



# WHALLEY RANGE

COMMUNITY CONTACT BOOK

curated by  
WHALLEY RANGE COMMUNITY FORUM

[WHALLEYRANGE.ORG](http://WHALLEYRANGE.ORG)



designed by Zoë McLean

07534 337 986

[zoe@confingopublishing.uk](mailto:zoe@confingopublishing.uk)

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**TONY LLOYD**  
**POLICE & CRIME COMMISSIONER**  
GREATER MANCHESTER



including local support groups



# S A F E T Y   I N   N U M B E R S

WHALLEY RANGE IS A RICHLY DIVERSE, WELCOMING AND FRIENDLY PLACE WHERE PEOPLE OF ALL AGES LOOK OUT FOR THEIR NEIGHBOURS AND GET ALONG WITH EACH OTHER.

WE CELEBRATE OUR DIFFERENCES AND SIMILARITIES - BUT SOMETIMES MAY NEED SOME EXTRA SUPPORT, PROFESSIONAL HELP AND ADVICE.

THIS BOOKLET PROVIDES LOCAL INFORMATION AND **DIRECT TELEPHONE NUMBERS** TO SERVICES WHO CAN TRY TO HELP YOU IF YOU FEEL VICTIMISED, BULLIED, LONELY, WORRIED ABOUT SOMEONE, ARE CONCERNED FOR YOUR OWN SAFETY - OR WANT TO REPORT AN ISSUE IN YOUR LOCAL AREA.

NOT EVERYONE HAS ACCESS TO THE INTERNET - AND SOMETIMES IT'S GOOD TO SPEAK TO A REAL PERSON IF YOU NEED HELP AND ADVICE – EVEN IF YOU JUST WANT TO CHAT TO SOMEONE WHO UNDERSTANDS HOW YOU ARE FEELING.

**COMMUNITY TOGETHER, SAFETY IN NUMBERS.**

# C O N T A C T   K E Y



Whether you need to report a crime, voice a concern, seek support for yourself or a friend/neighbour/family member, or simply find out about events, groups and public spaces in your neighbourhood, there will be a number to meet your requirements.

See the following content key for details.



## **CRIME/EMERGENCY REPORTING**

For general incidents call 101 – 15p per call (In an emergency or if you fear for your safety always call 999)



## **CRISIS SUPPORT**

Homelessness, Asylum, benefit sanctions: helpline numbers for people in crisis



## **ENVIRONMENT & PUBLIC SPACES**

Contact details for local parks and green spaces, local environmental community support groups, environmental issues: how to report problems



## **COMMUNITY/RESIDENT SUPPORT**

General advice and signposting for local services, housing issues, benefits and sanctions




## **MEDICAL SUPPORT**

Medical centres, pharmacies and GP services




## **OLDER PEOPLE'S SERVICES**

Organisations that support the health & wellbeing of older residents, care providers, community groups and housing schemes

**SOCIAL CARE/MENTAL WELLBEING**


Local support services for residents.  
Helplines, Support and Self-help groups

**HOUSING SUPPORT**


Find the contact numbers for Housing Associations, housing and benefits advice services, homeless support, Asylum seekers support services

**RELIGION/FAITH**

Contact details for religious and faith organisations in the Whalley Range area

**YOUTH GROUPS, CHILDREN'S SERVICES & EDUCATION**

Local facilities and activities aimed at young people between the ages of 0-25 years

**GENERAL ADVICE**

First point advice, signposting to services, Advice surgeries



# C O M M U N I T Y   C O N T A C T   B O O K

These Manchester City Council **emergency-only** numbers are open 24 hours a day, seven days a week.

