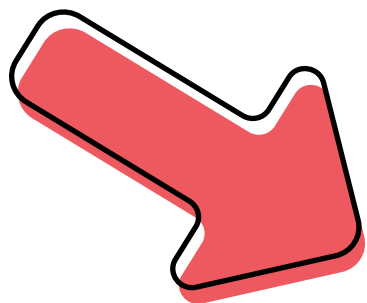
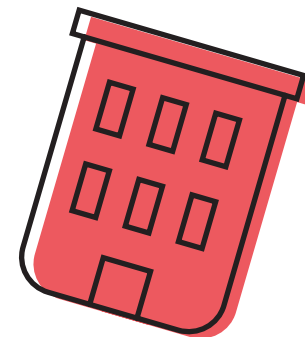
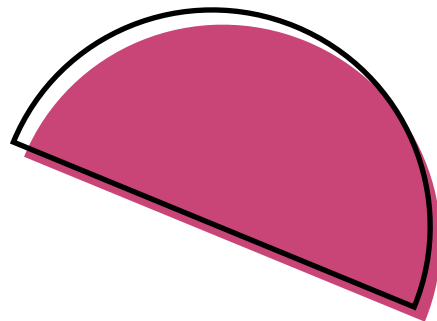
AgeUK Trafford

A range of volunteering opportunities available
Age UK Trafford. The Sharples Building. 1-3 Church Road,
Urmston, Manchester, M41 9EH

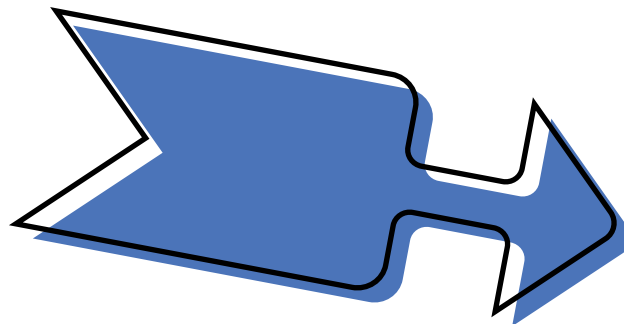
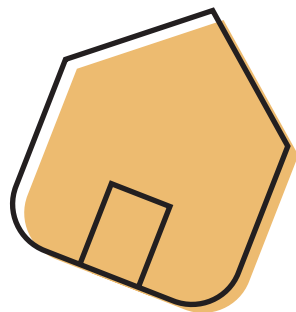
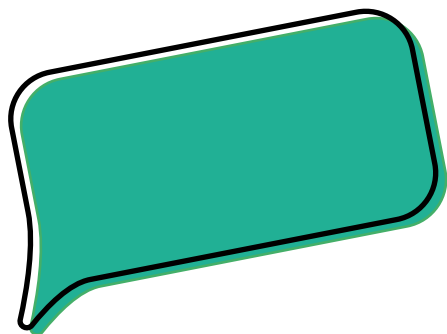
T: 0161 746 9754

E: admin@ageuktrafford.org.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

Old Trafford Wellbeing Centre

A range of activities to learn new skills and meet new people including creative writing workshops

54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: 0161 877 3719

E: infototscic@gmail.com

Guided Meditation from Bluesci

A guided mediation programme for wellbeing

T: 0161 877 3719

E: reception@bluescisupport.org.uk

G-Force

Education, develop new skills, support services and crisis support
Bowdon Downs Church, Bowdon Road, Altrincham, WA14 2AH

T: 07952 495137 or 07941 361572

E: gforcemail@btconnect.com

Players (Music Group)

Groups playing guitar, drums or bass

Seed Studios – Old Trafford, Old Trafford Wellbeing Centre,

54-56 Seymour Grove, Old Trafford, M16 0LN

T: 0161 912 4828

Seed Studios

Broomwood, Broomwood Community Wellbeing Centre,
Mainwood Rd, Timperley, Altrincham, WA15 7JF

T: 0161 980 0720

E: adam@seedstudios.org

E: communityconnector@seedstudios.org

Guitar Group/Ukulele Group

Learn the guitar and Ukulele

Seed Studios – Old Trafford, Old Trafford Wellbeing Centre,
54-56 Seymour Grove, Old Trafford, M16 0LN

T: 0161 912 4828

Woodwork with Tree Things

Get creative with wood and learn new skills

T: 0161 881 5360

Basic Theatre Drama Workshops

Build confidence and self-esteem through theatre

E: infototscic@gmail.com

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

E: www.gmmh.nhs.uk/recovery/

Theatre of the Senses

Inclusive theatre with and for excluded people, to challenge stigma and build confidence and self-esteem, food parcels for local people in need of support, Digital inclusion project, Yoga, meditation, drama-based workshops.

