



# Support near you to help with winter worries

## Neighbourhood Winter Services Guide Ardwick and Longsight



- Local foodbanks and Warm Hubs
- Advice on finances, energy and much more
- Family support and activities
- Other local offers to help you this Winter.

Call Manchester's free Cost of Living Advice Line **0800 023 2692**

Open Monday to Friday, 9am-4.30pm

Text us on **07860 022 876** [manchester.gov.uk/coladvice](https://manchester.gov.uk/coladvice)

# Local services that can help you

If you need help and support this Winter, there are a wide range of local services that are there to help you if and when you need them. From food support to money advice, and staying connected, help is at hand in your neighbourhood. Please don't be afraid to ask for support if you need it and make contact with the services listed below.



## Local food banks, meal offers and clothing.

### Coverdale and Newbank Community grocer (Ardwick)

Provides food (and household toiletries) - discounted cost, £2.50 for £20 worth of items. For Ardwick residents in need with no referral required.

- Thursdays 11am to 1.30pm at 217 Stockport Rd, Longsight M12 4DY

### Ardwick and Longsight Food Bank

Provides emergency food parcels for those with no food or money to buy food. Covers M12, M13 & M14 5-- areas. Referral needed - from Citizens Advice, schools/colleges, Community Care Navigator, Housing Association, health or support agency. Contact us for advice if you have first tried to get referral.

- Call 0161 273 3977 (text 07853 553732 ) or email [info@ardwickandlongsightfoodbank.org.uk](mailto:info@ardwickandlongsightfoodbank.org.uk)
- Located at Transformation Community Resource Centre, 11 Richmond Grove M13 0LN (behind Longsight Police Station). Open Monday and Thursday mornings 11am-1pm to collect parcels.

### 422 Pantry (Ardwick)

Families and individuals are invited into the Pantry each week to choose a selection of food and essentials. Referrals ideally come from Longsight/ Levenshulme/ Ardwick area and are in receipt of Universal Credit or experiencing food poverty. An organisation can make a referral through [www.mvuk.org/422pantry](http://www.mvuk.org/422pantry)

We also have bi-weekly support from Shelter's 'Health Now' volunteers to provide support for people experiencing housing insecurity and health problems.

- Call 0161 850 3277 or email [hello@422manchester.org](mailto:hello@422manchester.org)
- Located at 422 Community Hub, 422 Stockport Road, M12 4EX.

### Brunswick Church (Ardwick)

Vegetarian meal available on Mondays from 1 to 2pm for anyone (donations welcome).

- Brunswick Church, Brunswick Street, Ardwick M13 9SX

### Brunswick Beestro

Hot meals available for anyone (donations welcome).

- 10.30am to 2pm Tuesday, Wednesday and Thursday
- Brunswick Church, Brunswick Street, Ardwick M13 9SX

### Manchester Central Foodbank

Provide three days' emergency food and support to local people who are referred in crisis. Strictly referral only. A foodbank voucher is required from a referring organisation: Citizens Advice, housing officers, children's centres, health visitors, and social services

- Visit [www.manchestercentral.foodbank.org.uk/get-help/](http://www.manchestercentral.foodbank.org.uk/get-help/) for more information. Our nearest hub is at St Peter's House, Oxford Road, M13 9GH on a Friday 10-12am but you need the referral first.

### Women's Voices (Longsight)

Cooked meals available every Thursday 11am to 1pm and clothes bank for women and children every Friday 11am to 1pm. Women only.

- Burhan Centre, 81 Beresford Rd, Longsight M13 0GX

### The Bread and Butter Thing

Pay £7.50 for £35 worth of shopping. Text 07860 063304 with your full name, postcode and the name of the HUB you'll be collecting from (St Josephs).

- More information at [www.breadandbutterthing.org](http://www.breadandbutterthing.org)
- Local hub at St Joseph's Primary School, Richmond Grove, Longsight M13 0DH on Wednesday 1pm to 1.30pm

### Better We sessions

Social get togethers for different groups providing drinks or food. Hosted by Better We charity.

