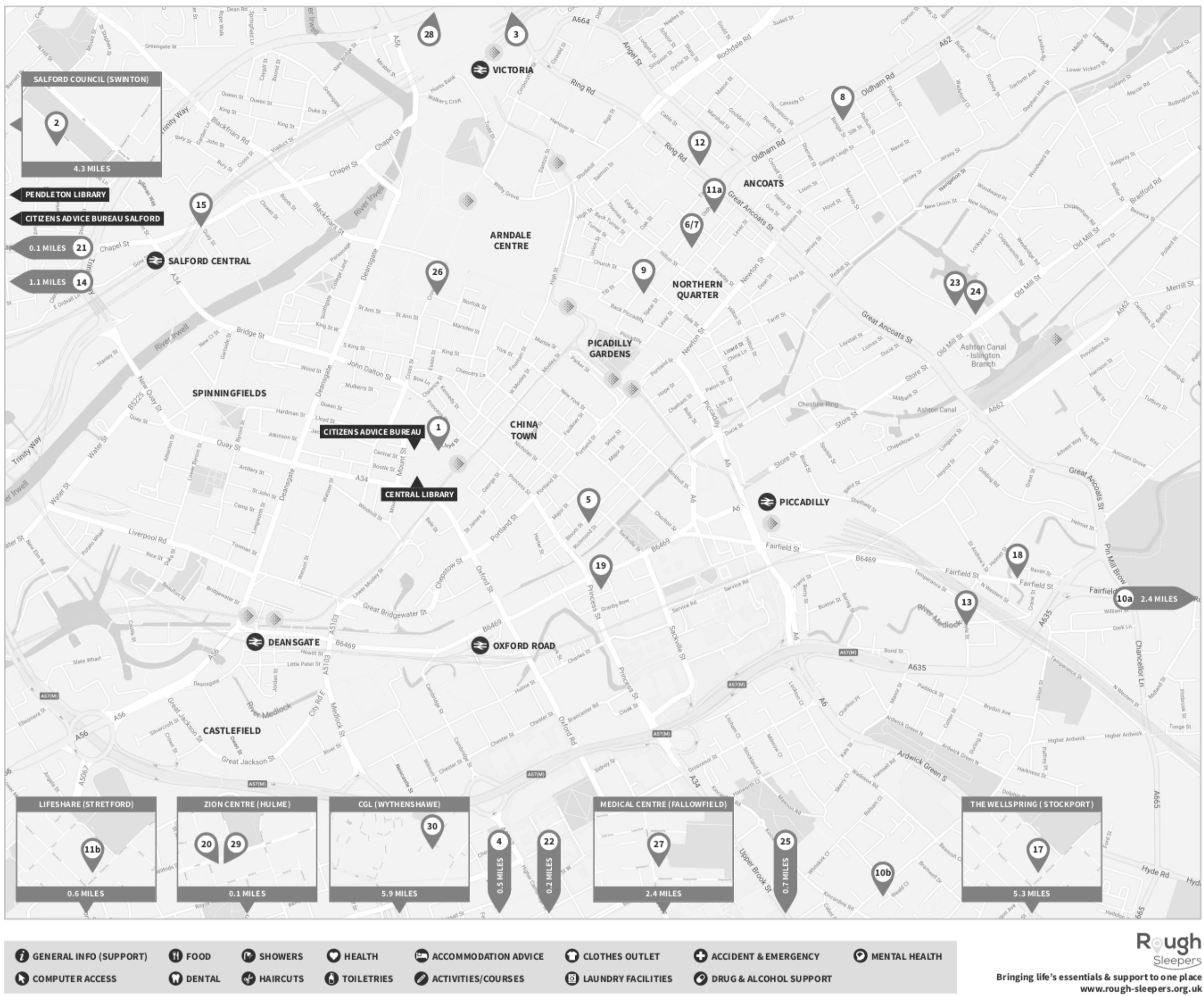


PLACES THAT OFFER SUPPORT TO THE HOMELESS

- MANCHESTER CITY COUNCIL
- SALFORD CITY COUNCIL
- BOOTH CENTRE
- CORNERSTONE
- BARNABUS / THE BEACON
- COFFEE FOR CRAIG
- CENTREPOINT
- MUSTARD TREE
- MANCHESTER COMMUNITY CHAPLAINCY
- JUSTLIFE - OPENSHAW
- JUSTLIFE - ARDWICK
- LIFESHARE
- LIFESHARE - WEEKEND BREAKFAST
- BACK ON TRACK
- SOUP KITCHENS
- WINDSOR DROP IN CENTRE / SALFORD LOAVES AND FISHES
- LAUDACIOUS CHURCH
- MAD DOGS STREET PROJECT
- THE WELLSRING
- BIG ISSUE NORTH
- SHELTER
- MIND - HULME
- MIND - SALFORD
- DENTAL HOSPITAL OF MANCHESTER
- REVIVE DENTAL CARE - ANCOATS
- URBAN VILLAGE MEDICAL PRACTICE
- MANCHESTER ROYAL INFIRMARY
- CITY HEALTH WALK-IN CENTRE
- FALLOWFIELD MEDICAL CENTRE
- CGL - NORTH MANCHESTER
- CGL - CENTRAL MANCHESTER
- CGL - SOUTH MANCHESTER



Rough Sleepers
 Bringing life's essentials & support to one place
www.rough-sleepers.org.uk

WHAT TO DO IF YOU'RE HOMELESS OR AT RISK OF IT HAPPENING

The first thing you will need to do is to get in touch with your local council as soon as possible.

- MANCHESTER CITY COUNCIL
 Manchester City Council Town Hall, Mount Street, Manchester, M2 5DB
 0161 234 4692
www.manchester.gov.uk/info/200117/homeless_people
Homeless or about to be homeless
 Mon to Fri 09:00am - 4:30pm
 hpsadutyofficer@manchester.gov.uk
Emergency out of hour's assistance 0161 234 5001
 mcsreply@manchester.gov.uk
- SALFORD CITY COUNCIL - SALFORD HOUSING OPTIONS POINT
 7 Wesley Street, Swinton, M27 6AD
