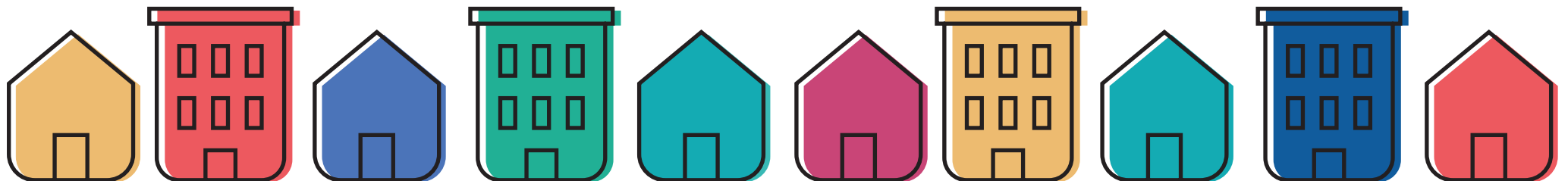




Wigan Purpose Map

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

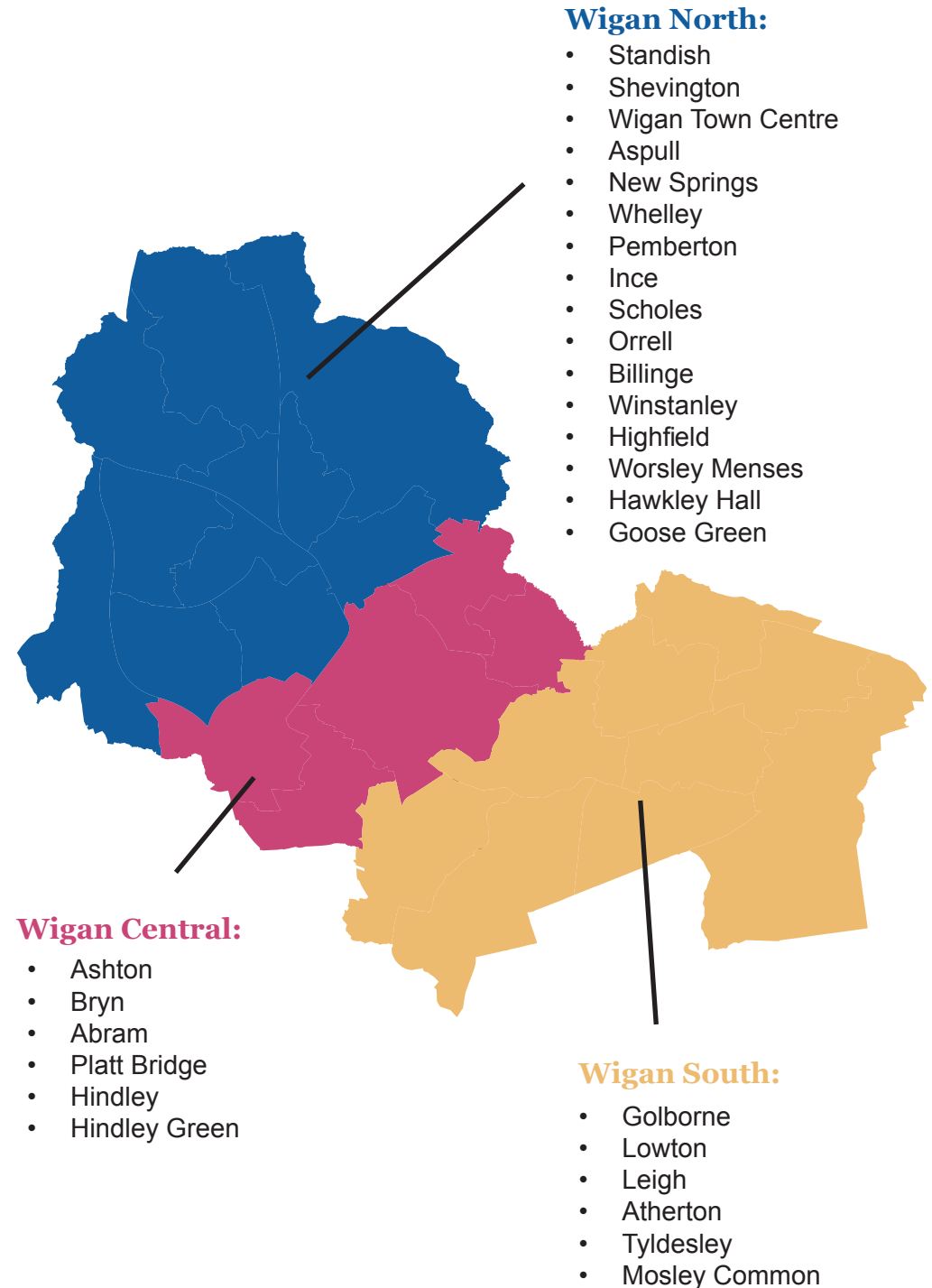


Wigan Purpose Map

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

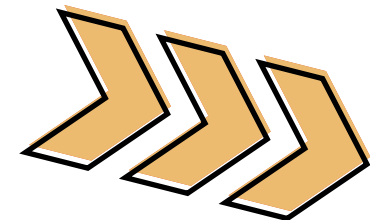
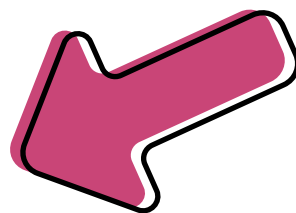
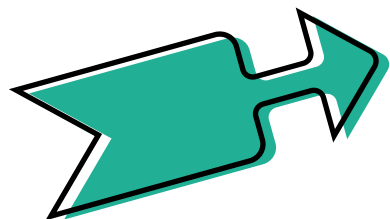
1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support



