

2016

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Planned Retirement Association  
of Greater Manchester

**Networking Event  
Bringing together  
Manchester self-help  
support groups**

 Manchester  
ageUK

**This Directory accompanies the Self Help  
Networking Event held on February 24th, 2016  
at Canada House, Chepstow Street.**

**For additional FREE copies please contact:**

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PRAGMA,  
Canada House,  
3 Chepstow Street,  
Manchester M1 5FW  
0161 817 2351  
[john.cotcher@ageukmanchester.org.uk](mailto:john.cotcher@ageukmanchester.org.uk)**

**Each organisation has written its own entry**



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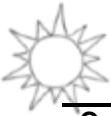
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# Action on Hearing Loss (RNID)



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<b>Contact</b>	Jenny Harkison/Julia Hewer
<b>Address</b>	Flint Glass Works Suite G2, 64 Jersey St, Manchester M4 6JW
<b>Email</b>	information.north@hearingloss.org.uk
<b>Internet</b>	www.actiononhearingloss.org.uk
<b>Telephone</b>	0161 605 0852/0853
<b>Opening hours</b>	9-5 Mon to Fri
<b>Area covered</b>	Manchester and the rest of the north of England

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## **The support we offer**

Information on hearing loss, tinnitus and deafness throughout Manchester and the north of England

Hearing aid support drop-ins in south Manchester for those with aids from Withington and MRI hospitals

## **How to contact us**

Email or telephone

## **Other comments**

Contact us if you have any questions about hearing loss, support services or equipment that can help Ask us if you would like us to do a talk to your group or bring an information stand to an event



# African Caribbean Care Group



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<b>Contact</b>	Dorothy Evans – General Manager
<b>Address</b>	Claremont Resource Centre, Rolls Crescent, Hulme, Manchester, M15 5FS
<b>Email</b>	admin@accg.org.uk
<b>Internet</b>	www.accg.org.uk
<b>Telephone</b>	0161 226 6334
<b>Opening hours</b>	9.00 - 16.30
<b>Area covered</b>	Manchester, including Hulme, Longsight, Levenshulme, Moss Side, Stockport, Stretford, Old Trafford, Trafford & Urmston

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## The support we offer

### Personal Care:

- help with getting in and out of bed
- dressing
- bathing
- toileting
- medication prompts.
- Personal alarms
- cooking
- light housework
- laundry
- Night Care
- shopping
- We also deliver tailored dementia care in the home

### Day Care:

- Supported bathing
- Luncheon club (hot meals)
- Meals on wheels
- Carer support
- A range of activities
- Fitness programme
- Information and advice
- Health screening
- Holistic therapies.

## How to contact us

If you feel we can help you and your family please contact us, we are here to help.

T: 0161 226 6334  
admin@accg.org.uk  
www.accg.org.uk



# Alcoholics Anonymous

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**Contact** 0161 839 2881 (Manchester helpline)  
**Address** Nationwide

**Internet** www.alcoholicsanonymous.org.uk  
**Telephone** 0800 9177 650 (free)  
**Opening hours** Open all hours  
**Area covered** 250 meetings throughout Manchester, Cheshire and East Lancs - thousands of meetings throughout the UK

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## **The support we offer**

AA is a fellowship of men and women who share their experience with each other to help others to recover from alcoholism. The ONLY requirement for membership is a desire to stop drinking. Not allied with any sect, denomination, politics, organisation or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

## **How to contact us**

Ring the helpline on 0800 9177 650 or contact us through the website -  
The Manchester helpline is 0161 839 2881 -  
our meetings list is here:  
[http://www.manchestermeetingslist.com/meetings\\_list.pdf](http://www.manchestermeetingslist.com/meetings_list.pdf)

## **Other comments**

There are no dues or fees for AA membership, no-one will take any personal details from you. If you have a problem with alcohol and it is costing you more than money AA can help.



# Alzheimer's Society

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<b>Contact</b>	Dementia Support Service
<b>Address</b>	Alzheimer's Society, Dunham House, 85-89 Cross Street, Sale, Greater Manchester, M33 7HH
<b>Email</b>	<a href="mailto:manchester@alzheimers.org.uk">manchester@alzheimers.org.uk</a>
<b>Internet</b>	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
<b>Telephone</b>	0161 692 4769
<b>Opening hours</b>	Monday – Friday 9am-5pm
<b>Area covered</b>	Manchester, Trafford and Salford

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## The support we offer

Alzheimer's Society Manchester offers a variety of support avenues for people living with and affected by any form of dementia. These include: a Dementia Support Service – dedicated Dementia Support Workers offer information, support and guidance to people living with dementia and their carers; a Befriending Service – offers companionship to people with dementia, reducing isolation and loneliness; and Peer Support Groups – for people living with dementia who want to enjoy activities together.

## How to contact us

Telephone the office and speak with a member of the Dementia Support Service team or the Befriending Manager about your specific needs. Send an email enquiry to above email address and a member of the team will get back in touch.

## Other comments

A Carer Support Group is available in the south of Manchester and periodically we also run Carer Information and Support Programmes across Manchester, Trafford and Salford. Contact the office for further information about these services.