 0161 793 2500
www.salford.gov.uk/housing/homelessnes
Homeless or about to be homeless
 Mon, Wed, Thu & Fri 08:30am - 4:30pm
 Tue 1.00pm - 4.30pm
Emergency out of hour's assistance
 Telephone: 0161 794 8888

- BOOTH CENTRE
 Edward Holt House, Pimblett Street, Manchester, M3 1FU
 0161 835 2499
www.boothcentre.org.uk
Breakfast (no charge) Mon to Fri 09:00am - 10:00am
Lunch (no charge) Mon to Fri 12:00pm
Hot drinks, activities, clothes, toiletries
 Mon to Fri 09:00am - 3:00pm
Job club, training Mon to Fri 10:00am - 12:00pm
Drop-in, showers, haircuts
 Mon, Tue, Thu & Fri 09:00am - 12:00pm
Support, accommodation advice, benefit advice, showers, haircuts, computer access, activities
 Mon to Fri 09:00am - 12:00pm
Employment advice Tue 10:00am - 12:00pm
- CORNERSTONE
 104b Denmark Road, Manchester, M15 6JS
 0161 232 8888
www.cornestonedcs.org.uk
Breakfast (no charge) Mon to Fri 10:30am - 11:30am
Lunch (small charge) 12.15pm
Drop-in, support, computer access, showers, laundry facilities
 Mon, Wed, Thu & Fri 10:30am - 4:00pm
 Tue 10:30am - 2:00pm
Haircuts Wed & Fri
Optician Mon 10:30am - 2:00pm
- BARNABUS / THE BEACON (25+ years old only)
 45 Bloom Street, Manchester, M1 3LY
 0161 237 3223
www.barnabus-manchester.org.uk
Breakfast (no charge), drop-in Mon to Fri 10:30am - 1:00pm
Support Mon, Tue, Thu & Fri 10:30am - 1:00pm
Showers (subject to staff availability) Mon to Fri 10:30am - 1:00pm
Nurse Mon, Tue & Thu 10:30am - 1:00pm
Hot food & drinks (no charge), showers
 Mon to Fri 7.45pm - 9:00pm