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

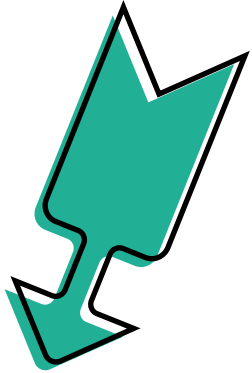


They also help people who have experienced

- 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



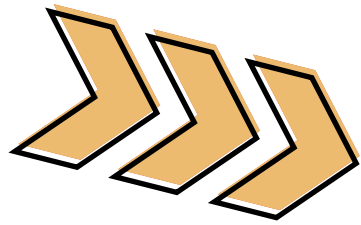
Creative

- 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



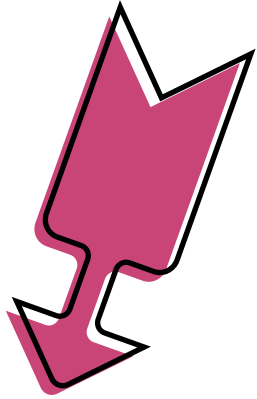
Food

- Food parcels
- Brew and Biscuit



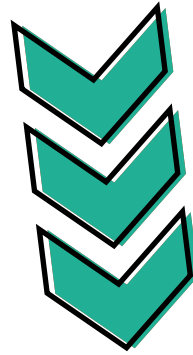
Support and advice

- 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

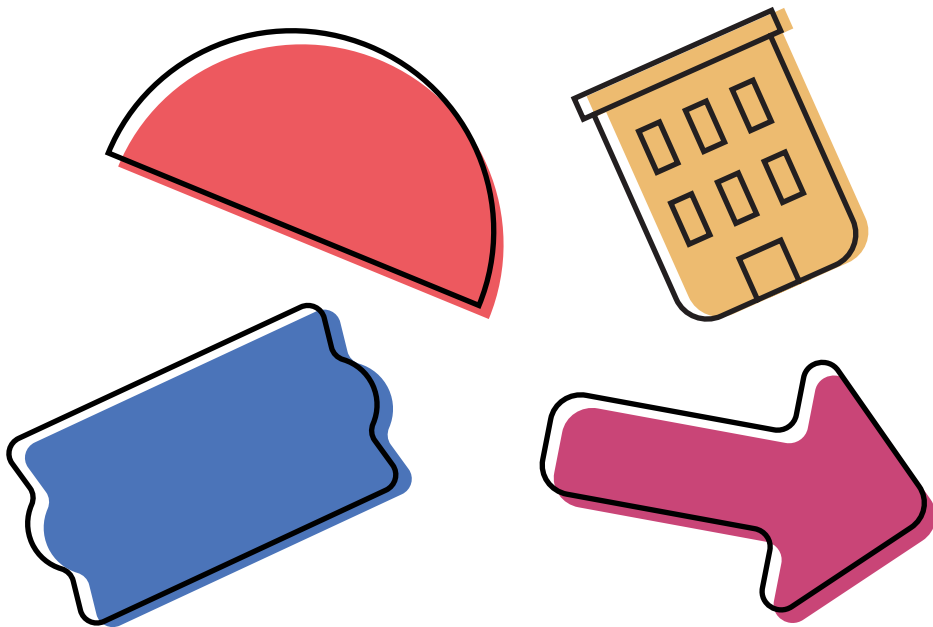
- Online
- Face to face
- Apps

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:

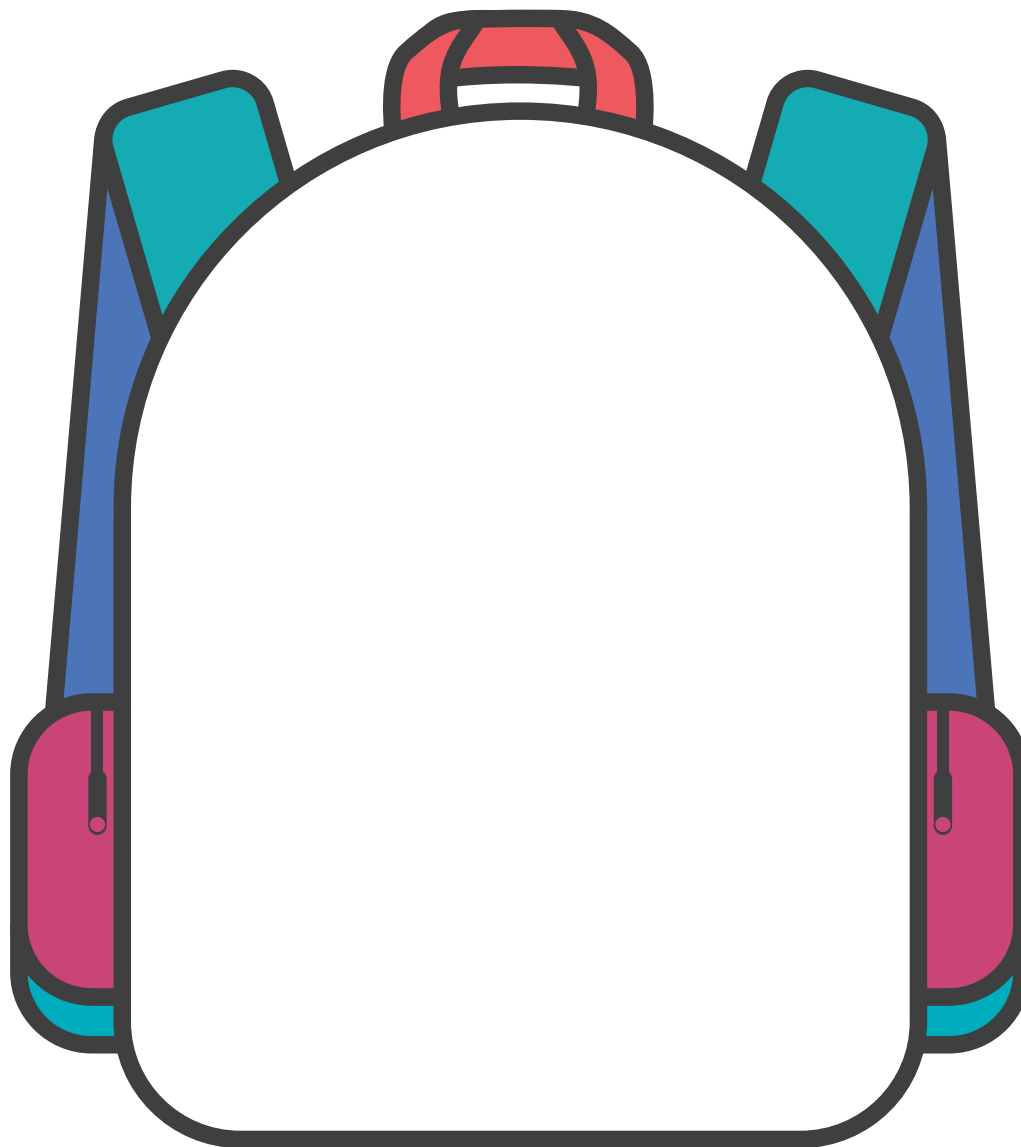
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

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

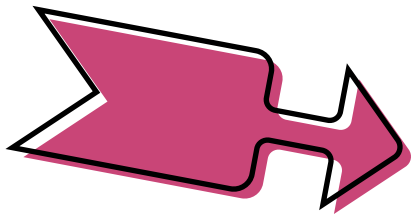
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

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

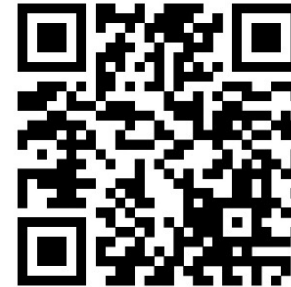
Helping you get around Greater Manchester with Purpose

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

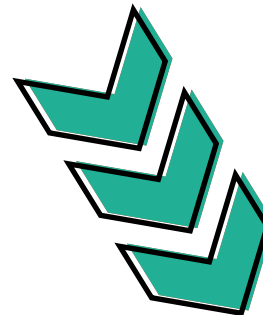
The Bee Network Website

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...