Old Trafford Wellbeing Centre 54-56 Seymour Grove Old Trafford Manchester M16 0LN

E: shauntotscic@gmail.com

Coppice Library and Wellbeing Centre

A range of activities for learning and wellbeing

Find out **what's on**

Coppice Avenue, Sale, M33 4ND

T: 0161 912 3560

E: michael@bluesci.org.uk

Partington Library and Wellbeing Centre

A range of activities for learning and wellbeing

Find out **What's On**

Central Road, Partington, M31 4LP

T: 0161 775 1912

E: sam@blueci.org.uk

Broomwood Community Wellbeing Centre

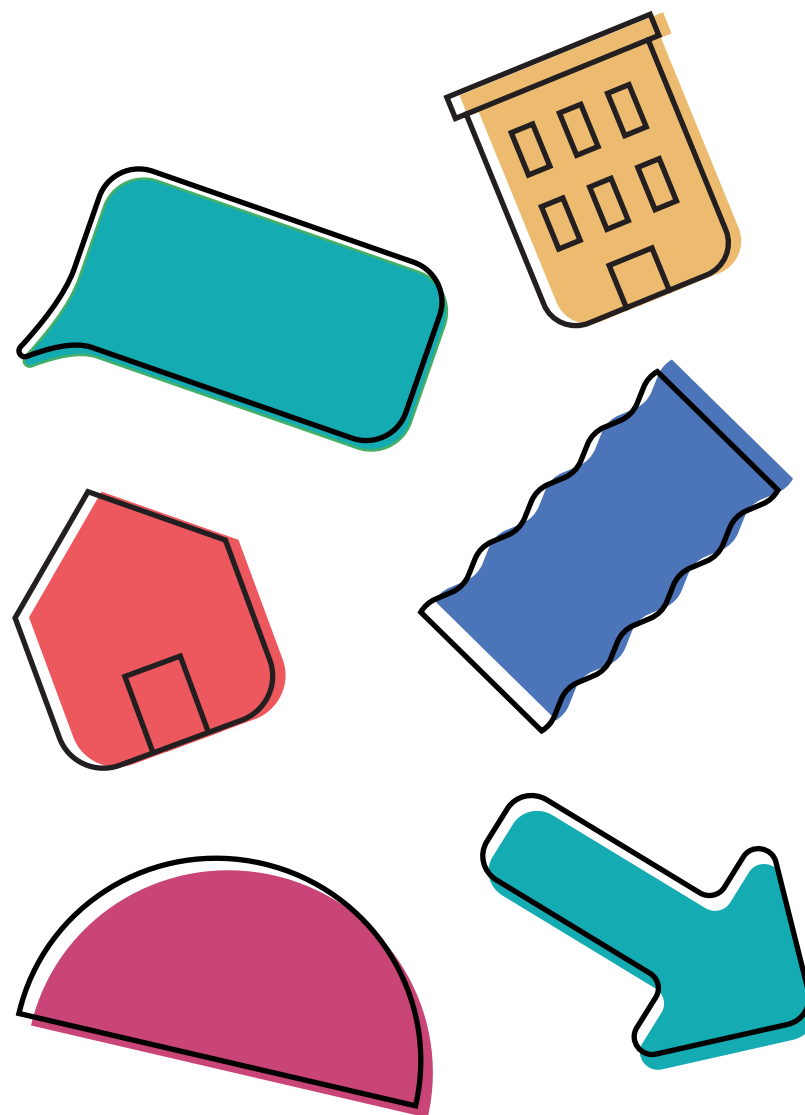
A range of activities for learning and wellbeing

Find out **What's On**

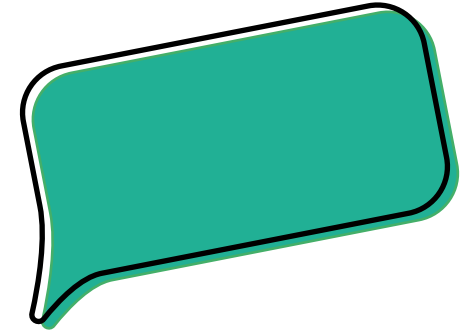
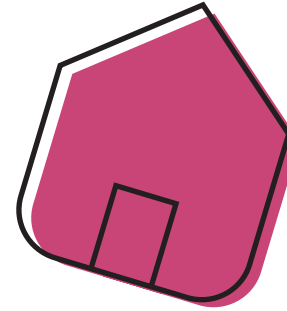
Mainwood Road. Timperley. WA15 7JU