# Breathe Easy Group

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<b>Contact</b>	John Lancaster or Glenys Dean via the British Lung Foundation
<b>Address</b>	Gorton Library, Garrett Way, Manchester M18 8HE
<b>Internet</b>	British Lung Foundation (BLF)
<b>Telephone</b>	0300 3030 253
<b>Opening hours</b>	10.30-12.00 Last Monday of every month
<b>Area covered</b>	Levenshulme, Longsight, Gorton and Bell Vue

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## The support we offer

- To provide mutual support to members
- To provide information and education to members
- To promote the group and the BLF

## How to contact us

Via the BLF (number above). They will then put you in contact with us.

## Other comments

We only meet on the last Monday of every month



# British Polio Fellowship (Manchester group)




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<b>Contact</b>	Mike Ray. (Secretary)
<b>Address</b>	61 Barwell Road, Sale, Cheshire, M33 5EE
<b>Email</b>	mikeray1944@btinternet.com
<b>Telephone</b>	0161 973 9659
<b>Opening hours</b>	09.00 - 17.00 hours. Monday to Friday
<b>Area covered</b>	All Boroughs in the Greater Manchester Area.

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## The support we offer

For decades our UK network of support groups has enabled Polio sufferers to meet others over a coffee to chat about help they require and what support is available.

Advice on medical issues, money, accessibility, benefits and even holidays or Insurance matters

The Manchester group meet on the first Thursday of each month at:-

The Grange Community Centre

Pilgrim Drive.

Between. 12 noon and

3.00pm

Beswick

Manchester

M11 3TQ.

## How to contact us

Chair. Mrs Beryl Boon, 0161 351 9604.

Treasurer. Mr Eric Cook, 0161 682 5847.

Secretary. Mr Mike Ray, 0161 973 9659.

mikeray1944@btinternet.com

## Other comments

A recent you got study revealed 93 per cent of the population had never heard of PPS (post polio syndrome). Compare this to 86 per cent who had heard of Parkinson's or Alzheimer's Disease.

As PPS effects about the same number of people as Parkinson's, this makes our task of raising awareness even greater.



# CARES CLUB



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<b>Contact</b>	Michele Latham
<b>Address</b>	Seminar Room 3, Withington Community Hospital, Nell Lane M20 2LR
<b>Email</b>	michele.latham@uhsm.nhs.uk
<b>Telephone</b>	0161 217 4920
<b>Opening hours</b>	Thursdays 9.30a.m – 12noon
<b>Area covered</b>	Any area

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## The support we offer

This is a social support group for any carers and cared for.  
We offer:

- Complementary therapies, including massage, aromatherapy and reflexology.
- Manicures
- Chair based exercise
- Card craft groups
- A chance to sit and chat with others

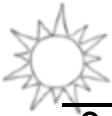
There is no charge for the group but there is a small charge for the complementary therapies.

## How to contact us

Michele Latham 0161 217 4920  
michele.latham@uhsm.nhs.uk

## Other comments

The groups are run by the Active Therapy Team UHSM.  
If appropriate, carers are able to drop their partner/friend or relative off at the group (if they are reasonably self-caring), which then gives the carer sometime of their own, or the carer can attend the group themselves.



# Disabled Living



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<b>Contact</b>	Debra Evans, Chief Executive
<b>Address</b>	Burrows House, 10 Priestley Road, Worsley, Manchester M28 2LY
<b>Email</b>	debra.evans@disabledliving.co.uk
<b>Internet</b>	www.disabledliving.co.uk
<b>Telephone</b>	0161 607 8200
<b>Opening hours</b>	9am – 4.30pm – Monday - Friday
<b>Area covered</b>	Primarily North West, in practice national

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## The support we offer

Disabled Living provide impartial information and advice about equipment and services to support disabled children, adults, older people, their carers and the professional who support them.

We provide:

- Equipment Helpline services
- Confidential helpline service to support people with bladder & bowel problems
- Free equipment assessments at the Disabled Living Centre (Burrows House, Worsley) provided by qualified healthcare professionals.
- Training for professionals and carers
- Free entry to our Kidz to Adulz exhibitions, supporting disabled children and young adults,
- Multi-sensory rooms at Redbank House
- Training and meeting rooms at Redbank House
- Office accommodation for thirs sector organisations at Redbank House

## How to contact us

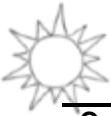
Via the helpline 0161 607 8200 (Equipment)  
0161 607 8219 (PromoCon helpline)

Email: [information@disabledliving.co.uk](mailto:information@disabledliving.co.uk)

Address as above.

## Other comments

[www.disabledliving.co.uk](http://www.disabledliving.co.uk), [www.promocon.co.uk](http://www.promocon.co.uk),  
[www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk) and [www.redbankhouse.com](http://www.redbankhouse.com)



# Expert Patients Programme



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<b>Contact</b>	Caroline Powell
<b>Address</b>	Higher Openshaw Primary Care Centre 1344 Ashton Old Road, Higher Openshaw, M11 1JG
<b>Email</b>	caroline.powell@uhsm.nhs.uk
<b>Internet</b>	<a href="http://www.uhsm.nhs.uk/community/Pages/EPP.aspx">http://www.uhsm.nhs.uk/community/Pages/EPP.aspx</a>
<b>Telephone</b>	0161 371 2105
<b>Opening hours</b>	08:45 to 16:45
<b>Area covered</b>	Manchester City Wide Service Date / time: Various venues- Meet at: Local venues across Manchester.

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## The support we offer

The Expert Patient Programme – Living Longer Living Better  
A free NHS evidence-based programme delivered over 6 x 2½  
hour sessions (with a 20 min refreshment break) to support  
people living with long term health conditions.

The Programme addresses the physical and emotional impact  
when managing your health and well-being.