## **SOCIAL CARE (SOCIAL SERVICES)**

to report abuse, neglect, or a vulnerable person at risk: 0161 234 5001

## **HOMELESSNESS**

If you have nowhere to stay at night: 0161 234 5001

## **CIVIL EMERGENCY**

This is our equivalent of '999'. Only use it to report an incident that puts people in immediate danger; such as a collapsing bridge or building, an explosion, or a severe flood: 0161 223 7222





## **HATE CRIMES**

Support for you - or anyone you know who has been a victim of a Hate Crime or Incident

**Whalley Range Community Forum** and **Community on Solid Ground** are registered **Third Party Hate Crime Reporting Centres.**

If you feel you have been a victim of a hate crime or hate incident - you can come along to a local centre and we can help you to report online at the True Vision website [www.report-it.org.uk](http://www.report-it.org.uk)

Report to Manchester City Council **FREE** on 08000 830007  
Crimestoppers **FREE** on 0800555111  
Tenants Housing on Call 03000 112211

**WOMEN'S AID**

Freephone 24hr helpline: 0800 2000 247

Mon-Fri 9.30 - 4.30

**SAHELI ASIAN WOMEN'S PROJECT**

Provides advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages

Tel: 0161 945 4187

<http://saheli.org.uk/>

**KARMA NIRVANA**

Tel: 0161 660 7999

[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

**FORCED MARRIAGE/HONOUR BASED ABUSE**

08005999247

**RAPE CRISIS**

Freephone helpline 0808 802 9999 (12-2pm, 7- 9.30)

Tel: 0161 273 4500 (Mon-Fri 10-4pm, Weds & Thurs 6-9pm)

**VICTIM SUPPORT**

Free support line: 0808 168 9111 Mon to Fri 8 - 9pm

Tel: 0845 456 8800 Sat 9 - 5pm

**MEN'S DOMESTIC ABUSE ADVICE LINE**

Freephone: 0808 801 0327

**MODERN SLAVERY HELPLINE**

Freephone: 0800 0121 700

Or visit [www.modernslavery.co.uk](http://www.modernslavery.co.uk)

**CONFIDENTIAL ANTI-TERRORIST HOTLINE**

Freephone: 0800 789 321

For general incidents call 101 – 15p per call

In an emergency or if you fear for your safety always call 999

# CRISIS SUPPORT

## **REACH OUT TO THE COMMUNITY**

ReachOutCommunity@yahoo.com

Collect items for homeless people at drop-off in Chorlton

## **REFUGEE ACTION MANCHESTER**

179 Royce Rd, Manchester M15 5TJ

Tel: 0161 831 5420

## **GREATER MANCHESTER IMMIGRATION AID UNIT**

1 Delaunays Road, Crumpsall Green M8 4QS

Tel: 0161 740 741 7722 - Direct Line: 0161 741 2645

## **CITIZEN'S ADVICE ADVICELINE**

Tel: 03444 111 222

Monday, Tuesday, Thursday and Friday 9.30am to 5.00pm and Wednesday  
10.00am to 5.30pm.

Or visit the Information Hub at Manchester Town Hall Customer Service Centre - open  
Monday to Friday 9.30am to 2pm.

## CRISIS SUPPORT

### **BARAKAH FOOD AID**

If you or someone you know is struggling to eat or benefits have been sanctioned  
Tel: 07506 527 523

### **MAD DOGS STREET PROJECT**

A community-led secular initiative, staffed by volunteers, providing food & clothes to the homeless of Manchester.  
info@maddogsstreetproject.co.uk

### **JNR8**

Provides a foodbank referral service and can issue vouchers to residents in crisis.  
JNR8 Community Centre, 82 Cromwell Avenue M16 0BG Tel: 0161 881 3744  
Referral service for vouchers is at JNR8 on Wednesdays 12-1 pm

Visit the foodbank at St Edmund's Church with your voucher on Wednesdays from 1-3pm  
**ST EDMUND'S CHURCH** Alexandra Rd South M16 8EZ Tel: 0161 226 1291  
Local bus 85 nearest bus stop Alexandra Park, Alexandra Road South, Whalley Range

**EVERYONE WHO COMES TO THE FOODBANK FOR EMERGENCY FOOD MUST HAVE A VALID FOODBANK VOUCHER.**

**WHALLEY RANGERS**

Working together to make living here even better - through community clean ups, urban gardening and promoting a cleaner and greener Whalley Range.