T: 0161 980 0720

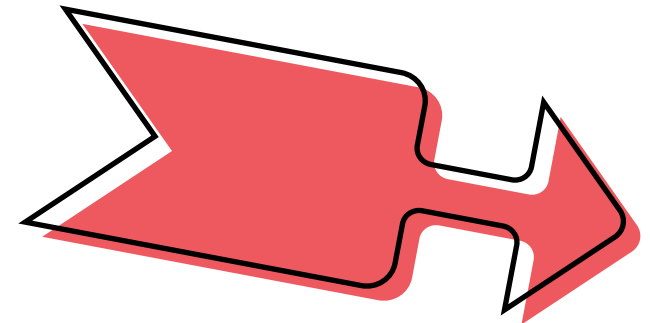
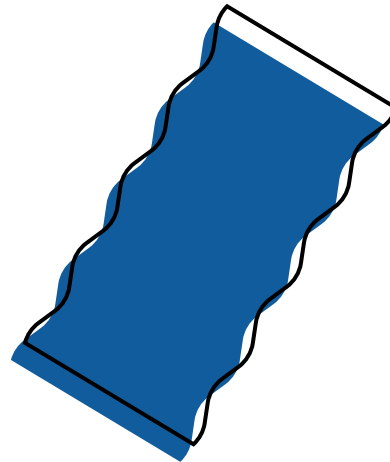
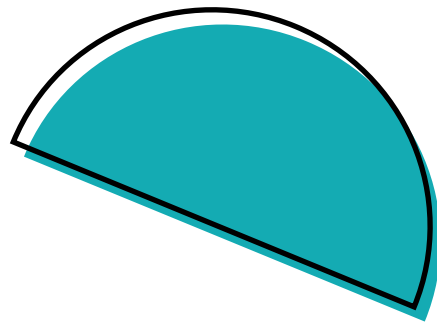
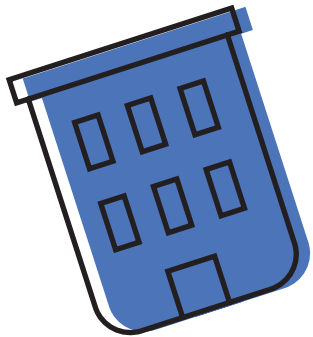
E: andrew.hodson@bluesci.org.uk



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

Old Trafford Wellbeing Centre ○

Meditation courses

54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: 0161 877 3719

E: reception@bluescिसupport.org.uk

Wellbeing App Finder ○

Orcha helps you to find tested and proven apps for your wellbeing

Headspace ●○

Use free guided meditations on their website and YouTube channel, or downloading the free app on your phone

W: <https://www.headspace.com/>

The Free Mindfulness Project ●○

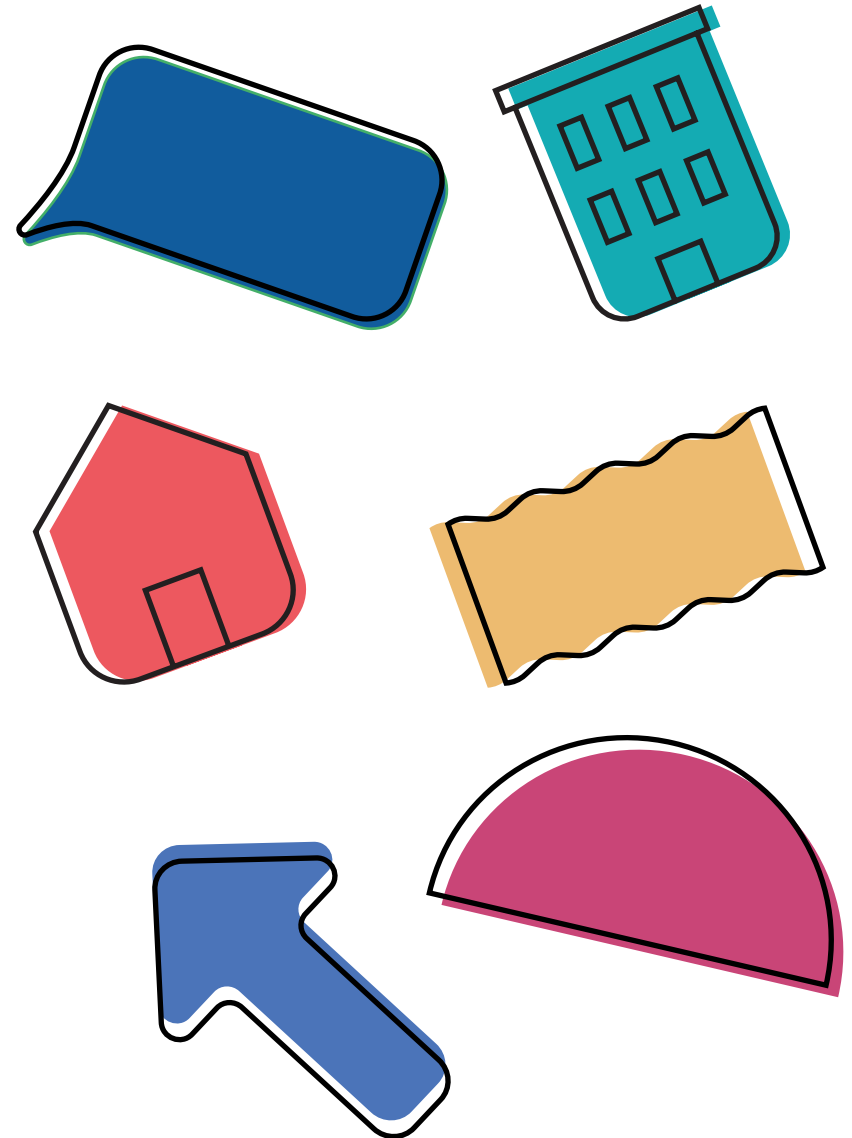
The Free Mindfulness Project brings together 100's of free mindfulness videos, audios and other resources all in one place:

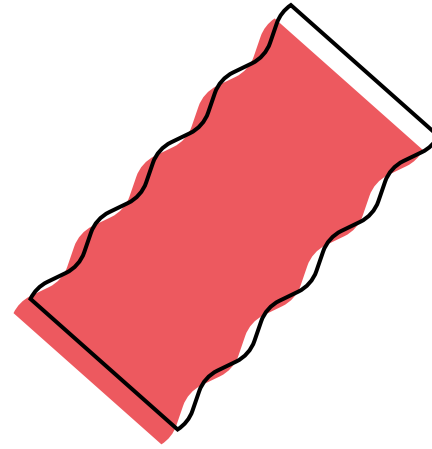
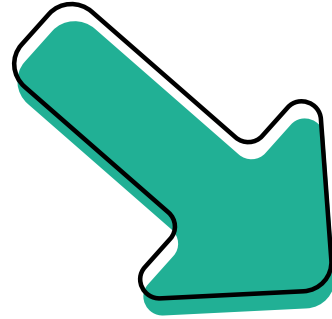
How to meditate in a moment ●○

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

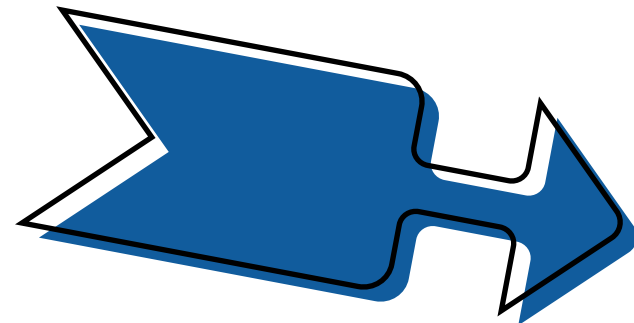
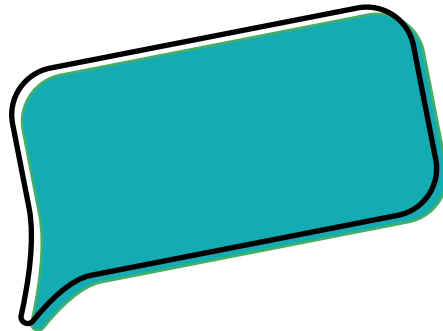
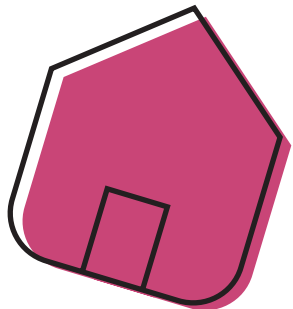
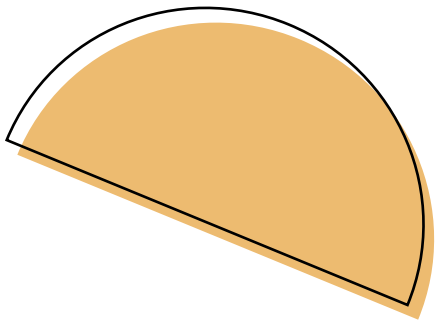
A 6-Minute Breathing Meditation To Cultivate Mindfulness ●○

A great way to relax and take notice of your surrounding and how you are feeling





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.