Who the course is for: Manchester people who have experience  
of living with any long term health condition, the course is also  
effective in supporting carers.

## How to contact us

By Phone: 0161 371 2105.

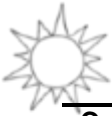
By Post: Higher Openshaw Primary Care Centre 1344 Ashton  
Old Road, Higher Openshaw, M11 1JG

By Email: [smu-tr.epp@nhs.net](mailto:smu-tr.epp@nhs.net)

## Other comments

It offers a supportive environment with a sense of community to  
help participants gain the self-confidence to manage the  
symptoms related to living with health conditions.

It can help participants to understand how their health problems  
can affect the emotional AND physical health.



# FirstStop Manchester



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<b>Contact</b>	Frances McDermott
<b>Address</b>	Manchester Move, Northwards Housing, Hexagon Towers, Manchester M9 8GQ
<b>Email</b>	F.mcdermott@northwardshousing.co.uk
<b>Telephone</b>	0161 720 5805 07595 651 430
<b>Opening hours</b>	Monday-Friday 8.30am-4.30pm
<b>Area covered</b>	North Manchester, Beswick, Clayton and Ancoats

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## **The support we offer**

FirstStop Advice is an independent, impartial and free service offering information and advice provided by the national charity Elderly Accommodation Counsel (EAC) in partnership with local partner organisations. The service is for older people, their families and carers. It aims to get the help or care older people need to live as independently and comfortably as possible. Manchester Move is now a local partner and offers a service in North and East Manchester to complement the national First Stop service. This is a cross-tenure service that enables older people to make informed choices about housing options in advance of a health and care crisis and lessens isolation and loneliness by linking them into local networks.

## **How to contact us**

First Stop National Advice Line is a free, confidential and independent telephone advice service Monday- Friday 9am-5pm on 0800 377 7070. The Housing and Care Options Advisor in North/East Manchester working on a case management basis (referrals, home visits, looking at possible housing options including staying put) can be contacted on 0161 720 5805/07595651430 or f.mcdermott@northwardshousing.co.uk

## **Other comments**

Two main web resources sit alongside our service for people who are in a position to help themselves, they are the <http://www.firststopcareadvice.org.uk/> and <http://hoopmanchester.eac.org.uk/>. FirstStop Manchester is a new service so any help with promotion and use is welcome. Frances McDermott, the Manchester based advisor, can attend team meetings and other sessions to promote this service on request.



# GroceryAid



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<b>Address</b>	GroceryAid2, Lakeside Business Park, Swan Lane, Sandhurst, Berkshire, GU47 9DN
<b>Internet</b>	<a href="http://www.groceryaid.org.uk">www.groceryaid.org.uk</a>
<b>Telephone</b>	Numbers Freephone 08088 02 11 22
<b>Opening hours</b>	24 hours a day, 7 days a week
<b>Area covered</b>	GroceryAid operates nationwide.

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## The support we offer

GroceryAid run an assistance programme open to all grocery people, regardless of length of service.

Help includes

- financial support and advice, including benefits information
- carers support; support with personal and family issues
- support with health and mental health issues
- telephone counselling
- help with depression and anxiety through a supported and approved programme

## How to contact us

Use the Freephone number above or find out more by looking at the website

## Other comments

If you have worked for a minimum of 5 years within any part of the grocery industry, are experiencing a degree of financial hardship and having saving or capital (not including your home) of £12,000 or less you may also be eligible for financial assistance



# Inspired People's Project and User-Led Group



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<b>Contact</b>	Kate Williams, IPP Co-ordinator or Carol Cryne, Chair of the User-led Group
<b>Address</b>	c/o Levenshulme Inspire, 747 Stockport Rd, Levenshulme, Manchester, M19 3AR
<b>Email</b>	<a href="mailto:kate.williams@lev-inspire.org.uk">kate.williams@lev-inspire.org.uk</a>
<b>Internet</b>	<a href="http://www.lev-inspire.org.uk">www.lev-inspire.org.uk</a>
<b>Telephone</b>	0161 850 4044
<b>Opening hours</b>	Monday – Friday office hours
<b>Area covered</b>	Levenshulme, Longsight and Gorton

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## The support we offer

The Inspired People's Project aims to reduce social isolation amongst local older people and provides weekly social groups, luncheon clubs, and introduction to computers and chair based exercise sessions.

## How to contact us

Please ring Kate or Jean on 0161 850 4044 or email to [Kate.williams@lev-inspire.org.uk](mailto:Kate.williams@lev-inspire.org.uk)

## Other comments

The IPP User-Led Group is a newly formed group of older people who wish to campaign on local issues of interest to older people and to improve the environment and services so that are more reflective of an age-friendly society.





# Macmillan Connections



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<b>Contact</b>	Debbie Smith or Helen Adamson
<b>Address</b>	Macmillan Cancer Information and Support centre, Wythenshawe Hospital, Southmoor road, Wythenshawe, Manchester M23 9LT
<b>Email</b>	macmillan.info@uhsm.nhs.uk
<b>Internet</b>	www.facebook.com/macmillanconnectionssthmanchester
<b>Telephone</b>	0161 291 4875/6
<b>Opening hours</b>	for more information: centre opening hours face to face weekdays 10-4 Phone calls: weekdays 8am- 4pm- there is an answering machine
<b>Area covered</b>	mainly south Manchester at present, but we liaise with similar schemes across Manchester

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## The support we offer

Macmillan Connections offers fantastic support for people who may have been through cancer surgery, treatments and possibly still undergoing treatment and trying to regain a sense of normality, a sense of control after treatment ends.