- COFFEE FOR CRAIG (Relocating December 2019)
 Centre Point North, 52 Oldham Street, M4 1LE
 07543 590330
www.coffee4craig.com
Drop-in, accommodation advice, support, hot meals (no charge), showers, computer access, medical support, food parcels, clothing, toiletries
 Mon to Fri 7.00pm to 9.00pm
 Sat to Sun 5.00pm to 7.00pm
- CENTREPOINT - 16 - 25 years ONLY (Relocating December 2019)
 Centre Point North, 52 Oldham Street, M4 1LE
www.centrepoint.org.uk/what-we-do/housing/manchester
 0161 228 7654
Support, accommodation advice, support for ex-offenders, drugs & alcohol support, mental health support, workshop, courses
 Mon, Tue, Thu & Fri 1.30pm - 4:00pm
Drop-in, support, breakfast, shower, laundry, computer access, benefits advice
 Mon & Fri 10.00am - 12.00pm
- MUSTARD TREE
 110 Oldham Road, Ancoats, Manchester, M4 6AG
 0161 850 2282
www.mustardtree.org.uk
Activities, workshops, computer access, food club, furniture, clothes
 Mon, Tue, Wed, Fri & Sat 10.00am - 4.00pm
 Thu 10.00am - 12.30pm
Job Club Tue 10.00am - 12.00pm
The Work Shop Fri 10:30am - 12:00pm
Hot food (no charge), drop-in Fri 5.30pm - 8.00pm
- GREATER MANCHESTER COMMUNITY CHAPLAINCY
 Methodist Central Buildings, Oldham Street, Manchester, M1 1JQ
 0161 236 2462 & 07387 331 329
www.gmcsc.support
Support for ex-offenders ONLY
 Tue to Wed 10.00am - 3.00pm
 Thu 10.00 - 12.30pm
Cafe with hot food & drinks (no charge for service users)
 Mon 10.00am - 2.00pm
 Tue to Thu 08.30am - 2.00pm
Computer suite
 Tue to Thu 10.30am - 12.00pm & 1.00pm - 2.30pm
- JUSTLIFE - OPENSHAW
 1479-1489 Ashton Old Road, Openshaw, M11 1HH
 0161 285 5888
www.justlife.org.uk/projects/manchester
Drop-in, accommodation advice, benefits advice, hot drinks, computer access, activities
 Mon 11.00am - 12.30pm
Breakfast (no charge), haircuts (alternate weeks), health checks (alternate weeks)
 Fri 9.30am - 11.00am
 Mon 12.00pm
- JUSTLIFE - ARDWICK
 Brunswick Parish Church Brunswick Street, Manchester, M13 9SX

- Drop-in, accommodation advice, benefits advice, hot drinks, computer access, activities
 Tue 12.00pm - 2.00pm
Lunch (no charge) Tue & Thu 1.00pm
Advice surgery Thu 12.45pm - 2.00pm
- LIFESHARE
 1st Floor, 27 Houldsworth Street, Manchester, M1 1EB
 0161 235 0744
www.lifeshare.org.uk
Drop-in advice Tue & Fri 2.00pm - 4.00pm
Advice - Appointments ONLY Mon to Fri 10.00am - 5.00pm
- LIFESHARE - WEEKEND BREAKFAST
 LimeLight Community Centre, Stretford, M16 9NW
Weekend Breakfast Sat & Sun 07.00am - 09.00am
- BACK ON TRACK
 4th Floor Swan Buildings, 20 Swan Street, Manchester, M4 5JW
 0161 834 1661
www.backontrackmanchester.org.uk
Cafe with hot food & drinks Mon to Fri 09.30am - 3.00pm
Drop-in Tue 1.30pm - 3.30pm
Workshops, courses Mon to Fri 09.30am - 4.30pm
- SOUP KITCHENS
 Hoyle Street, Off Fairfield Street, Manchester, M12 6HG
 07856 355 752
www.citycentreministries.org.uk
Food & hot drinks (no charge), clothes, toiletries
 Wed 5.30pm - 7.00pm & Sat 9.00pm - 11.00pm
- WINDSOR DROP IN CENTRE / SALFORD LOAVES AND FISHES
 1 Paddington Close, Salford, M6 5PL
 0161 737 8775
www.salfordloavesandfishes.org.uk
Drop-in, support, hot food (small charge), hot drinks & soup (no charge), showers, laundry, literacy support, clothes, activities
 Mon, Wed & Thu 08.00am - 2.00pm
Doctor
 Mon, Wed & Thu (appointment only) 12.00pm - 2.00pm
Activities Tue, Wed & Thu 08.00am - 12.30pm
Citizens Advice Bureau services
 Mon & Wed 08.00am - 2:00pm
Drug & Alcohol support, smoking support, Dentist, Salford Housing Thu 08.00am - 2:00pm
- LAUDACIOUS CHURCH
 Trinity Way, Manchester, M3 7BD
 0161 830 7000
www.audaciouschurch.com/a-teams
Clothes, food bank, toiletries Mon to Thu 11.00am - 3.00pm
Hot food (no charge), haircuts, clothes Tue 7.00pm - 9.00pm
- MAD DOGS STREET PROJECT
 07591 571 555
www.maddogsstreetproject.org.uk
Delivered to the streets of Manchester city centre and Southern suburbs
Hot food (no charge), support, clothes, toiletries
 Sun to Fri 7.00pm - 10.00pm