Old Trafford Wellbeing Centre ●●○✕◆▲

Cycling, allotment, yoga, wellbeing walks, community allotments Meet up with likeminded people and grow some amazing produce you can take home and cook. No experience is necessary and we have all the tools

54-56 Seymour Grove Old Trafford Manchester M16 0LN

E: andrew.hodson@bluesci.org.uk

Chainlink Community Cycles CIC ●●○✕

bike repair, volunteer training in bike repairs, Bike maintenance tutorial Bike refurbishment, bike Rides

T: 0161 877 3719

E: reception@bluescisupport.org.uk

E: neil@chainlink.org.uk

Marlborough Road Allotments, Flixton ●●○

Marlborough Road Urmston Manchester Manchester M41 5QP

T: 07879 715634.

E: Marlboroughrdallotments@gmail.com

Incredible Edible Stretford ●●○

Community allotment and gardening group

You can also find out more about the

[Incredible Edible movement](#)

Friends of Victoria Park Stretford ●●○

Various groups and activities centered around the park space

Wilderspool Woods ●○

A large woodland area to explore and connect with nature

Bridgewater Way ●○

A great route to walk and cycle along the Bridgewater Canal

3k and 5K Running Routes in Trafford ●○✕

A great way to get out and run for free and explore the local area and what it has to offer

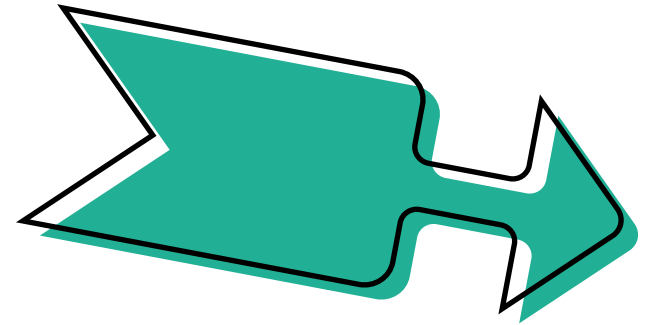
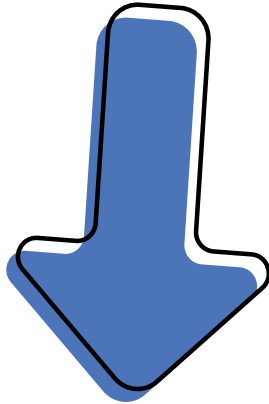
Trafford Leisure ○✕

Leisure centres and pools across Trafford

Activity Hub Led by Housing First

- Out and About - Tuesdays, afternoon sessions, Various locations. Contact Cheryl, Paula or Chan for more information
- Bring Your Beats with Paula - Wednesdays, 2.30–4pm (2 x45 min session)
- at Pomona Gardens, 26 Cornbrook Ct, Old Trafford, M15 4EP
- Arty Slam with Cheryl - Thursdays, 1–3pm at Pomona Gardens, 26 Cornbrook Ct, Old Trafford, M15 4EP
- Box Fit NRG with Chan - Fridays, 3–4pm at Sale West Community and Wellbeing Centre, Newbury Ave, Sale, M33 4QH

Practical Support



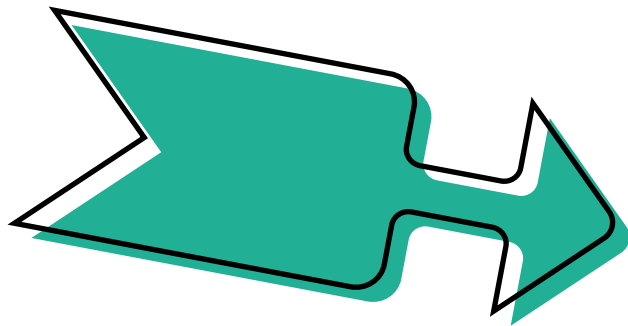
Warm and Welcoming Spaces

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



NHS Addiction Services ◆

Various services for people with addiction issues

Achieve Recovery Services ◆

Recovery services

Bolton

T: 01204 483090

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

Helpline call FREE 0800 9177 650

E: help@aamail.org

Gamblers Anonymous ◆

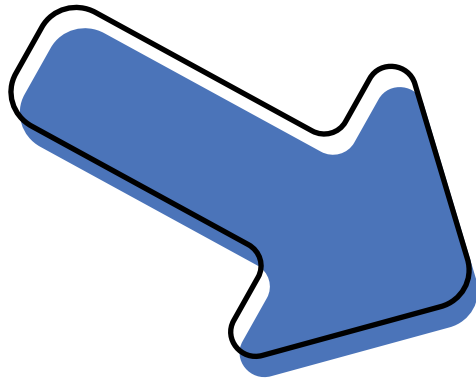
Mutual aid/peer support group for people experiencing drug/gambling addiction