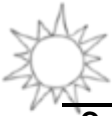
Macmillan Connections is about being with others who have been through similar experiences and by joining our range of activities and social events, isolation is reduced, fatigue reduced, low mood reduced and friendships and laughter gained!!

## How to contact us

For more information, please contact the centre on 0161 291 4876 or email: macmillan.info@uhsm.nhs.uk

## Other comments

Macmillan Connections activities/social groups include: walking groups for varying abilities, Macmillan allotment, yoga and mindfulness, craft and chat group, social outings, theatre trips, barge trips....you name it all goes on!



# Manchester Carers Forum



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<b>Contact</b>	Daniel Cooke
<b>Address</b>	Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX
<b>Email</b>	info@manchestercarersforum.org.uk
<b>Internet</b>	www.manchestercarersforum.org.uk
<b>Telephone</b>	0160 819 2226
<b>Opening hours</b>	9.30 – 4.30pm Mon-Thurs 9.30-2.30 Fri only
<b>Area covered</b>	City of Manchester

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## The support we offer

We have various monthly support groups across Manchester. These are vital opportunities for carers to get together, feel supported, share knowledge and relax.

Forum Meeting  
South Manchester Group  
East Manchester Group  
North Manchester Group  
Hulme Group  
Levenshulme Evening Group

HANDS Group for carers of someone with a substance misuse issue

Free Legal Advice Clinic for Carers issues held at MCF Offices

## How to contact us

Ring the office on 0161 819 2226  
Email [info@manchestercarersforum.org.uk](mailto:info@manchestercarersforum.org.uk)  
Website [www.manchestercarersforum.org.uk](http://www.manchestercarersforum.org.uk)

## Other comments

Please contact us for the times and locations of the support groups



# Manchester Carers Forum – Dementia Peer Mentoring and Befriending Project



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<b>Contact</b>	Jackie Moran or Anne Connolly
<b>Address</b>	Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX
<b>Email</b>	<a href="mailto:info@manchestercarersforum.org.uk">info@manchestercarersforum.org.uk</a>
<b>Internet</b>	<a href="http://www.manchestercarersforum.org.uk">www.manchestercarersforum.org.uk</a>
<b>Telephone</b>	0160 819 2226
<b>Opening hours</b>	9.30 – 4.30pm Mon-Thurs 9.30-2.30 Fri only
<b>Area covered</b>	City of Manchester

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## **The support we offer**

The Dementia Peer Mentoring and Befriending project offers support to carers who are looking after a person who has dementia. We provide emotional support and are able to signpost to services which may be of benefit to the carer.

Carers are matched with a volunteer who can provide support wither via telephone or by visits giving the carers an opportunity to speak to someone who understands their situation.

## **How to contact us**

Ring the office on 0161 819 2226 and ask for Jackie or Anne  
Email [info@manchestercarersforum.org.uk](mailto:info@manchestercarersforum.org.uk)  
Website [www.manchestercarersforum.org.uk](http://www.manchestercarersforum.org.uk)



# Manchester Libraries, Macmillan Information and Support Service



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<b>Contact</b>	Julie Foster
<b>Address</b>	Gorton Library, Wythenshawe Forum, Garratt Way, Library, M18 8HE Forum Square, M22 5RX
<b>Email</b>	macmillan@manchester.gov.uk
<b>Internet</b>	www.manchester.gov.uk/macmillan
<b>Telephone</b>	0161 227 3727 (there is an answerphone if we are out. Please leave a message and we will call you back)
<b>Opening hours</b>	There is generally somebody available between 9am and 5pm on the drop in days. You can also ask the library staff to contact the Macmillan team for you.
<b>Area covered</b>	City of Manchester

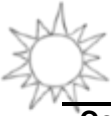
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## The support we offer

We offer support and information to anyone who has cancer, their relatives, friends or carers. We also support people worried about cancer. We are able to provide written information on all aspects of cancer and living with cancer; the chance to talk about what you are going through; a comfortable room where you can talk to someone in private; and signposting to self-help and support groups.

## How to contact us

Drop ins at Gorton Library (Thursday) and Wythenshawe Library (Mondays) or by telephone or email. We can make confidential appointments at a library or community venue close to where you live.



# Manchester Mind



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<b>Contact</b>	Will vary dependent on service
<b>Address</b>	339 Stretford Road, Hulme, Manchester M15 4ZY
<b>Email</b>	nfo@manchestermind.org
<b>Internet</b>	www.manchestermind.org
<b>Telephone</b>	0161 226 9907
<b>Opening hours</b>	9am – 5pm
<b>Area covered</b>	Manchester wide

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## The support we offer

We offer a range of services for people affected by mental health problems including:

- Advice Service – help with benefits, form filling and challenging decisions, dealing with debt;
- Volunteering – which can support people to reconnect and share skills and knowledge beneficial for mental health.
- Supported placements in our Manchester Mind Cafe and within Bite our Growing Project. People can learn new skills, get out of the house and meet people within a safe and supported environment.

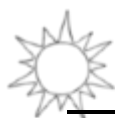
## How to contact us

Our advice drop-ins are Monday afternoons 1-4pm and Thursday mornings 10-1pm.