- THE WELLSRING
 Harvey Street, Stockport, SK1 1YD
 0161 477 6344
www.thewellspring.co.uk
Drop-in, support
 Mon to Thu 09.00am - 8.00pm, Fri 9.00am - 4.00pm, Sat to Sun 9.00am - 2.00pm
Food service (no charge)
 Mon to Thu 11.30am - 2.00pm & 6.30pm - 8.00pm, Fri to Sun 11.30am - 2.00pm
Drugs & Alcohol Worker
 Mon, Tue & Thu 12.00am - 2.00pm & 5.00pm - 8.00pm, Wed, Fri 10.00am - 2.00pm
NA (Narcotics Anonymous)
 Tue 6.30pm - 8.00pm & Fri 12.30pm - 1.30pm
Nurse Mon 10.00am - 2.00pm, Wed 3.00pm - 8.00pm, Fri 10.00am - 2.00pm
Doctor Tue & Thu 12.00pm - 2.00pm
Barber Wed 10.00am - 2.00pm (monthly)
Hairdresser - Anita Thu 11.00am - 1.00pm (monthly)
Women's Group Fri 2.00pm - 4.00pm
- BIG ISSUE NORTH
 Raven House, 113 Fairfield St, Manchester, M12 6EL
 0161-831-5550
www.bigissuenorth.com
Earn an income by selling the Big Issue North.
Big Issue sellers get further support; accommodation advice, medical, social support services, education & courses
 Mon to Fri 08.00am - 1.00pm & Sat 08.00am - 12.00pm
- SHELTER
 Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX
 0344 515 1640
www.shelter.org.uk
Accommodation advice, housing issues, homelessness issues, debt problems, benefits issues, legal advice
 Mon to Fri 9.00am - 5.00pm
- MENTAL HEALTH
 20. MIND - HULME
 Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester, M15 4ZY
 0161 769 5732
<https://manchestermind.org>
Mental Health support, drop-in, cafe, advice for welfare benefits, debt & housing Mon to Fri 9.00am - 5.00pm (Telephone in advance to confirm days & times)
Advice drop-in Mon 1.00pm - 4.00pm & Thu 10.00am - 1.00pm
- MIND - SALFORD
 Mind in Salford, The Angel Centre, 1 St. Philips Place, Salford, M3 6FA
 0161 212 4880
www.mindinsalford.org.uk
Prior Appointments ONLY
Mental Health support, advice for; welfare benefits, debt & housing Mon to Fri 09:00 - 5:00pm