Helpline

T: 0330 094 0322

E: info@gamblersanonymous.org.uk

Housing, Money and Food



Shelter ◆

Emergency helpline for anyone experiencing or at risk of homelessness

T: 0808 800 4444

Community Response Line managed by Citizen's Advice Trafford ○◆▲

There are hubs across Trafford

- Altrincham Community response hub, Altrincham Baptist Church, The Hub, Pownell Road, Altrincham, WA14 2SZ E: hopefood@altrinchambaptist.org T: 0161 941 2018
- Old Trafford Community response hub, St John's Centre, St John's Road, Old Trafford, M16 7GX, E: info@stjohnscentre.org T: 0161 872 7795
- Partington Community response hub, The Hope Centre, 49 Wood Lane, Partington, Manchester, M31 4LT E: info@hopecentrepington.com T: 0161 776 0980
- Sale Community response hub, Newbury Avenue, Sale, M33 4QJ E: enquiries@oursalewest.co.uk T: 0161 973 3778
- Stretford Community response hub, Stretford Public Hall, Chester Road, Stretford, M32 0LG, E: friends@stretfordpublichall.org.uk T: 0161 989 1689
- Urmston Community response hub, 1-3 Church Road, Urmston, M41 9EH, E: admin@ageuktrafford.org.uk T: 0161 746 9754

T: 0808 278 7803

Sale Moor Community Partnership Office ◆○◆▲

Welfare Advice, Support, Travel, Housing, Finance, Employment, Advocacy, Food Bank referrals

355-359 Norris Road, Sale Moor, M33 2UP

T: 0161 962 3636

Sale Community Support Hub ◆◆▲

Advice, social isolation, Food bank support, Other food support – The Bread and Butter Thing, Foodshare, Emergency financial assistance, Digital device loaning, Budget/debt advice or referral, Medical pick-up/collections, Clothing support, Energy top-ups Sale West Youth Centre, Newbury Avenue, Sale, M33 4QW
T: 0161 973 3778

St John's Centre ■◆○×◆▲

Advice & support, food parcels, Courses, wellbeing activities - exercise, creative
St John's Road, Old Trafford, M16 7GX
T: 0161 872 7795
E: Info@stjohnscentre.org

St Francis Church - Trafford South Food Bank ▲

Budworth Road, Sale Moor, M33 2RP
T: 07749378447
E: manager@traffordsouth.foodbank.org.uk

Stretford Foodbank - The Leathwaite Centre ▲

227-229 Winchester Road, Stretford, Manchester, M32 9PT
T: 0161 243 0720
E: info@stretford.foodbank.org.uk

Stretford Salvation Army ◆

Homeless support, budget, debt advice, employment, Brunswick Street, Manchester, M32 8NJ
E: stretford@salvationarmy.org.uk

Old Trafford Wellbeing Centre ●◆○◆▲

Food bank vouchers, Public computers, Free Sanitary products, Trafford Working Wardrobe
free interview clothing for unemployed and interview coaching in order to boost confidence, identify skills and improve chances of securing the job
54-56 Seymour Grove Old Trafford Manchester M16 0LN
T: reception@bluescisupport.org.uk

Street Support Network ■×◆▲

Great resource for finding food, advice activities

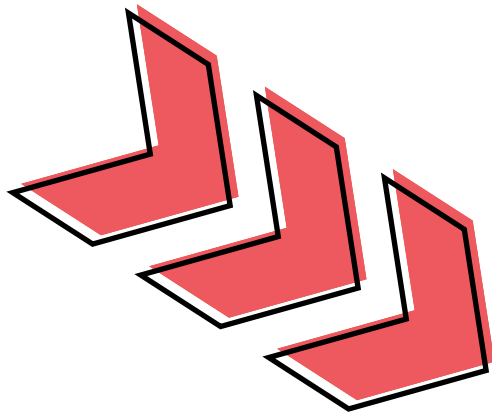
Citizens Advice Trafford ◆

1 Waterside, Sale, M3 7ZF
T: 0808 278 7803 or 0300 330 9073

Step Change Debt Charity ◆

Charity offering free debt advice & support
T: 08001381111

Physical and Mental Health



Healthwatch Trafford

Support and advice with health and care services across Trafford
Colony 5, Piccadilly Place, Manchester, M1 3BR

(Please note this is a postal address only)

T: 0300 999 0303 between the hours of 09:00 –
16:30 Monday to Friday.