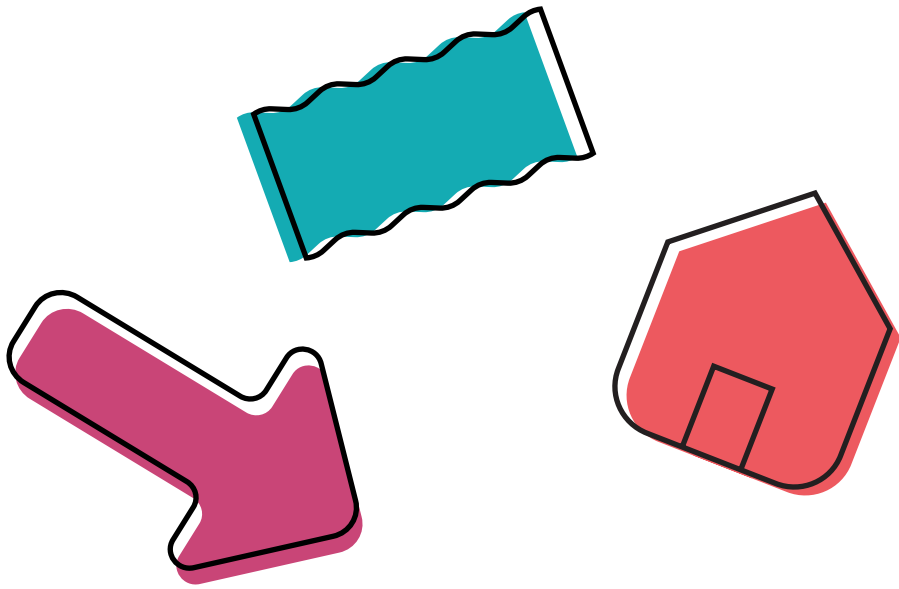
Keep Learning...

Give...

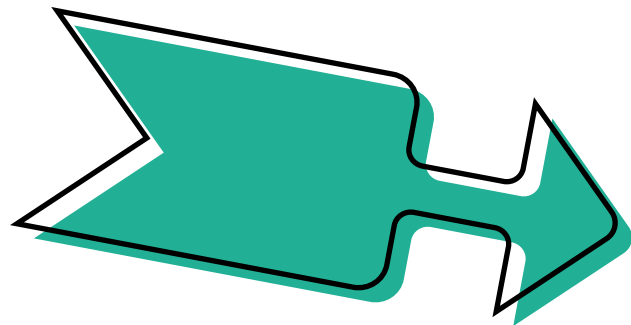
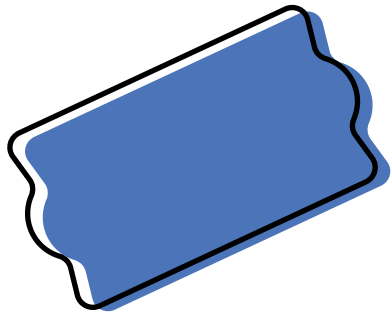
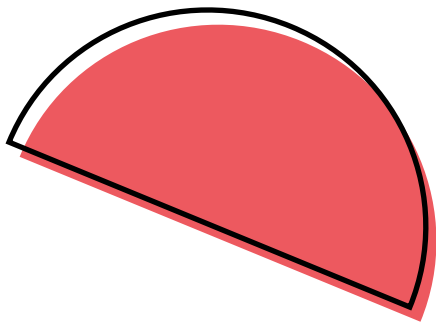
Be Active...

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 ◆

Free and confidential support 24 hours a day

T: 116 123

E: jo@samaritans.org

Places of Welcome ◆ ▲

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

UK T: 0203 752 5655

E: info@placesofwelcome.org.uk

Sunshine House Community Centre ■ ● ◆ ▲

A range of activities and a food pantry

Wellington St, Wigan WN1 3SA

E: Cheryl@sunshinehousewigan.com

The Brick ◆

Offers services to people who are homeless, in poverty or facing debt crisis

10 Arcade Street, Wigan WN1 1LU

T: 01942 236 953

E: enquiries@thebrick.org.uk

Fur Clemt CIC ▲

Food Share Scheme, Affordable community cafe

Montrose Skills Hub, Montrose Ave, Wigan WN5 9XN

Borough Wide Community Network ◆

A community network offering a range of activities

23 Hope Street, Wigan, WN1 1QF

T: 01942 665 226

E: info@bwcn.org.uk

Breakfast Club at Cherry Trees ▲

A free breakfast club and chance to meet other local people

Cherry Tree Atherton, The Green, Cherry Tree Grove (Off Darby Street)

'Av a Brew ▲

Av a Brew will take place once a month and we'll be also providing a free no-pressure, creative activity if you would like to take part. The Old Courts, Crawford Street, Wigan, WN1 1NA

Aim Northwest ■ ● ◆

Domestic abuse peer mentor service, positive change service supports for men and women who are at risk of offending, are currently offending or gave a history of offending, Financial 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

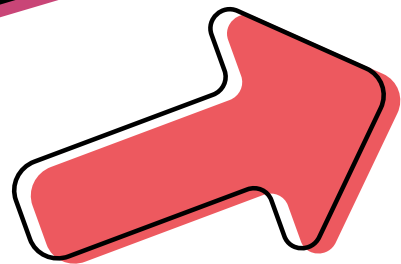
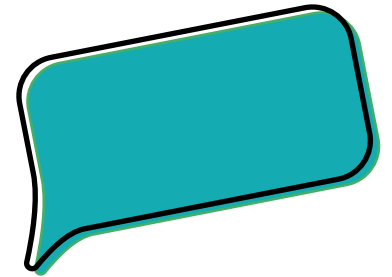
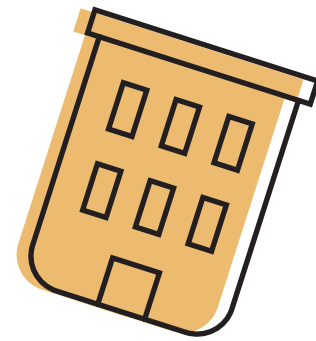
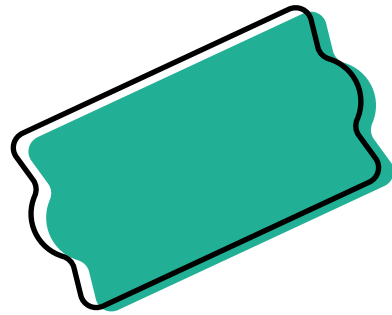
E: enquiries@aimnorthwest.org.uk

Northern Heart and Soul Wigan ▲

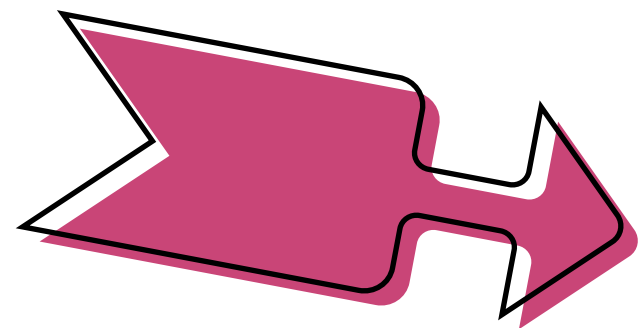
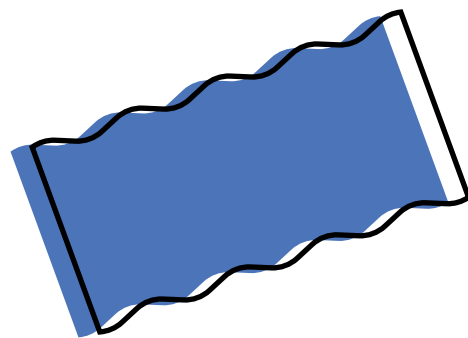
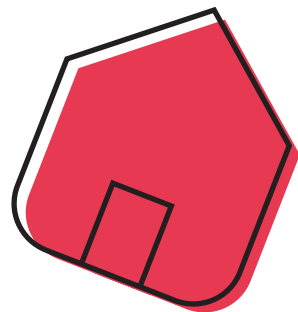
Working towards a more connected and friendly Wigan for all