- DENTAL HOSPITAL OF MANCHESTER
 Higher Cambridge Street, Manchester, M15 6FH
 0161 393 7730
<https://mft.nhs.uk/dental>
Drop-in - No appointment needed
 Mon to Fri 7.00am - 8.45 am
- REVIVE DENTAL CARE - ANCOATS
 First floor, Ancoats Primary Care Centre, Old Mill Street, Manchester, M4 6EE
 0161 274 1655
www.revivedentalcare.co.uk
Emergency treatment - No appointment needed
 Wed 9.00am to 5.00 pm
- MEDICAL
NHS NON-EMERGENCY HELPLINE - 111 (24 hours a day)
 24. NHS - URBAN VILLAGE MEDICAL PRACTICE
 Ancoats Primary Care Centre, Old Mill Street, Ancoats, Manchester, M4 6EE
 0161 272 5656
www.uvmp.co.uk
Must register first on Mon 10.00am - 12.00pm (times subject to change) or Fri 1.00pm - 3.00pm. Alternatively arrange an assessment for registration on 0161 272 5652.
Doctor, Nurse & Drug Worker Mon to Thu 2.30pm - 4.30pm
Wound Care Nurse Mon, Wed & Fri 1.00pm - 4.30pm
Podiatry, Mental Health Worker Wed 2.30pm - 4.30pm
- A & E / WALK-IN CENTRE MANCHESTER ROYAL INFIRMARY
 Oxford Road, Manchester, M13 9WL
 0161 276 1234
www.mft.nhs.uk/mri
 Access by car is from Grafton Street. Pedestrian access is from Upper Brook Street
Walk-in centre - No appointment needed
 Mon to Sun 08:00am - 10:00pm
- CITY HEALTH WALK-IN CENTRE
 2nd Floor, Boots The Chemist, 32 Market Street, Manchester, Greater Manchester, M1 1PL
 0161 839 6227
www.gdhealthcare.co.uk
GP healthcare services for non-registered & registered patients. Patients can be treated for minor injuries
Doctor - No appointment needed
 Mon to Sun 08:00am - 8:00pm
- FALLOWFIELD MEDICAL CENTRE
 75 Ladybarn Lane, Fallowfield, Manchester, M14 6YL
 0161 224 4503
www.fallowfieldmedicalcentre.co.uk
GP surgery for non-registered patients and registered patients who do not have a permanent address. Appointments would need to be made, however the surgery will try to accommodate your visit without an appointment.
Doctor Mon, Tue, Thu & Fri 08:00am - 6:30pm, Wed 08:00am - 1:00pm

- ## THE ROAD TO RECOVERY
- DRUG & ALCOHOL SUPPORT**
 28. CGL (LEARN GROW LIVE) CARNARVON ST (NORTH MANCHESTER)
 43a Carnarvon Street, Manchester, M3 1EZ
 0161 214 0770 & 0161 214 0788
www.changegrowlive.org/content/manchester-integrated-drug-and-alcohol-service-carnarvon-street
Drug and alcohol services support
 Mon to Fri 09.00am - 5.00pm (closed Bank Holidays)
Some late opening times (please ring for details)

29. CGL (LEARN GROW LIVE) MANCHESTER - ZION CENTRE (CENTRAL MANCHESTER)
 Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester, M15 4ZY
 0161 226 5526
www.changegrowlive.org/content/manchester-integrated-drug-and-alcohol-service-zion-centre
Drug and alcohol services support
 Mon to Fri 09.00am - 5.00pm
Some late opening times (please ring for details)

30. CGL (LEARN GROW LIVE) - BRADNOR POINT (SOUTH MANCHESTER)
 Bradnor Road, Sharston Industrial Estate, Manchester, M22 4TF
 0161 945 8772
www.changegrowlive.org/content/manchester-integrated-drug-and-alcohol-service-bradnor-point
Drug and alcohol services support
 Mon to Fri 09.00am - 5.00pm
Some late opening times (please ring for details)

USEFUL NUMBERS

ON THE OUT: 07452 809664 / 07853 460 206 (Support for ex-offenders ONLY)
EMMAUS Salford: 0161 737 8279 (Provide a home, food, support & meaningful work in community setting)
DEPAUL UK: 0161 507 3414 (25 years old and under ONLY) Provides accommodation & support. Also emergency accommodation via **Nightstop UK**
CRISIS POINT: 0300 003 7029 (Mental health support helpline) Daily 6.00pm - 01.00am
CALM: 0800 585 858 (Feeling down helpline) Daily 5.00pm - 12.00am
SANE: 0300 304 7000 (Mental health support helpline) Daily 4.30pm - 10.30pm
TALK TO FRANK: 0300 123 6600 (Information about drugs) Open 24 hours a day
SAMARITANS: 116 123 (Need someone to talk to) Open 24 hours a day
STREET PAWS: 07972 918 189 (Veterinary charity)
MISSING PEOPLE: 116 000 (Helpline) Open 24 hours a day

CONCERNED FOR SOMEONE SLEEPING ROUGH?

If you are concerned about someone over the age of 18 that you have seen sleeping rough, get in touch with **STREETLINK** who will contact the relevant local authority or outreach service - www.streetlink.org.uk, mobile app or 0300 500 0914.
 You will be asked a few questions about their location and appearance.

Rough Sleepers

General enquiries in fo@rough-sleepers.org.uk
 Times and details correct at the time of print
 October 2019

www.rough-sleepers.org.uk