For advice, email [advice@manchestermind.org](mailto:advice@manchestermind.org) or general enquiries to [info@manchesermind.org](mailto:info@manchesermind.org) 0161 226 9907

## Other comments

Manchester Mind also delivers Building A Healthy Future courses – six week long wellbeing and stress management courses for people with long-term health conditions. Places are free and the courses can help people improve their mental and emotional wellbeing and develop better coping strategies. Contact [bahf@manchestermind.org](mailto:bahf@manchestermind.org) for more info or call Ruth on 07527 127 786.



# Men's Shed Manchester



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<b>Contact</b>	Clive Hamilton
<b>Address</b>	St Barnabas Rectory, 1 South Street, Lower Openshaw, Manchester M11 2EY
<b>Email</b>	growinginthecity@outlook.com
<b>Facebook</b>	<a href="https://www.facebook.com/GrowingintheCity">https://www.facebook.com/GrowingintheCity</a>
<b>Twitter</b>	<a href="http://twitter.com/MensShedMCR">http://twitter.com/MensShedMCR</a>
<b>Telephone</b>	07414 545980
<b>Opening hours</b>	Wednesday each week. 10am till 2pm (often longer)
<b>Area covered</b>	No restrictions. Main body of participants are from Beswick, Openshaw, Clayton, Gorton, Ancoats, Miles Platting areas of Manchester – but generally anyone from Manchester who wants to attend – we currently have participants joining us each week from a field in (South and West) Manchester.

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## The support we offer

Making (and sell) wood craft items and outdoor garden structures and furniture from reclaimed wood; tinkering with/repairing bikes or things mechanical; gardening and developing new green spaces nearby. No prior skills needed. We share skills and learn from each other. We work together or on our own, or just sit, chat and drink tea!!

## How to contact us

As contact info above or just turn up.

## Other comments

Informal and very friendly. Work at your own pace, on your own project or a communal idea/activity. There's no expectations on skills or capability – the group is as much about fellowship and social activity/contact as the “things” we do. Activity, group and structure is user lead/influenced.



# NHS Manchester Clinical Commissioning Groups



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<b>Address</b>	Parkway 3, Princess Parkway, Manchester, M14 7LU
<b>Email</b>	
<b>Internet</b>	<a href="http://www.manchesterccgs.nhs.uk/">http://www.manchesterccgs.nhs.uk/</a>
<b>Telephone</b>	0161 765 4000
<b>Opening hours</b>	
<b>Area covered</b>	North, Central and South Manchester Clinical Commissioning Groups are responsible for planning and buying high quality, safe health services for our vibrant city.

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## The support we offer

If you would like helpful advice about managing your health or simply want to know which NHS Service to use depending on your symptoms, you can find out more by visiting:  
<http://www.choosewellmanchester.org.uk/>

## How to contact us

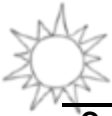
If you would like to tell us about your experience of using NHS Health and Wellbeing Services in Manchester, please contact us by emailing: [talkinghealthmanchester@nhs.net](mailto:talkinghealthmanchester@nhs.net)

If you are unhappy with the service you have received please contact: Patient Services, North West Commissioning Support Unit (NWCSU)  
Phone: 0161 212 6270

Email: [patientservices.gmcsu@nhs.net](mailto:patientservices.gmcsu@nhs.net)  
Post: St James's House, Pendleton Way, Salford M6 5FW

## Other comments

All local GP practices are involved in shaping the development of Manchester CCGs. Working closely with patients, the public and partners – including local hospitals, Council, voluntary and community groups – North, Central and South Manchester CCGs are committed to delivering a vision for improved health in Manchester.



# North City Nomads

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**Contact** Tracey Annette  
**Email** t.annette@manchester.gov.uk  
**Internet** 0161 234 4299

**Telephone**

**Opening hours**

**Area covered** North City Nomads (NCNs) is a membership group open to residents (aged 50+) living in, or using facilities in, North Manchester. The neighbourhoods covered by the group include: Higher Blackley, Charlestown, Harpurhey, Moston, New Moston, Crumpsall, Cheetham, Newton Heath, Miles Platting and Ancoats.

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## The support we offer

The project is delivered by a small group of volunteers and is supported by the Age Friendly Manchester team. The aim of the project is about connecting people, encouraging new friendships and supporting people to expand their individual social circles. Members, once registered, are invited to participate in days out, excursions organised on their behalf. All members are encouraged to suggest destinations for outings.

The trips cost on average £10.00 which covers the cost of coach hire, a Free Raffle and support from volunteer coach coordinators.

## How to contact us

By telephone to request a Registration Form:  
0161 234 4299 or by email t.annette@manchester.gov.uk

## Other comments

These trips are extremely popular. In 2016 the project aims to organise 4 trips. In 2015 trips were organised to Southport, Llandudno and Chester.





# Paget's Association



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<b>Contact</b>	Diana Wilkinson
<b>Address</b>	The Paget's Association, Suite 5, Moorfield House, Moorside Rd, Swinton, Manchester M27 0EW
<b>Email</b>	helpline@paget.org.uk
<b>Internet</b>	www.paget.org.uk
<b>Telephone</b>	0161 799 4646
<b>Opening hours</b>	Mon – Fri 9am – 4pm
<b>Area covered</b>	Our support group is based in Swinton covering all Manchester / Greater Manchester areas

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## The support we offer

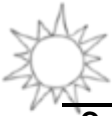
The Paget's Association is a charity supporting those with Paget's Disease of Bone. The charity has a support group based in Swinton and a national Paget's Support Network to enable those with the condition to talk to each other. The Association acts as a resource nationally within the UK for patients, carers and health professionals, offering high quality information and support services as well as a Nurse Helpline.