Community Hubs Wigan and Leigh ▲

Find out about community hubs across Wigan and Leigh



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



NHS GM Mental Health ●

Volunteering opportunities for people with lived experience of mental health services

Opportunities include:

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

The Bridge ●

A range of volunteering opportunities at the Bridge at Bryn
1 Downall Green Road WN4 0DH

T: 01942 678 255

E: info@thebridgeatleigh.com

The Brick ●

A range of volunteering opportunities at the Brick including working with people experiencing homelessness, in the café etc.
10 Arcade Street, Wigan WN1 1LU

T: 01942 236 953

E: enquiries@thebrick.org.uk

The Storehouse Project ●

Volunteering opportunities sorting donations, collecting and delivery furniture and more

Unit 10 Paigefield Industrial Estate, Miry Lane, WN67LA

T: 07816 623 612

E: info@storehouseproject.org

Wigan Borough Volunteering Hub ●

A range of volunteering opportunities across Wigan

Community Led Initiatives CIC ●

Various volunteering opportunities including peer mentoring We aim to help other people lead a more fulfilling life through the power of quality peer mentoring. We support those experiencing multiple disadvantages such as homelessness, offending, substance misuse and mental health issues.

T: 0300 047 8740

E: contact@communityled.org.uk

Greater Manchester Mental Health Services ●

Volunteering opportunities for people with lived experience of the criminal justice system

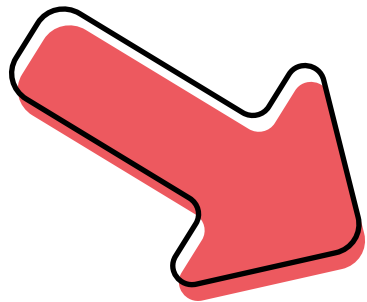
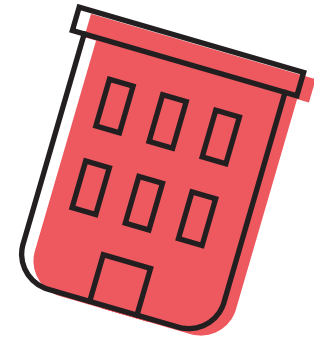
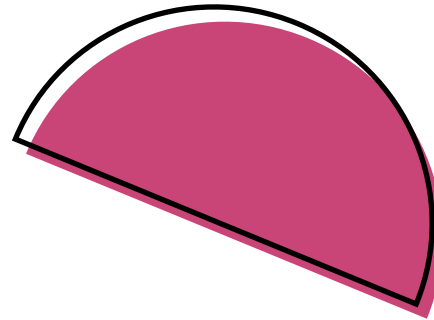
Helping Support People in Need ●

Various volunteering roles including Venue Volunteers to help out in the kitchen, keep the dining area clean and provide support.

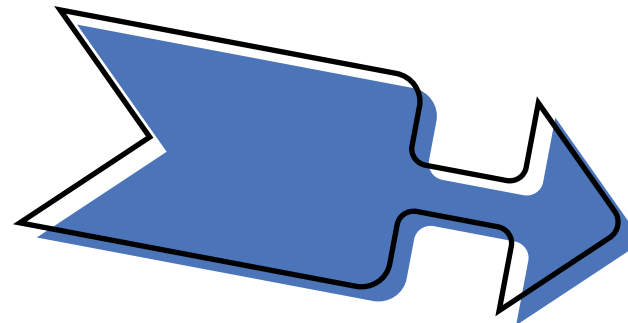
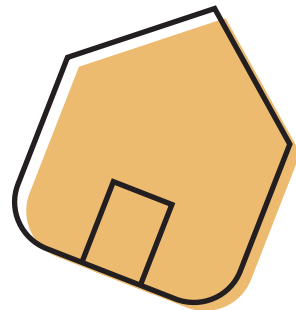
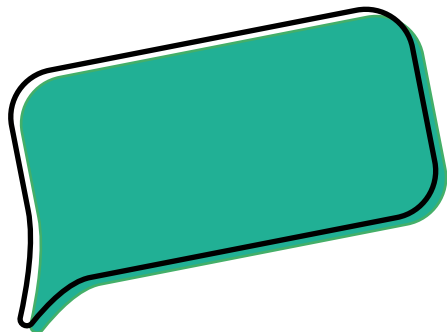
Wrightington, Wigan and Leigh Teaching Hospitals ●

Various volunteering opportunities across the trust

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

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

Wigan Steam CIC

Community Arts & Crafts

Studio 01, Gerrard Winstanley House, Crawford St, Wigan WN1 1NA

E: hello@wigansteam.co.uk

Wigan Libraries

Access to free books, audiobooks as well as computers

DMR

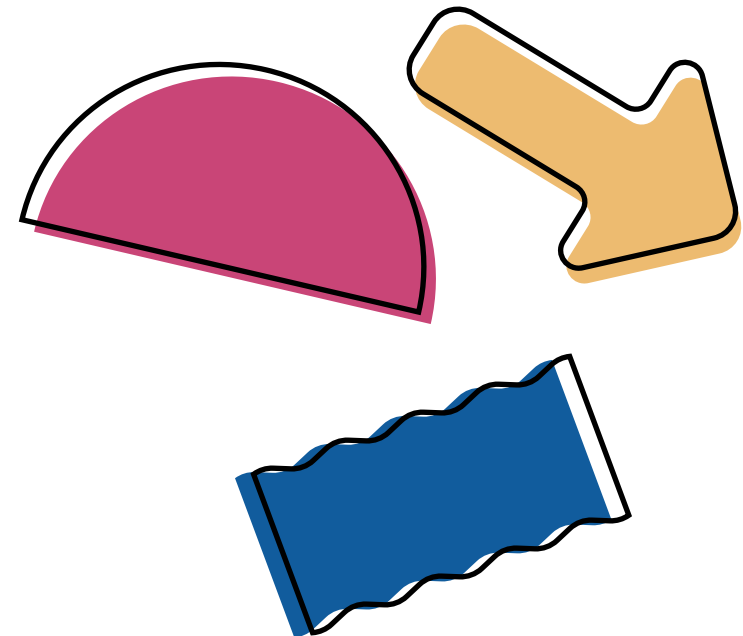
Funded NVQ qualifications to access construction employment opportunities

Wigan Warriors

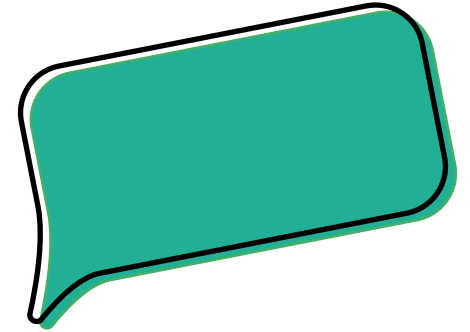
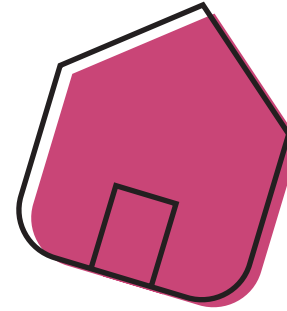
12 week essential skills for employment course