[www.facebook.com/groups/thewhalleyrangers](http://www.facebook.com/groups/thewhalleyrangers)

**ALEXANDRA PARK/MANLEY PARK**

Park Security: 0161 224 4237

General Park Details: 0161 868 0861

[info@alexparkmanchester.org](mailto:info@alexparkmanchester.org)

**WHALLEY RANGE CONSERVATION GROUP**

Chris Sedman [chris@rosevilla21.plus.com](mailto:chris@rosevilla21.plus.com)

**DANGEROUS DUMPED RUBBISH**

Tel: 0161 234 5004

<https://www.fixmystreet.com/>

Report, view, or discuss local problems

Environmental Issues: 0161 234 5004

**WHALLEY RANGE COMMUNITY FORUM (WRCF)**

Classes, work club, ESOL, advice and general information

Tel: 0161 881 3744

**COMMUNITY ON SOLID GROUND**

Community on Solid Ground

provide a weekly advice drop-in

Tel: 0161 862 0955

**SHELTER HOUSING & BENEFITS ADVICE**

Call Whalley Range Sure Start Children's Centre for details

Tel: 0161 235 7007

**PAKISTANI RESOURCE CENTRE ADVICE SESSIONS**

Ashville Surgery Fridays 9:30-12:00pm

Tel: 0161 434 7800

**GOLDEN CENTRE OF OPPORTUNITIES**

Benefits Advice, classes, work club

Tel: 0161 226 9288

**WHALLEY RANGE COUNCILLORS SURGERY**

6:30-7:30pm Mondays @ Manley Park Playcentre

Mary Watson: 0161 860 5523

Angeliki Stogia: 07901528750

Aftab Razaq: 07799560244

**CHORLTON LIBRARY**

Tel: 0161 227 3700

**LESBIAN & GAY FOUNDATION**

Tel: 0845 3303030

**BUZZ**

Manchester Health & Wellbeing Service.

Tel: 0161 248 1767

Call 101 if antisocial behaviour is affecting the quality of your life.

If you feel threatened – or think that life is in danger due to antisocial behaviour – call 999.



## M E D I C A L   S U P P O R T

### **ALEXANDRA PRACTICE**

365 Wilbraham Rd, M16 8NG

Tel: 0161 860 4400

### **ASHVILLE SURGERY**

171 Upper Chorlton Road Whalley Range M16 9RT

Tel: 0161 881 4293

### **RANGE MEDICAL CENTRE**

121 Withington Rd, Whalley Range M16 8EE

Tel: 0844 499 6977

### **RANGE PHARMACY**

121 Withington Rd, Manchester M16 8EB

Tel: 0161 226 3723

### **EVEREST PHARMACY**

117b Withington Road, M16 8EE

Tel: 0161 2278106

## M E D I C A L   S U P P O R T

### **WELL WHALLEY RANGE**

201 Upper Chorlton Road M16 0BH

### **MANLEY PHARMACY**

207 Clarendon Road, M16 0EH

Tel: 0161 881 1985

### **ELLIOTT'S PHARMACY**

171 Upper Chorlton Road M16 9RT

Tel: 0161 8819800

**AGE-FRIENDLY WHALLEY RANGE & CHORLTON**

Tel: 0161 881 3744

**INDIAN SENIOR CITIZENS CENTRE**

16-18 Whalley Road Whalley Range M16 8AB

Tel: 0161 232 7994

**TANGMERE COURT - "JOHNNIE" JOHNSON HOUSING**

Dudley Road Whalley Range M16 8DF

Tel: 0161 881 7377

**TRAFALGAR COURT (ANCHOR HOUSING)**

199-201 Withington Road Whalley Range M16 8JW

Tel: 0161 226 8259

**CHORLTON GOOD NEIGHBOURS**

Wilbraham St Ninian's Church Hall, Egerton Road South

Tel: 0161 881 2925

## **RING & RIDE**

Provides a door-to-door accessible minibus service for people who have difficulty in using public transport

Tel: 0845 688 3989

## **CARE & REPAIR**

A registered charity working across Greater Manchester to improve the homes and lives of older and disabled people from home repairs to information and guidance

Tel: 0161 872 5500

## **AGE-FRIENDLY MANCHESTER**

Tel: 0161 234 3391

## **TOGETHER DEMENTIA**

[sally@togetherdementiasupport.org](mailto:sally@togetherdementiasupport.org)

Tel: 07854 335 890

## **BEFRIENDERS**

Cyril Flint is an established befriending service that currently covers Greater Manchester.