## How to contact us

Our Helpline can be contacted by email or telephone.  
Email: [helpline@paget.org.uk](mailto:helpline@paget.org.uk)  
Tel: 0161 7994646

## Other comments

Paget's disease is a metabolic bone disorder in which the normal repair and renewal process within bone is disrupted. It can be very disabling and symptoms may include pain, severe deformity, deafness, fracture and in rare cases can lead to bone cancer.



# Rusholme Social-Café



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<b>Contact</b>	Rich Browning
<b>Address</b>	c/o Birch Community Centre, Brighton Grove, Rusholme, M14 5JT
<b>Email</b>	richbrowning@healthymehealthycommunities.co.uk
<b>Internet</b>	www.healthymehealthycommunities.co.uk
<b>Telephone</b>	07913 540680
<b>Opening hours</b>	Every Wednesday 12.30-3pm
<b>Area covered</b>	Rusholme

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## The support we offer

Rusholme Social-Café provides a relaxed and supportive place for people to meet, make friends and take part in activities. Members enjoy a seasonal programme of craft, cooking, wellbeing activities, a quarterly excursion, and people are supported to develop new ideas to share with others. Along with freshly brewed coffee and a selection of teas, a range of snacks are on offer. The activities are free and donations welcome for refreshments.

## How to contact us

Rich Browning on 07913 540680 or  
richbrowning@healthymehealthycommunities.co.uk

No need to book, just drop-in for a chat.



# Salfordautism



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<b>Contact</b>	Peter Baimbridge
<b>Address</b>	155 Parrin Lane, Eccles, M30 8BJ
<b>Email</b>	info@salfordautism.org.uk
<b>Internet</b>	www.salfordautism.org.uk
<b>Telephone</b>	0845 652 0256 (24/7)
<b>Opening hours</b>	24/7
<b>Area covered</b>	Largely Salford-facing, we will do whatever we can to support anyone who is, cares for, or is affected by someone with an Autistic Spectrum Condition that asks. We already deliver support to individuals, charities and professional organisations across the Greater Manchester area and as far south as Stoke on Trent.

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## The support we offer

- 24/7 contact line with 24/7 call-out response where needed
- Crisis response, intervention and management
- Advocacy
- Support into, through and following diagnosis
- Befriending, mentoring, coaching
- Support into, through and following FACS assessment
- Care sourcing and planning

## How to contact us

Phone or email - or come to our drop-in clinic / social every 1st & 3rd Friday, Eccles Old Town Hall, Church St., Eccles, M30 0LH (75 yds west of Morrison's Supermarket & Bus / Tram Interchange, next to Eccles Sports Centre. P+D parking on Morrisons (£1/2hrs) or Sports Centre (30 mins free, 90 mins £1.50, all day £3.50) car parks). No referrals needed.

## Other comments

Led and run by autistic professionals, we care and know the territory because we live autism every day of our own lives. We try to be the 'good friend' we all need when in trouble.

If we cannot be of assistance ourselves, we will probably know someone who can and will. In any case, you need never be alone.



# Self Help (formerly known as Self Help Services)



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<b>Contact</b>	Stefan A Rogers
<b>Address</b>	Self Help, Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester M15 4ZY
<b>Internet</b>	<a href="http://www.selfhelpservices.org.uk">www.selfhelpservices.org.uk</a>
<b>Telephone</b>	0161 226 3871, 0161 677 4820 or 0161 223 6775 (Head Office)
<b>Opening hours</b>	09.00 – 17.00
<b>Area covered</b>	Greater Manchester (Manchester, Trafford, Salford, Stockport, Glossop, Tameside, Wigan. Bolton, Rochdale)

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## The support we offer

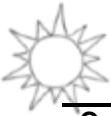
We are Self Help – a user-led mental health charity based in the North West of England. We believe in people having a choice in mental health care. We offer a wide range of support, services and opportunities for people living with mental health difficulties such as anxiety, depression, phobias and panic attacks.

## How to contact us

via our website, via telephone, via email  
([pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk) or  
[admin@selfhelpservices.org.uk](mailto:admin@selfhelpservices.org.uk))

## Other comments

We provide a wide range of groups in the community offering you the support and help you need to regain confidence to engage in everyday social and workplace activities. We provide 24-hour mental health crisis support to adults who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.



# Sound Heart Support Group



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<b>Contact</b>	Mr. John Wright
<b>Address</b>	C/o Heathfield Resource Centre Heathfield Street, Newton Heath
<b>Email</b>	wrightsyjlon@aol.com
<b>Telephone</b>	0161 681 9276
<b>Opening hours</b>	Tuesdays 10.00 a.m. to 12 noon
<b>Area covered</b>	Coverage-Newton Heath, Clayton, Miles Platting, Failsworth, Moston, Chadderton, Droylsden & Gorton

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## **The support we offer**

We offer support to anyone who has suffered from heart problems i.e heart attack, by pass, angina

The support is also offered to partners. We carry on from where cardiac rehab stops, with light

Exercise. We have a social side to the group, with meals out, theatre visits & day trips.

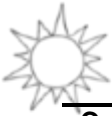
## **How to contact us**

John Wright 0161 681 9276 (Chairman) Veronica Grimshaw  
0161 682 4657 (Secretary)

Call At Heathfield Centre – Tuesdays 10.00 a.m. – 12 noon

## **Other comments**

Why not drop in for a chat & a brew to see what we do!