Wigan Adult Learning and Skills

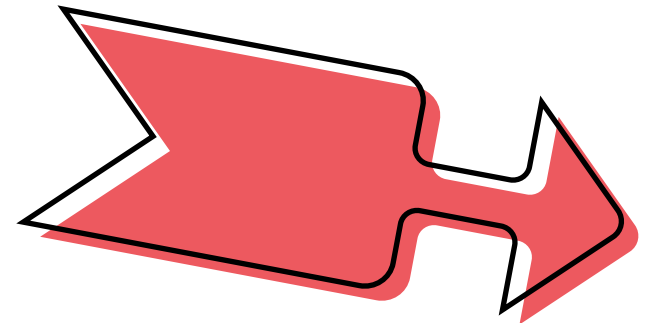
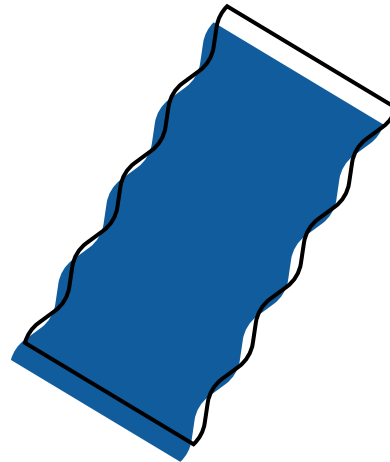
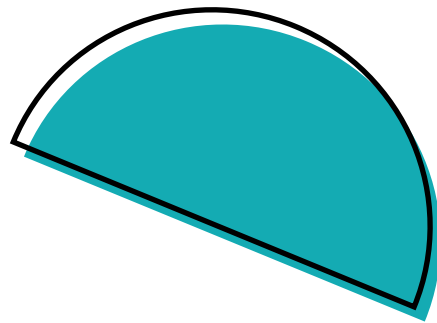
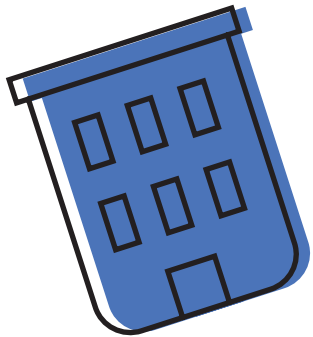
A range of ways to learn as an adult across Wigan and Leigh



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

Be Mindful ○

The digital therapeutic mindfulness course for improved mental health

Headspace ○

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

Y: <https://www.youtube.com/user/Getsomeheadspace/videos>

The Free Mindfulness Project ○

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

Parks and Gardens ●

There are a range of places to go walk, get some fresh air and take notice of the surroundings

Ways to look after your wellbeing ○

A range of resources to help you look after your wellbeing from Wigan Council

Mindfulness for Wellbeing and Peak Performance

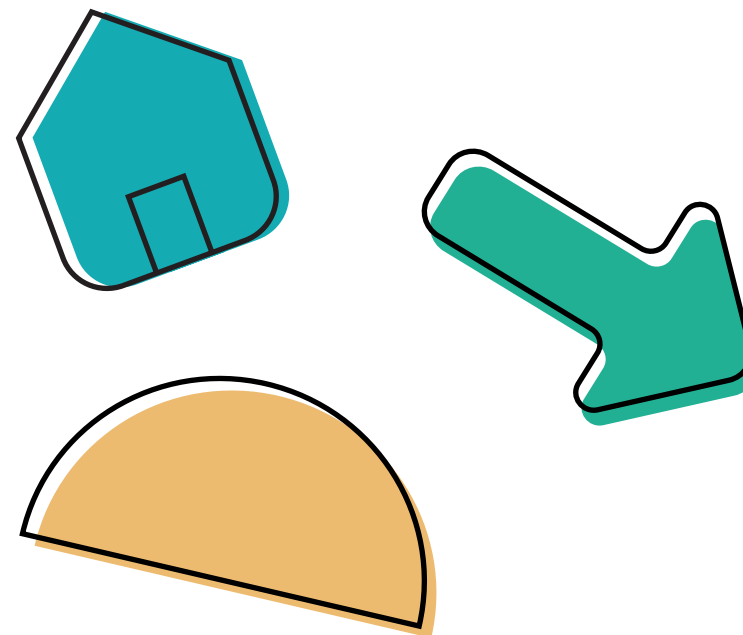
Free online course to Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course.

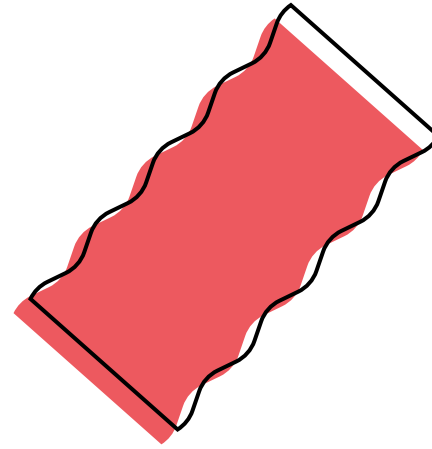
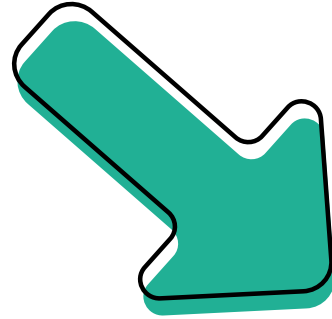
Mind – Mind relaxation tips and exercises

A range of ways to relax your mind

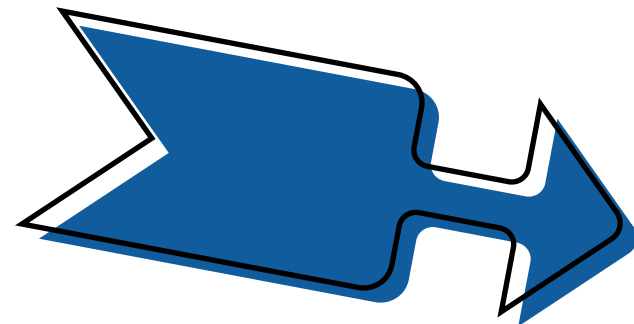
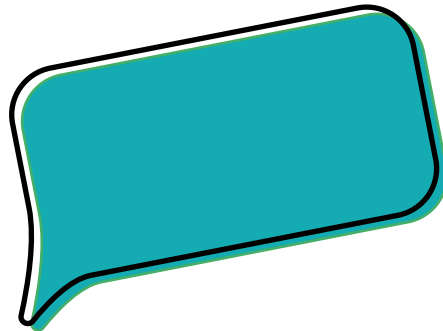
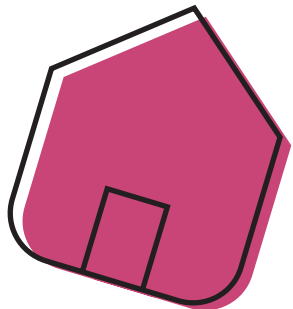
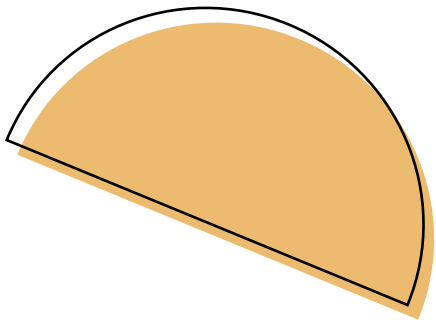
Greenheart

Ways to use local spaces to be mindful and improve mental health





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.