Tel: 0161 942 9465

**LINK GOOD NEIGHBOURS**

Tel: 0161 225 1064

**SILVERLINE**

Free 24 advice and chat line for older people 0800 328 8888 • advice • information • friendship

**AGE CONCERN COUNSELLING SERVICE**

Freephone: 0800 027 5787

**THE SANCTUARY 24HR CRISIS HELPLINE**

Tel: 0300 003 7029

**MANCHESTER MIND**

Tel: 0161 769 5732

[www.manchestermind.org](http://www.manchestermind.org)

[info@manchestermind.org](mailto:info@manchestermind.org)

**CHORLTON ANXIETY GROUP**

Tuesdays from 7-9pm Age 16+

Tel: 0161 226 3871

**CDI COMMUNITY COUNSELLING SERVICE**

Tel: 0161 881 0007 or 07788 414771

**CALMS** (Campaign Against Living Miserably)

Targeted at young men aged between 15-35 who are at risk of falling prey to suicide

Freephone: 0800 58 58 58

**WHALLEY RANGE SELF-HELP WELLBEING GROUP**

C/O JNR8 Community Centre, 82 Cromwell Ave, M16 0BG Tel 881 3744

[www.whalleyrange.org/whalley-range-mental-health-group/](http://www.whalleyrange.org/whalley-range-mental-health-group/)

