Funded by Co-op Local Community Fund

Find out about local support groups
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 PROFESSIONAL SUPPORT AND ADVICE TO HELP US IMPROVE OUR HEALTH AND WELLBEING.

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.
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

Whether you need to report a crime, voice a concern, seek support for yourself or a friend/neighbor/family member, or simply find out about events, groups and public spaces in your neighborhood, 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 ACTION GROUPS AND 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
COMMUNITY CONTACT BOOK

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

Report to Manchester City Council FREE on 08000 830007
Crimestoppers FREE on 0800555111
WOMEN’S AID
Freephone 24hr helpline: 0800 2000 247/ 0808 2000 247

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
www.saheli.org.uk

KARMA NIRVANA
Supporting victims of honour-based abuse and forced marriage
Tel: 0800 5999 247
www.karmanirvana.org.uk

FORCED MARRIAGE/HONOUR BASED ABUSE
End the fear Greater Manchester
Tel: 0161 636 7525 Mon – Fri 10am - 4pm Excluding Bank Holidays.
CRIME / EMERGENCY REPORTING

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 24/7 every day including Christmas Day
Tel: 0845 456 8800 Mon - Fri 9am to 7pm Saturday 9am -5pm

MEN’S DOMESTIC ABUSE ADVICE LINE
Freephone: 0808 801 0327 Mon – Fri 9am - 5pm

RESPECT PHONELINE
Confidential Helpline offering advice, information and support to help you stop being violent and abusive to your partner.
Tel: 0808 802 4040 Mon- Fri 9am to 5pm
Info@respectphonline.org.uk
CRIME / EMERGENCY REPORTING

MODERN SLAVERY HELPLINE
Freephone: 0800 0121 700 24 hours a day seven days a week every day of the year
Or email info.mshelpline@unseenuk.org

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
Shop: 0161 862 9414 Monday to Saturday 10am - 4.30pm

MANCHESTER REFUGEE SUPPORT NETWORK
129 Princess Road, Manchester, M14 4RB
Tel: 0161 868 0777

GREATER MANCHESTER IMMIGRATION AID UNIT
1 Delaunays Road, Crumpsall Green M8 4QS
Tel: 0161 740 741 7722 - Direct Line: 0161 741 2645 Mon – Fri 10 - 4.30

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.
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.
Tel: 07591 571 555
info@maddogsstreetproject.co.uk

WHALLEY RANGE COMMUNITY FORUM
Foodbank referral voucher service for residents in crisis
Wednesdays 12-1pm (term times)
JNR8 Community Centre, 82 Cromwell Ave M16 0BG
or call the office on 0161 881 3744
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

**ALEXANDRA PARK / MANLEY PARK**
Park Security: 0161 224 4237 General Park Details: 0161 868 0861
info@alexparkmanchester.org

**WHALLEY RANGE CLIMATE ACTION GROUP**
A group of local residents who work together to protect the climate. Stay in touch via climateaction@whalleyrangers.org

**FIX MY STREET**
www.fixmystreet.com: Report, view, or discuss local problems

**MANCHESTER CITY COUNCIL ENVIRONMENTAL ISSUES**
Tel: 0161 234 5004
COMMUNITY ACTION GROUPS AND RESIDENT SUPPORT

WHALLEY RANGE COMMUNITY FORUM (WRCF)
Various daily classes and activities, ESOL, advice and general information
Tel: 0161 881 3744

SHELTER HOUSING & BENEFITS ADVICE
Debt and Housing and Benefits advice by Shelter.
Every other week at Whalley Range Sure Start Children’s Centre.
Tel: 0161 245 7007

PAKISTANI RESOURCE CENTRE ADVICE SESSIONS
Welfare Rights Advice Drop in Service
Monday 10am – 12pm at Old Trafford Wellbeing Centre
Tel: 0161 877 3719

GOLDEN CENTRE OF OPPORTUNITIES
Benefits Advice, classes, work club, Homework Club, Welfare Rights and ESOL
Monday to Thursday 10am – 4pm
Tel: 0161 226 6181
COMMUNITY ACTION GROUPS AND RESIDENT SUPPORT

BE WELL
Be Well can link you to social and physical activities in your community that can improve your life. Ask your GP surgery about this service or call 0161 470 7120

RANGE ROAD RESIDENTS GROUP
Contact Chris Sedman – chris@rosevilla21.plus.com

FRIENDS OF MANLEY PARK
Please see our Facebook page for meetings and events. www.facebook.com/groups/331483040885486

FRIENDS OF ALEXANDRA PARK
The Information Point is open on Wednesdays and Fridays from 11am – 2pm at the Lodge. Call 07375 782337 or visit www.alexandraparkmanchester.org for more information on Park groups and events

WHALLEY RANGE FOR PEACE AND JUSTICE
A group of residents in Whalley Range and Old Trafford who campaign for global justice. www.facebook.com/groups/346039099209858/
COMMUNITY ACTION GROUPS AND RESIDENT SUPPORT

GREATER MANCHESTER COALITION OF DISABLED PEOPLE
GMCDP is committed to seeing improvements in disabled people’s lives, and through our activities seeks to bring about positive changes. Windrush Millennium Centre M16 7WD
Tel: 0161 636 7534 Open Mon to Fri 10am – 4pm