Groundwork ●

Various environmental community projects

74-80 Hallgate, Wigan, WN1 1HP

T: 01942 821 444

E: clm@groundwork.org.uk

Green Crew, CIC ●

Meet new friends, work outside, help the environment, grow fruit, veg, plants and flowers, learn loads of new skills. visit and work in the countryside, canals, parks, gardens, orchards, veg gardens, green spaces, peoples' gardens and much, much more.

St Peters Pavillion, Hurst Street, Hindley, Wigan, WN2 3DW

T: 07702490209 or 07702490213

Country Parks & Woodlands across Wigan ●

Great places to get out for a wander

Incredible Edibles Astley ●

Community garden and allotment group

Ways to get outdoors in Wigan ●

Ideas for getting out and about

Wigan Leisure ●

Leisure centres and pools across Wigan

Parks and Gardens Wigan ●

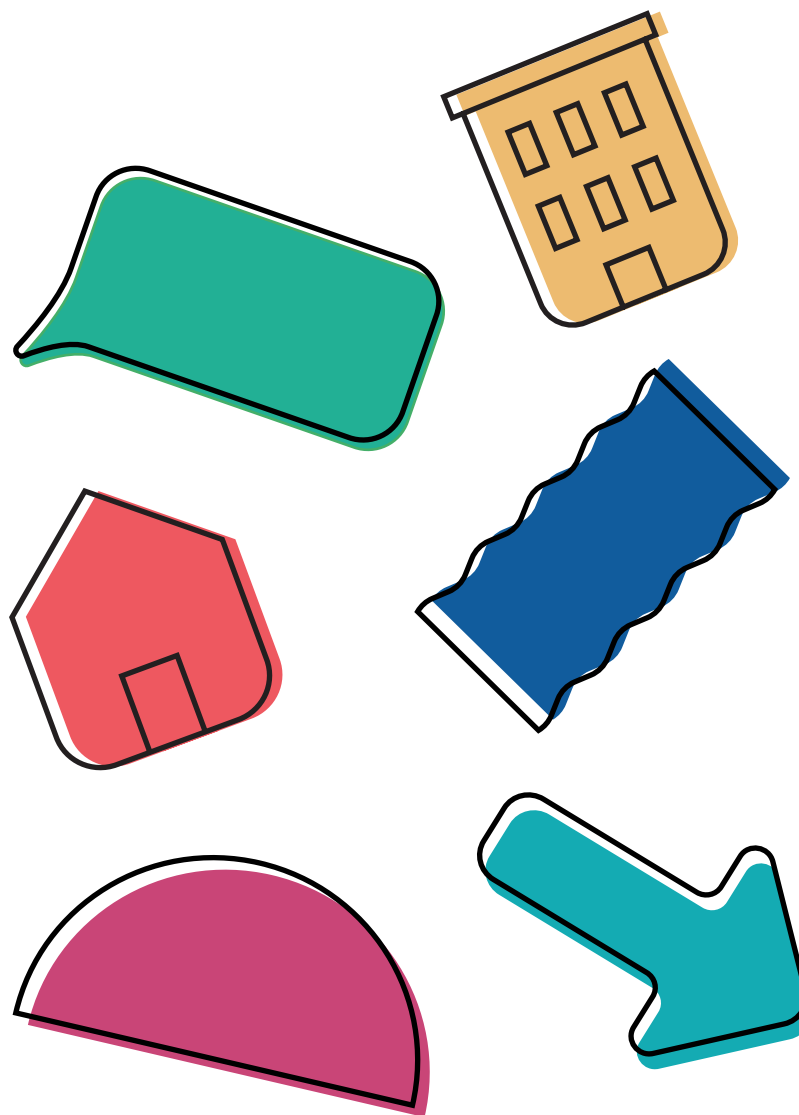
An easy way to find parks and open spaces across Wigan and Leigh to get out in and move for free

Active Outdoors ●

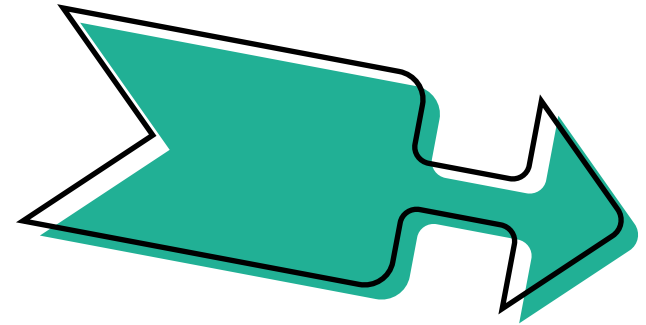
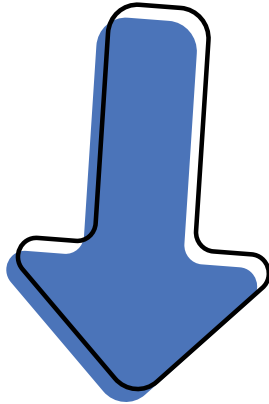
Free walking sessions for all abilities

Wigan and District Ramblers ●

Local ways to get out and walk with others



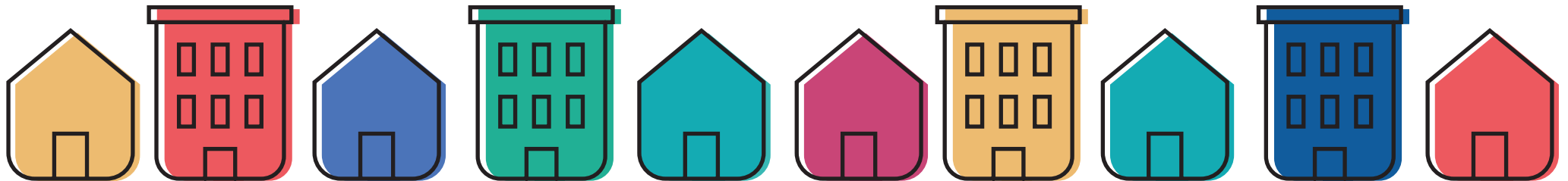
Practical Support



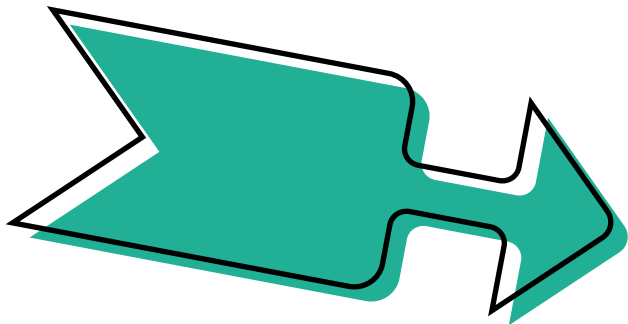
Warm and Welcoming Spaces

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

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

Wigan Borough Domestic Abuse helpline ◆

Support, advice and counselling for those affected by domestic abuse and anyone concerned about the wellbeing of others Mon to Fri, 7am to 7pm

T: 01942 311365,

E: admin@diasdvc.org

Greater Manchester victim support ◆

T: 0300 303 0162 (Mon to Fri 9am-7pm, Saturday 9am-5pm)