- Luncheon Club, Tuesdays 12pm to 2pm
- Men's Club (men only) Tuesdays 7pm to 9pm
- Coffee morning, Wednesdays 11am to 12noon
- Located at 49/D Beresford Rd, Longsight M13 0GT
- Email [betterwe2021@gmail.com](mailto:betterwe2021@gmail.com) for information.

### Lunch Club (Age UK)

Local person over 55? Join us for lunch. Have a cup of tea, a chat and perhaps a quiz or game of cards. £3.50 for hot meal and a cuppa for people aged over 55.

- Tuesday 1 to 3pm at Brunswick Village, 50 Brunswick St, Ardwick M13 9PE
- Call 0161 676 8706 or email [Yvette.barlow-noone@ageukmanchester.org.uk](mailto:Yvette.barlow-noone@ageukmanchester.org.uk)

# this Winter.



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## West Gorton Community Grocer

Provides discounted food including fruit and veg (£5 for up to £30 worth). For local residents in need.

- Weds 10.30am to 2pm at West Gorton Community Centre, Haverford Street M12 5HX
- Call on 07929 342 383



## Support and advice.

## S4B Housing Financial Inclusion Advice

Budgeting advice, dealing with debt, applying for grants and managing bills for tenants or lease holders of S4B properties.

- Call on 0300 555 0128, email [info@s4bmanchester.co.uk](mailto:info@s4bmanchester.co.uk) or visit the S4B Housing Office, 15 Brunswick St M13 9SU

## Citizens Advice drop in

Free confidential debt and finance advice sessions.

- Tuesdays 1pm to 3.30pm at Longsight Library, 519 Stockport Road M12 4NE
- Call 0161 227 3706 or email [longsightlibrary@manchester.gov.uk](mailto:longsightlibrary@manchester.gov.uk)

## Citizens Advice Services

Information, advice, support with welfare benefits, money, & debt, employment, education & health, housing & neighbourhood disputes, consumer & energy issues, immigration & residency.

- Drop in sessions at Longsight Library on Thursdays 9.30am to 1pm (places limited)
- Call 0808 278 7800 or email [citizensadvicemanchester.org.uk](mailto:citizensadvicemanchester.org.uk)

## Next Step Project (Longsight)

Free advice and support on benefits, housing, finances and more.

- Call 0161 248 4170 or 07458 300 781
- Based at Northmoor Hub, 103 Northmoor Road, Longsight M12 5RT
- 10am to 1pm (Mon, Tues, Weds, Thurs, Sat), 4.40pm to 7.30pm (Mon), 3pm to 6pm (Weds and Sat).

## Brunswick Church (Ardwick) Advice and Guidance Drop in

Support with benefits, housing and other issues, anyone is welcome.

- Tuesday to Friday 10.30am to 2pm at Brunswick Church, Brunswick Street, Ardwick M13 9SX
- Call Mo on 07938 959 284.

## Rethink Rebuild Society

Give advice / support applying for benefits and housing issues. Put on many free or discounted activities and events including women's Zumba classes, film screenings and table tennis. Specialise in supporting Arabic speaking immigrants, refugees and asylum seekers but have an open door policy.

- Call 0161 222 9779 or 07730 194 083 for appointments and more information.



## Family activities, wellbeing and support

## 422 (Ardwick) Stay and Play

Stay and Play is a great way to meet other parents and carers with babies and toddlers! Anyone with children below school age can come along.

- Sessions due to start Mondays from January 2023 at 422 Community Hub, 422 Stockport Road M12 4EX when new lift is installed at centre
- Call 0161 850 3277 or email [hello@422manchester.org](mailto:hello@422manchester.org) for more information.

## Parent & Toddler Group

Groups for parents or carers of 0-5 year olds.

- Wednesdays 10.30am to 12.30pm at Brunswick Church, Brunswick Street, Ardwick M13 9SX
- Call Mo on 07938 959 284 for more information.