E: info@healthwatchtrafford.co.uk

Limelight Health & Wellbeing Hub

1st Floor, Saint Brides Way, Old Trafford, Manchester, M16 9NW

T: 0161 226 7777

E: brooksbar.enquiries@nhs.net

Old Trafford Wellbeing Centre

Talking therapies, community led activities, mental health
support Broome House, 54-56 Seymour Grove, Old Trafford,
Stretford, Manchester M16 0LN

T: 0161 877 3719

Bluesci Support Partington

Support with emotional or psychological distress, isolation & or
loneliness.

Old Trafford Wellbeing Centre 54-56 Seymour Grove Old Trafford
Manchester M16 0LN

T: 07933882743

E: crisiscafe@bluesci.org.uk

Bluesci at Night Crisis Cafe ◆ ▲

Contact for up to date times

Mon to Fri, 8pm to 1am

Sat and Sun 5pm to 1am

54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: 07933 882743

E: crisiscafe@bluesci.org.uk

Hearing Voices Group ◆

for anyone who hears voices, see visions or have other unusual sensory experiences.

Online support sessions - stress, anxiety, positive thinking

Old Trafford Wellbeing Centre 54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: Chris on 07894 971 434

T: Claire 0161 357 1779

Self Help Groups ◆

Online and face-to-face across Manchester and Trafford Groups offer an empathetic and non-judgmental space where you can meet others who also struggle with anxiety and depression Old Trafford Wellbeing Centre 54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: 0161 226 3871

Complementary Therapies ○

(Indian Head Massage and Reflexology) Old Trafford Wellbeing Centre

54-56 Seymour Grove Old Trafford Manchester M16 0LN

T: 07855741804 (Claire)

Talk Listen Change ○ ◆

Free Counselling and Well Being service

E: enquiries@talklistenchange.org.uk

T: 0161 872 1100

Survivors Manchester (for Men) ◆

Support Male Survivors of Rape

Unit 9, Brewery Yard, Deva City Office Park, Trinity Way, Salford, M3 7BB

T: 01612362182

E: Info@survivorsmanchester.org.uk

Manchester Mind ○ ◆

Wellbeing services by way of support groups, self-help training, one to one counselling

Zion Community Resource Centre, 339 Stretford Road, M15 4ZY T:

T: 0161 769 5732

E: info@manchestermind.org

Let's keep building our understanding together

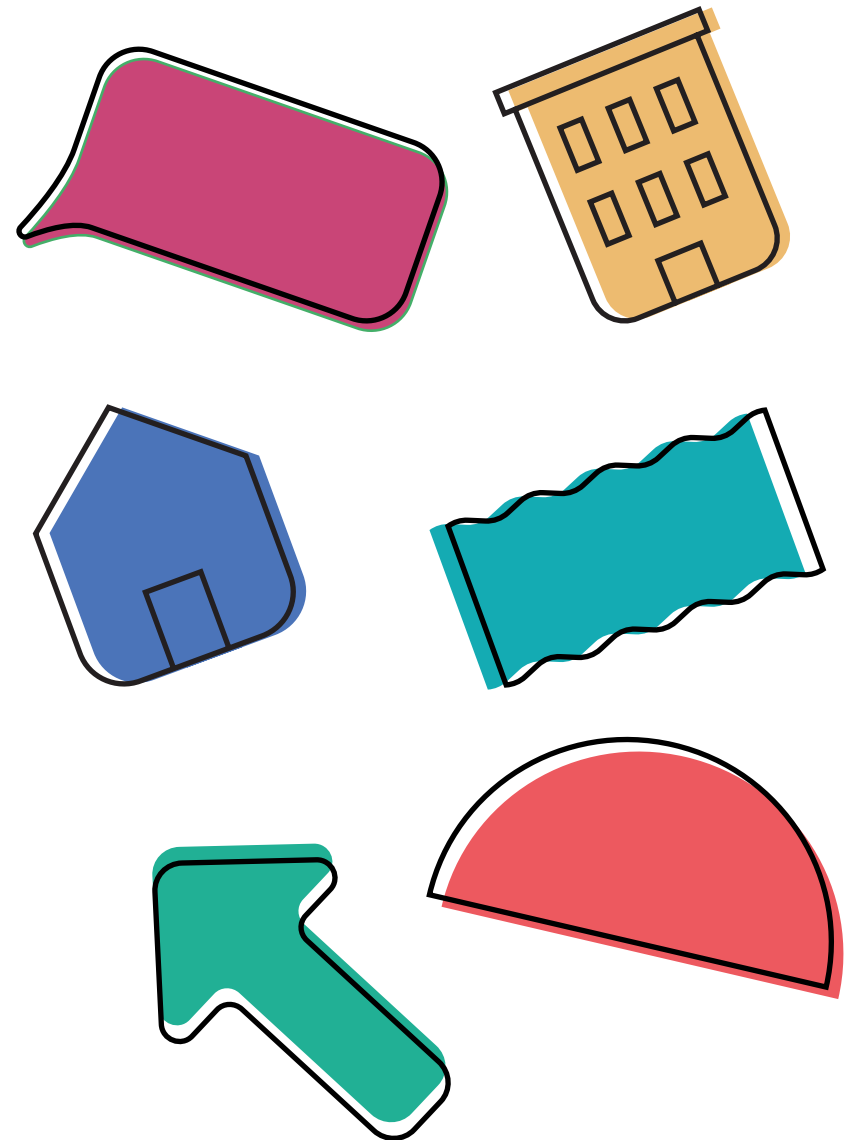
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