# STAR Stroke Group



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<b>Contact</b>	Michele Latham
<b>Address</b>	St Pauls Church Hall, 491 Wilmslow Rd, M20 4AW
<b>Email</b>	michele.latham@uhsm.nhs.uk
<b>Telephone</b>	0161 217 4920
<b>Opening hours</b>	Fridays 9.30a.m – 12noon
<b>Area covered</b>	Any area

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## The support we offer

This a social support group for stroke survivors and carers.

We offer:

- Complementary therapies, including massage, aromatherapy and reflexology.
- Manicures
- Chair based exercise
- Card craft groups
- A chance to sit and chat with others

There is no charge for the group but there is a small charge for the complementary therapies.

## How to contact us

Michele Latham 0161 217 4920  
michele.latham@uhsm.nhs.uk

## Other comments

The groups are run by the Active Therapy Team UHSM.

If appropriate, carers are able to drop their partner/friend or relative off at the group (if they are reasonably self-caring), which then gives the carer sometime of their own, or the carer can attend the group themselves.



# Stroke Association



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<b>Contact</b>	Helen Gilbertson
<b>Address</b>	Office base only: 6th Floor St. James House Pendelton Way Salford M6 5FW
<b>Email</b>	<a href="mailto:helen.gilbertson@stroke.org.uk">helen.gilbertson@stroke.org.uk</a>
<b>Internet</b>	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
<b>Telephone</b>	0161 742 7482 / 07983 343003
<b>Opening hours</b>	Monday to Friday 9am till 5pm
<b>Area covered</b>	We work in North, South and Central Manchester

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## The support we offer

We offer practical help, support, and signpost and refer accordingly to anyone whom has survived from a stroke or a TIA (Transient Ischaemic Attack) after they have returned home from hospital with living with Life After a Stroke.

We offer a holistic approach to not only the stroke survivor but the carer and family members too.

We run a variety of social groups in surrounding areas too 😊

## How to contact us

0161 742 7482 / 07983 343003  
[helen.gilbertson@stroke.org.uk](mailto:helen.gilbertson@stroke.org.uk)



# Stroke Association - Communication Support Service

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<b>Contact</b>	Robin Foxon
<b>Address</b>	St James's House, 6th Floor, Pendleton Way, Salford, M6 5FW
<b>Email</b>	robin.foxon@stroke.org.uk
<b>Internet</b>	www.stroke.org.uk
<b>Telephone</b>	0161 7427481 07717 275 712
<b>Opening hours</b>	Mon-Fri
<b>Area covered</b>	Anyone who has a GP in the Manchester Central or South CCG area.

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## The support we offer

The service offers a home visit to assess the needs of stroke survivors and their carers who have communication difficulties. There is practical and emotional support involving signposting and referring to relevant services where necessary. There is also the possibility of attending communication groups where we do fun activities to support a client's communication or one-to-one support from a volunteer where appropriate.

## How to contact us

Phone, mail or email





# Substance Misuse Carer's Peer Support Service



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<b>Contact</b>	Michelle Kennedy-Lucas
<b>Email</b>	michelle.kennedy@manchester.gov.uk
<b>Telephone</b>	07507886618
<b>Area covered</b>	City wide

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## **The support we offer**

Drug and alcohol services in Manchester are currently undergoing major changes. This makes it difficult, at the moment, to provide a complete description of our support. However, please feel free to contact us for more information.

## **How to contact us**

Via email or telephone number above.



# Survivors of Bereavement by Suicide



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<b>Contact</b>	Mrs Toni Haymes (Group Leader Manchester)
<b>Email</b>	Sobs.admin@care4free.net
<b>Internet</b>	www.uk-sobs.org.uk
<b>Telephone</b>	National helpline 0300 111 5065 07531 392674 (Toni Haymes, Manchester)
<b>Area covered</b>	All Manchester

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## The support we offer

We exist to help the survivors of bereavement by suicide or self-inflicted death. Our aim is to support each other at the time of the loss and in the months and years following. We are made up mainly of volunteers nearly all of whom have lost someone to suicide and can therefore understand the mental anguish experienced after losing someone to suicide. We provide a safe, confidential environment for people to express themselves.

## How to contact us

Manchester Branch – 07531 392674 (Mrs Toni Haymes)

## Other comments

The Manchester branch of Survivors of Bereavement by Suicide (SOBS) has been in existence for seven years and during that time has helped many families. We meet the first Thursday of every month in North Manchester and everyone says it takes away the feeling of isolation experienced after the suicide of a loved one.



# Together Dementia Support CIC



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<b>Contact</b>	Sally Ferris
<b>Address</b>	10 Hartington Road, Chorlton, Manchester M21 8UY
<b>Email</b>	sally@togetherdementiasupport.org
<b>Internet</b>	www.togetherdementiasupport.org
<b>Telephone</b>	07854 335890
<b>Opening hours</b>	9am-5pm
<b>Area covered</b>	South and central Manchester

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## **The support we offer**

We run high quality support and activity groups for people with mild to moderate dementia. These groups run weekly and enable people to remain active, pursuing hobbies and interests that they might have given up but can enjoy with a little help. Current groups are: 2 Friendship & Activity Groups, a Walk & Talk Group, an evening Carers' Drop-In, Together in Song – a gospel choir, and a Coffee & Chat group.