**AFRICAN & CARIBBEAN MENTAL HEALTH SERVICE**

Tel: 0161 226 9562

**SELF HELP SERVICES**

Mental Health advice

Tel: 0161 226 3871

**42ND STREET**

for young people under stress aged 13-25

Tel: 0161 228 1888

# HOUSING SUPPORT

## **ADACTUS HOUSING**

info@adactushousing.co.uk

Anchor freephone: 0800 731 2020

## **ARAWAK WALTON**

Tel: 0161 272 6094

## **JOHNNIE JOHNSON**

Tel: 0345 305 5335

## **MOSSCARE HOUSING**

Tel: 0161 226 4211

## **YOUR HOUSING GROUP**

Tel: 01925 593 000

## **SHELTER HOUSING & BENEFITS ADVICE**

Call Whalley Range Sure Start Children's Centre for details

Tel: 0161 235 7007



# HOUSING SUPPORT

## **ASYLUM SUPPORT HOUSING ADVICE (ASHA)**

159 Princess Rd, Manchester M14 4RE

Tel: 0161 227 8555

## **MCC HOMELESSNESS EMERGENCY**

Tel: 0161 234 5001

## **HOMELESS ASYLUM SEEKERS: REFUGEE ACTION**

Tel: 0161 831 5449

## **THE SANCTUARY**

Overnight crisis service for adults

Tel: 0161 637 0808

**BRITISH MUSLIM HERITAGE CENTRE**

College Road, Whalley Range M16 8BP

Tel: 0161 881 8062

**ENGLISH MARTYRS CHURCH**

Alexandra Road South Whalley Range M16 8GF

Tel: 0161 226 1107

**GITA BHAVAN HINDU TEMPLE**

231 Withington Road Whalley Range M16 8LU

Tel: 0161 861 0606

**ISKCON HARE KRISHNA TEMPLE**

20 Mayfield Road Whalley Range, M16 8FT

Tel: 0161 226 4416

**MADRISA-MOSQUE ZAKARIA**

22/24 Clarendon Road Whalley Range M16 8LD

Tel: 0161 881 9860

**MANLEY PARK METHODIST CHURCH**

116A Egerton Road North Whalley Range M16 0BZ

Tel: 07504471430 - Rev. Ken Stokes

**ST MARGARET'S CHURCH**

Rufford Rd, Whalley Range M16 8AE

Tel: 0161 226 1289

**ST WERBURGH'S CHURCH**

386 Wilbraham Rd, M21 0UH

Tel: 0161 881 1642

**WHALLEY RANGE METHODIST CHURCH**

40 Sedgeborough Road Whalley Range M16 7EU

Tel: 0161 226 5517

**WILBRAHAM ST NINIAN'S CHURCH**

Egerton Road South M21 0XJ

Tel: 0161 881 2925

**KD GRAMMAR SCHOOL**

Hartley Hall Alexandra Road South Whalley Range M16 8NH

Tel: 0161 860 7676

**MANLEY PARK PRIMARY SCHOOL**

College Rd/York Avenue Whalley Range

Juniors: 0161 881 3808

Infants: 0161 881 4338

**OUR LADY'S PRIMARY SCHOOL**

Whalley Road Whalley Range M16 8AW

Tel: 0161 226 2767

**ST MARGARET'S PRIMARY SCHOOL**

Withington Road Whalley Range M16 8FQ

Tel: 0161 226 2271

**WHALLEY RANGE 11-18 HIGH SCHOOL**

Wilbraham Road, Whalley Range, Manchester, M16 8GW  
Tel: 0161 861 9727

**WHALLEY RANGE YOUTH OPPORTUNITIES ASSOCIATION (WRYOA)**

Whiz JNR8 Youth & Community Centre, 82 Cromwell Avenue, Whalley Range M16 0BG  
Tel: 0161 881 3744

**YOUTH ON SOLID GROUND/COMMUNITY ON SOLID GROUND**

Welsh Chapel 116B Egerton Road North Whalley Range M16 0BZ  
Manley Park Play Centre M16 0AS  
Tel: 0161 862 0955

**WHALLEY RANGE SURE START CHILDREN'S CENTRE**

Burford Road, Whalley Range M16 8HE  
Tel: 0161 245 7007

**ST MARGARET'S PRIMARY SCHOOL**

Withington Road Whalley Range M16 8FQ

Tel: 0161 226 2271

**ST MARGARET'S PRIMARY SCHOOL PARENT SUPPORT ADVISOR**

Tel: 0161 226 2271 - Kim Mann

**WILLIAM HULME'S GRAMMAR SCHOOL**

Spring Bridge Road, Manchester M16 8PR

Tel: 0161 226 2054

**ALEXANDRA PARK CHILDREN'S LEARNING COMMUNITY**

Demesne Rd Alexandra Park, M16 8PH

Tel: 0161 226 8080

**SCHOOL WELFARE OFFICER/PARENT SUPPORT MANLEY PARK**

Family Support Worker

Tel: 0161 881 4338 - Nichola Sobolewski

**BRITISH MUSLIM HERITAGE CENTRE**

Youth groups and activities for children and young people

College Road, Whalley Range M16 8BP

Tel: 0161 881 8062

# GENERAL INFORMATION

## **CITY COUNCIL**

Tel: 0161 234 5000

## **NEIGHBOURHOOD SERVICES**

Tel: 0161 234 5004

## **LOCAL PLANNING**

Contact WRCF: 0161 881 3744

## **SOCIAL SERVICES**

Tel: 0161 234 5001

## **FIRE SERVICE HOME SAFETY CHECKS**

Freephone: 0800 555 815

## **CHORLTON LIBRARY**

Tel: 0161 227 3700

## **SHELTER HOUSING & BENEFITS ADVICE**

Call Whalley Range Sure Start Children's Centre for details

Tel: 0161 235 7007



## GENERAL INFORMATION

### **WHALLEY RANGE COMMUNITY FORUM (WRCF)**

Classes, work club, ESOL, fitness, general information

Tel: 0161 881 3744

### **PAKISTANI RESOURCE CENTRE ADVICE SESSIONS**

Ashville Surgery Fridays 9:30-12:00pm

Tel: 0161 434 7800

### **GREATER MANCHESTER VICTIMS' SERVICES**

Support line: 0161 200 1950

Victim Support: 0161 200 1950

The Whalley Range Community Forum (WRCF) is a voluntary representative residents group formed in 1995 to facilitate and improve communication between members of the community and those who serve/represent Whalley Range.

Read more at: [www.whalleyrange.org](http://www.whalleyrange.org)



Zoë McLean - Visual Solutions

07534 337 986

[zoe@confingopublishing.uk](mailto:zoe@confingopublishing.uk)

graphic design + art direction | layout | photography

THIS CONTACT BOOKLET WAS  
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# COMMUNITY FORUM

WHALLEYRANGE.ORG



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COMMUNITY CONTACT BOOK