## West Gorton Community Centre Youth Club

Activities for local children aged 8 to 14. Parent or guardian consent form must be signed before attending.

- Friday 5pm to 7pm at West Gorton Community Centre, Haverford Street M12 5HX
- Call Heather on 07929 342 383 for further information.

## Little Lions (Longsight)

Activities and social group for mums from ethnic minority backgrounds and their pre-school babies/children.

- Thursday 12noon to 1pm in term-time at Longsight Community Church of the Nazarene, Tollgate Close M13 0LG





### Better We Youth Club

Entertainment for young people ages 11-20 including football, board games, snacks etc.

- Tuesdays 5pm to 7pm at 49/D Beresford Road, Longsight M13 0GT
- Email [betterwe2021@gmail.com](mailto:betterwe2021@gmail.com) or call 07939 633243 for more information.

### Wai Yin Society Chinese Carer Corner

Provides a monthly space for carers to share their feelings and have a break from their caring role. For Chinese carers aged over 55.

- Call 0161 833 0377 or email [info@waiyin.org.uk](mailto:info@waiyin.org.uk) for more information. Sessions based at S heung Lok Centre, Justin Close M13 9UB



## Social and wellbeing groups.

### Brunswick Church social activities

Provide a range of activities for local residents to get involved with including Monthly Book Club, Monthly over 50s events, Monthly Chair exercise and fortnightly cinema club.

- Anyone is welcome. Contact Mo on 07938 959 284 for details of when each session takes place
- Sessions take place at Brunswick Church, Brunswick Street, Ardwick M13 9SX

### Brunswick Village Activities for over 55s

Brunswick village has a range of activities for over 55 year olds who love locally. They ask for a £1.50 donation for activities if possible.

- Stretch, Flex Relax and Feel Good - Monday 2:30pm to 3:30pm
- Unleash your creative talent - Tuesday & Thursday 10am to 12noon
- Drawing session - Wednesday 10am to 12noon
- Knit chat and brew - Thursday 1:30pm-3pm.

All sessions are based at Brunswick Village, 50 Brunswick St, Ardwick M13 9PE. Call 0161 676 8709 and ask for Yvette



## Other local activities and groups.

### Brunswick Bike library

Free bikes available to borrow for confident riders.

- Call 0161 676 8709
- Based at Brunswick Village, 50 Brunswick St, Ardwick M13 9PE on Thursday 10am to 2pm.

### Better We's 'We Fit'

Women only fitness classes (eg Zumba) provided by the Better We registered charity.

- Wednesdays 5pm to 6pm at 49/D Beresford Road, Longsight M13 0GT
- Email [betterwe2021@gmail.com](mailto:betterwe2021@gmail.com) or call 07939 633243 for more information.

### Yoga and Zuma at Brunswick Church

Yoga classes Tuesday 6 to 7pm (£3 per person) and family Zumba on Tuesdays.

- Anyone is welcome. Contact Mo on 07938 959 284 for details
- Sessions take place at Brunswick Church, Brunswick Street, Ardwick M13 9SX



## COVID and Flu are about this Winter - Get your Flu vaccination and COVID winter booster!

Those eligible, which includes everyone over 50, are urged to get both the Autumn COVID booster and the flu vaccine so you not only avoid getting ill yourself, but also so you don't pass either virus to anyone else.

You can find out about if you can get it and where to get your vaccinations at [www.manchester.gov.uk/getmyjab](http://www.manchester.gov.uk/getmyjab) or by calling **0800 840 3858**. It's open five days a week from 9am to 5pm with a translation service available.

**Need support with your mental health?** You can contact the Mind infoline on 0300 123 3393 for advice. Greater Manchester Mental Health also run a 24/7 helpline on 0800 953 0285 for crisis or urgent support.

**Thank you to all voluntary groups and organisations for providing these services and information, we genuinely value your support in keeping our residents healthy and well.**

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