## **How to contact us**

By e-mail or phone as above

## **Other comments**

You might also want to support us by volunteering at a group or by helping with fundraising. Volunteering is a great way keeping connected. We have a lot of laughs and make a big difference to the people with whom we work.



# TREATS (Dementia support group)



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<b>Contact</b>	Michele Latham
<b>Address</b>	St Pauls Church Hall, 491 Wilmslow Rd, M20 4AW
<b>Email</b>	michele.latham@uhsm.nhs.uk
<b>Telephone</b>	0161 217 4920
<b>Opening hours</b>	Fridays 2p.m – 4p.m N.B There is no group on the 1st Friday of the month
<b>Area covered</b>	Any area

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## The support we offer

This is a social support group for anyone with dementia and their carer's.

We offer:

- A rolling programme including music, reminiscence, games and poetry reading
- Complementary therapies, including massage, aromatherapy and reflexology.
- Chair based exercise
- Manicures
- A chance to sit and chat with others

There is no charge for the group or for the complementary therapies.

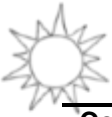
## How to contact us

Michele Latham 0161 217 4920  
michele.latham@uhsm.nhs.uk

## Other comments

The groups are run by the Active Therapy Team UHSM.

If appropriate, carers are able to drop their partner/friend or relative off at the group (if they are reasonably self-caring), which then gives the carer some time of their own, or the carer can attend the group themselves.



## Tuesday Club



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<b>Contact</b>	Revd Andrea Jones
<b>Address</b>	Resurrection and St Barnabas church, 1A Albert Street, Manchester M11 2EY
<b>Internet</b>	resurrectionstbarnabas.wordpress.com
<b>Telephone</b>	0161 223 9182
<b>Opening hours</b>	Alternate Tuesday evenings 7.00 pm until 9.00 pm
<b>Area covered</b>	Anyone who wants to come – generally East and North Manchester residents

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### **The support we offer**

Table top and indoor games – opportunity to get together to socialise – e.g. chat, play dominoes, cards, pool, indoor bowls etc. - have a cup of tea and cake and be together.

### **How to contact us**

You can call us on 223 9182 or e mail andysjones@hotmail.co.uk or check out our Facebook page church of the resurrection, The Good Shepherd and St Barnabas, Eastlands and you can just turn up on the night.

### **Other comments**

We also hold community Sunday lunches free of charge as well as a lunch on Christmas Day. If you want to know more about that please ring Revd Andrea on 223 9182



# Whalley Range Health and Well being group.




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<b>Contact</b>	Carol Packham
<b>Address</b>	c/o JNR8, 82, Cromwell Avenue Whalley Range M16 0BG
<b>Email</b>	Carol_packham@uk2.net
<b>Internet</b>	<a href="http://www.whalleyrange.org/whalley-range-mental-health-group/">http://www.whalleyrange.org/whalley-range-mental-health-group/</a>
<b>Telephone</b>	07788855544 or JNR8 0161 881 3744
<b>Opening hours</b>	Monthly meetings. Fridays 6-8 for social group.
<b>Area covered</b>	Whalley Range and adjoining

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## The support we offer

We are a group of people who are committed to improving the mental well being of residents of Whalley Range. We have an interest in various local well being projects e.g. cycling through Whalley Range on Wheels, and Community Circles and aim to disseminate useful information through a site on the WRForum website.

We access, plan run well being training and activities, e.g. Time to Change social group.

## How to contact us

Email, or phone as above or call in.



# Whitemoss Youth and Community Centre




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<b>Contact</b>	John Biggs
<b>Address</b>	Southdown Crescent, Blackley, Manchester. M9 7DQ
<b>Email</b>	johnwhitemoss@googlemail.com
<b>Telephone</b>	0161 278 1240
<b>Opening hours</b>	Daytime and Evening sessions Monday & Friday 6-8pm Junior Club 8-11 year olds Tuesday 7-9pm 12-15 years boys and girls Tuesdays 6-11 years 3-30 to 5-30pm After School Club Thursdays 7-9pm 15-19 years boys and girls Friday 10-1pm Age Friendly sessions including Luncheon Club. Part of the Normans Group trips out for the elderly. Thursday 10-12 Work Club session for the unemployed.
<b>Area covered</b>	Cover the Charlestown Ward (North Manchester), Charlestown, New Moston, Moston and Harpurhey.

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## The support we offer

We support, children, young people, age friendly people on a Friday and support social isolation to provide opportunities for them to meet new friends in a social environment. We have the Thursday morning Work Club to help and make CV and provide opportunities on the Job universal looking for jobs. We have a music studio, sensory garden and allotment and also have an indoor and outdoor games area for football, basketball and netball.

## How to contact us

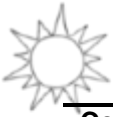
Either by email:- johnwhitemoss@googlemail.com or by telephone 0161 278 1240

Look at the Whitemoss Youth Club Website

## Other comments

Predominately we run most sessions on a Voluntary basis and this year 2016 is the Clubs' 60th. Anniversary.

We are trying this year to raise £3,000.00 to have Solar Panels installed. Look at the CEGM website.



# Zest



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<b>Contact</b>	Laura Gormley
<b>Address</b>	Amraham Moss Centre, Crumpsall, M8 5UF
<b>Telephone</b>	0161 234 3722

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## **The support we offer**

Currently promoting smoking cessation and will be providing information and handouts

## **How to contact us**

This is temporary work as the team is due to transfer to the NHS on the 1st of April