Mankind ◆

Confidential support and advice for male victims of domestic abuse, as well as their friends, family, neighbours and work colleagues

T: 01823 334244 (Mon to Fri 10am-4pm)

LGBT Galop ◆

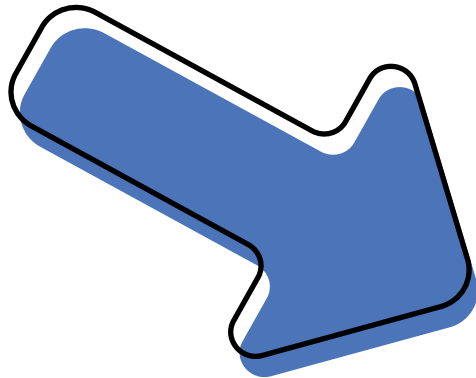
Advice, support and referral services for LGBT people experiencing homophobic, transphobic and same sex violence

T: 0800 999 5428 (Mon to Fri 10am-5pm,

Wed to Thurs 10am-8pm)

E: help@galop.org.uk

Housing, Money and Food



Shelter

Emergency helpline for anyone experiencing or at risk of homelessness

T: 0808 800 4444

The Brick

Food bank, Homeless, poverty, debt advice, support, Crisis intervention, coaching & mentoring, charity shop, recycling support

10 Arcade Street, Wigan WN1 1LU

T: 01942 236 953

Citizens Advice Wigan Borough

Advice and support on a range of citizen and consumer issues
Citizens Advice Wigan Borough (Leigh Office), 33 Lord Street, Leigh, WN7 1BY

Citizens Advice Wigan Borough (Wigan Office), Life Centre North, The Wiend, Wigan WN1 1NH

Street Support Wigan and Leigh

A range of support for homeless people

The Edge Community Grocery Wigan

Affordable Community food shop, money skills, life skills, job skills, cooking skills

Riveredge, Wigan, WN3 5AB

T: 01942 377511

E: wigan@communitygrocery.org.uk

The Bridge at Bryn

Community Food Market, interview clothes,
1 Downall Green Road WN4 0DH

T: 01942 678 255

E: info@thebridgeatleigh.com

HSP Homeless Support Project ◆ ▲

food, drink, support and advice
T: 07896 866 681 or 01942 676444
E: info@hspleigh.co.uk

Higher Folds Community Centre ◆ ▲

Low cost food hampers
Stirling Cl, Leigh WN7 2UB
T: 01942 674548
E: lee@higherfolds.co.uk

Step Change Debt Charity

Charity offering free debt advice & support
T: 08001381111

Real Change Wigan ◆

Real Change pays for practical items individuals need to build independent lives away from the streets

The Storehouse Project ◆

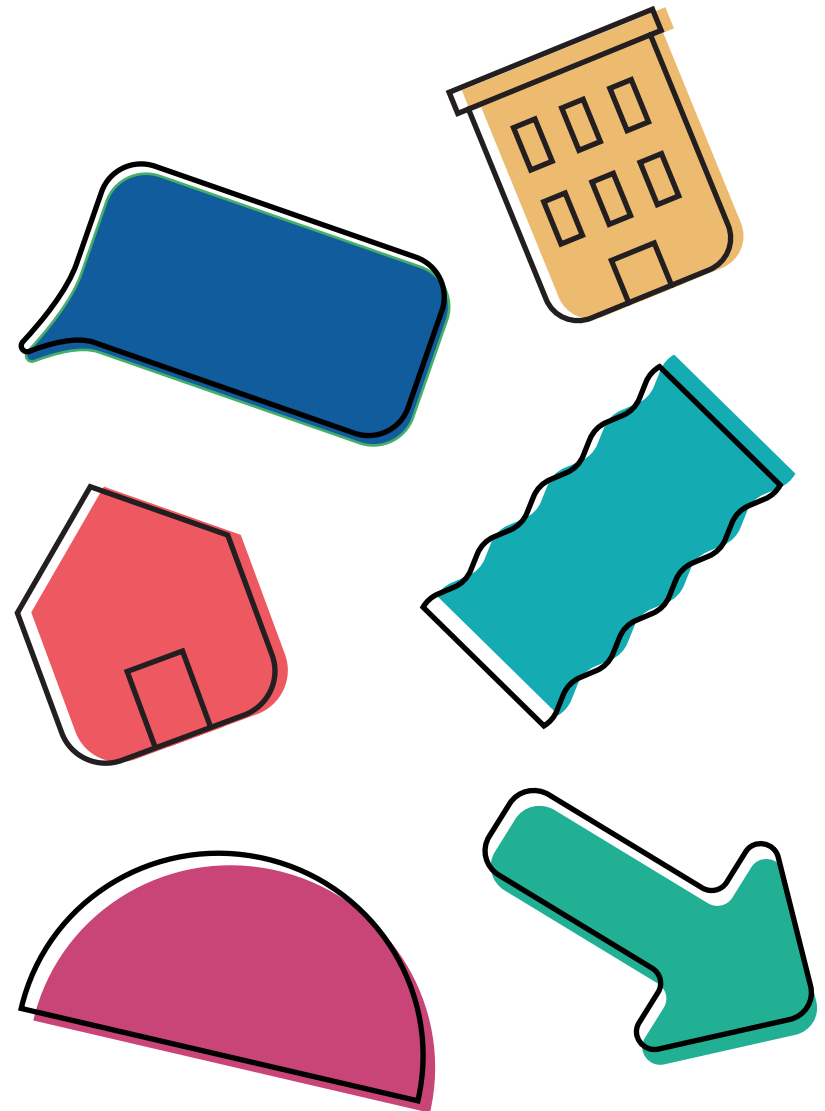
Food, clothing, furniture and household items
Unit 10 Paigefield Industrial Estate, Miry Lane, WN67L
T: 07816623612
E: info@storehouseproject.org

Digmoor Foodbank - Evermoor Enterprises ◆ ▲

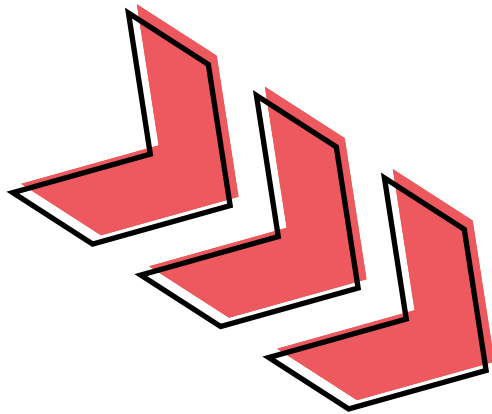
An independent foodbank that covers the whole of West Lancashire (including Wigan) providing food, cleaning products and clothes to disadvantaged families in the community.
1 Birleywood, Skelmersdale, WN8 9HR, UK
T: 01695 727483

Fur Clemt CIC ▲

Food Share Scheme, Affordable community cafe
Montrose Skills Hub, Montrose Ave, Wigan WN5 9XN