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

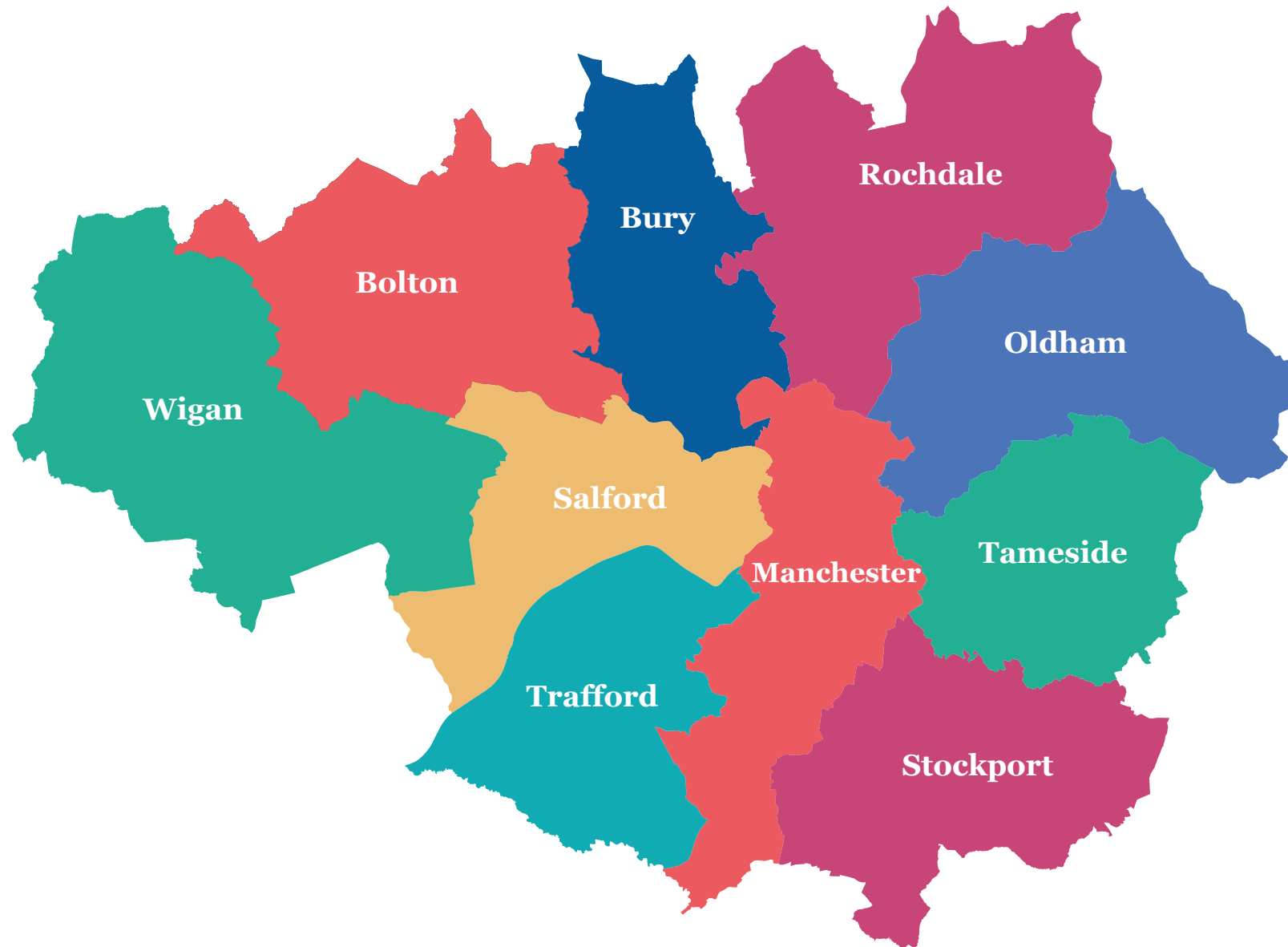
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

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