Physical and Mental Health



Healthwatch Wigan and Leigh ♦

Advice and supporting to access health and care services across Wigan

Ashland House, Dobson Park Way, Wigan, WN2 2DX

T: 01942 834666

E: info@healthwatchwiganandleigh.co.uk

Anxiety UK ♦

Online support sessions - stress, anxiety, positive thinking

With You Wigan and Leigh

Free and confidential drug and alcohol services in Wigan

Coops Business Centre

Dorning Street

Wigan WN1 1HR

T: 01942 827979

Let's keep building our understanding together

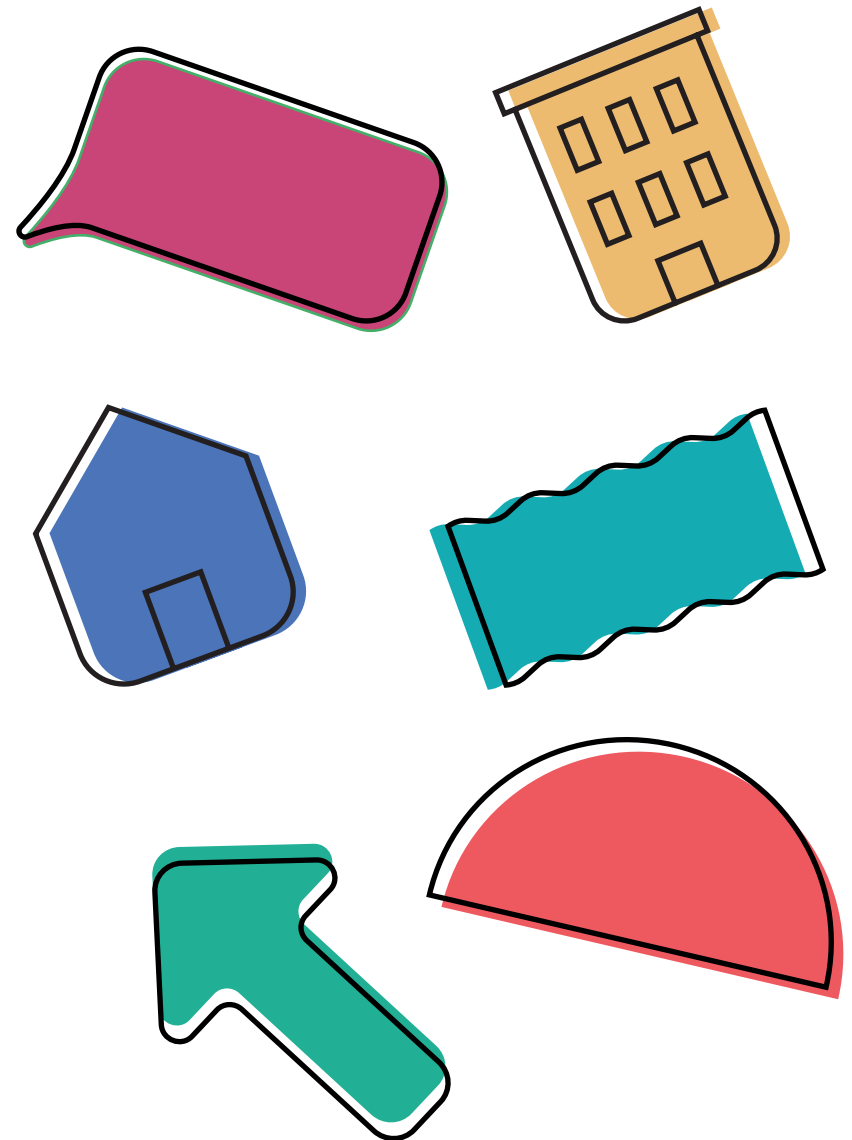
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

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

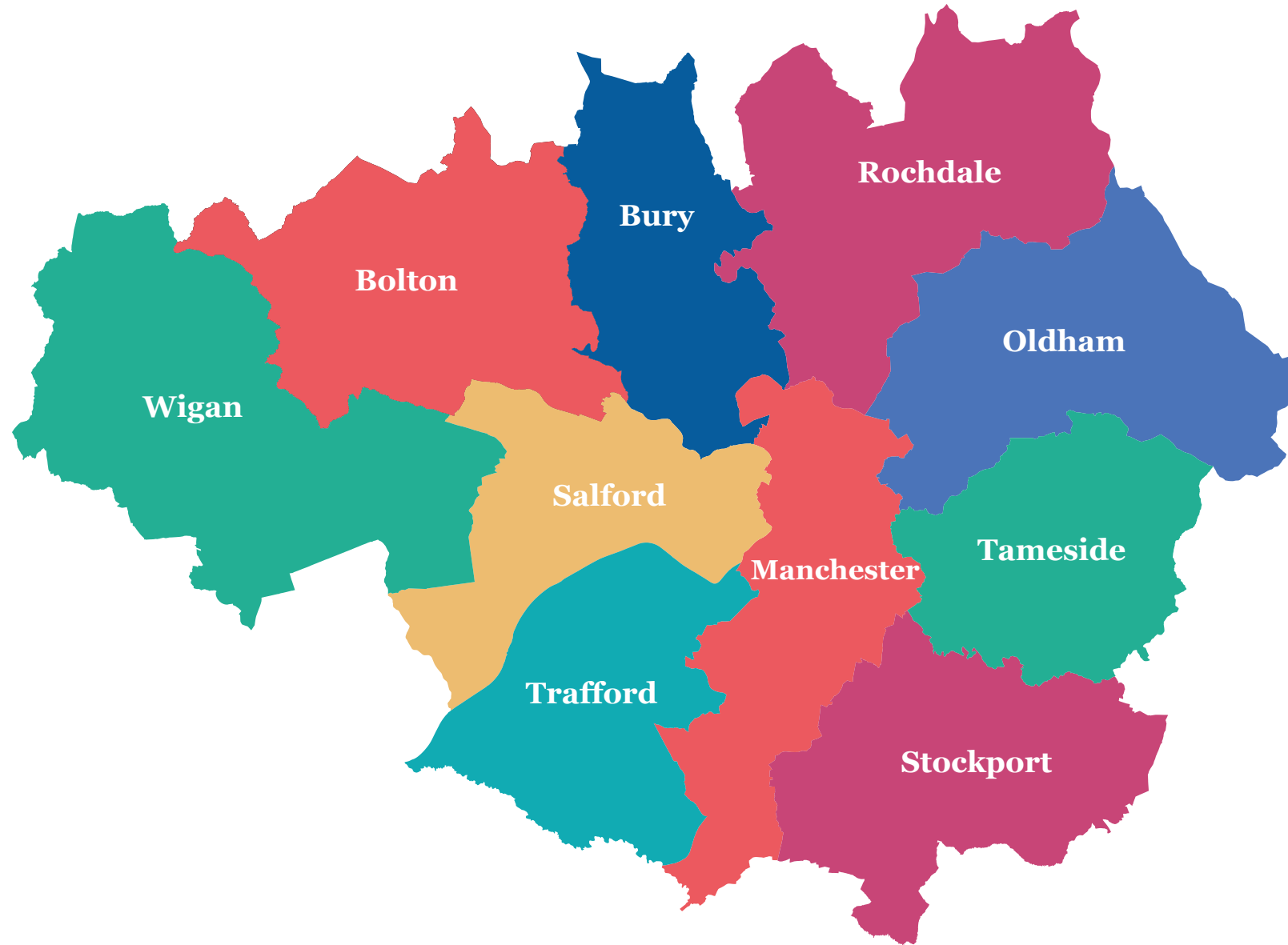
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

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