PRIDE ON THE RANGE
Find us on Facebook

KINGSBROOK RESIDENTS ASSOCIATION
Email: kingsbrookra@gmail.com

CHORLTON AND WHALLEY RANGE DEMENTIA ACTION GROUP
Working together to make Chorlton and Whalley Range a better place to live for people with dementia and those that support them. Contact: Nigel@macc.org.uk

TOGETHER DEMENTIA SUPPORT
Improving support and quality of life of people affected by dementia
For information and to volunteer call 0161 226 7186
COMMUNITY ACTION GROUPS AND RESIDENT SUPPORT

WHALLEY RANGE COUNCILLORS SURGERY
3rd Monday of each month Manley Park Play Centre 6.30pm – 7.30pm, 1st
Sunday of the month 12noon-1pm at Alexandra Park Lodge – Claremont Road
entrance, 2nd and 4th Monday of the month at Range Medical Centre, Withington
Road, 5-6pm.
Mary Watson: 01618605523 Angeliki Stogia: 07901528750 Aftab Razaq: 07799560244

LGBT FOUNDATION
LGBT Foundation, 5 Richmond Street, Manchester M1 3HF.
Mon – Fri 10am – 6pm 0345 330 30 30
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: 0161 870 8099

RANGE PHARMACY
121 Withington Rd, Manchester M16 8EB
Tel: 0161 226 3723

EVEREST PHARMACY
117b Withington Road, M16 8EE Tel: 0161 227 8106
Upper Chorlton Road Tel: 0161 881 1850
PARS
The Physical Activity Referral Service (PARS) helps people living with long term health conditions to increase their levels of physical activity in a safe and structured environment.
Your GP, practice nurse or health professional will also be able to sign post you to our service.
For more information contact the PARS Team on:
0161 271 0505
OLDER PEOPLE’S SERVICES

AGE-FRIENDLY WHALLEY RANGE & CHORLTON
Steering group, events and information
Contact Chris on 0161 881 3744

CHORLTON GOOD NEIGHBOURS
Neighbourhood care group working in Chorlton, Chorlton Park and Whalley Range
Wilbraham St Ninian’s Church Hall, Egerton Road South
Monday, Tuesday, Thursday and Friday 9.30 – 12.30 Wednesday 12.00 -3.00
Tel: 0161 881 2925

INDIAN SENIOR CITIZENS CENTRE
16-18 Whalley Road Whalley Range M16 8AB
Tel: 0161 232 7994

SOUTH MANCHESTER MEN’S SHED
38 Merseybank Avenue, M21 7NN Tuesdays and Wednesdays 11 to 3pm
Open to men and women of all ages for all kinds of DIY opportunities.
smcrmis@gmail.com  https://www.facebook.com/smcrmis/
OLDER PEOPLE’S SERVICES

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 230 6096

TANGMERE COURT (OVER 55s)
Dudley Road Whalley Range M16 8DF Tel: 0345 305 5335

TRAFALGAR COURT (OVER 55s)
199-201 Withington Road Whalley Range M16 8JW Tel: 0800 731 2020
OLDER PEOPLE’S SERVICES

BEFRIENDERS
Cyril Flint is an established befriending service that currently covers Greater Manchester.
Tel: 0161 942 9465

LINK GOOD NEIGHBOURS
Grove Close, Rusholme M14 5AA
Tel: 0161 225 1064

SILVERLINE
Free 24 hour advice and chat line for older people over 55
Tel: 0800 470 8090
advice • information • friendship

AGE CONCERN COUNSELLING SERVICE
Free service held at Crossacres Resource Centre Wythenshawe or City Centre head office.
Freephone: 0800 027 5787
MANCHESTER MIND
Tel: 0161 769 5732
www.manchestermind.org
info@manchestermind.org

CHORLTON ANXIETY GROUP
Tuesdays from 7-9pm Age 16+
Tel: 0161 226 3871

CDI COMMUNITY COUNSELLING SERVICE
Tel: 0161 881 0007

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

AFRICAN & CARIBBEAN MENTAL HEALTH SERVICE
Tel: 0161 226 9562
TIME TO CHANGE: WHALLEY RANGE WEEKLY SELF-HELP WELLBEING GROUP
JNR8 Community Centre, 82 Cromwell Ave, M16 0BG Tel 881 3744
www.whalleyrange.org/whalley-range-mental-health-group/

SELF HELP SERVICES
Mental Health advice
Tel: 0161 226 3871

42ND STREET
For young people under stress aged 13-25
Tel: 0161 228 7321

BUZZ
Manchester Health & Wellbeing Service, aims to improve the health and wellbeing of people and communities in Manchester
Tel: 0161 271 0505
HOUSING SUPPORT

ADACTUS/JIGSAW HOUSING
Tel: 0300 111 1133

ANCHOR HANOVER
Tel: 0808 102 4069

ARAWAK WALTON
Tel: 0161 272 6094 or Emergency repair line 0800 389 4616

JOHNNIE JOHNSON
Tel: 0345 305 5335

MOSSCARE ST VINCENT’S (MSV)
Tel: 0161 226 4211

SHELTER HOUSING & BENEFITS ADVICE
Call Whalley Range Sure Start Children’s Centre for details
Tel: 0161 235 7007
ASYLUM SUPPORT HOUSING ADVICE (ASHA)
opening hours Wed and Friday 9 – 4.30
maria@ASHA.gmiau.org
Tel: 0161 227 8555

MCC HOMELESSNESS EMERGENCY
Tel: 0161 234 5001

CENTRE POINT YOUTH HOMELESSNESS
0800 587 5158
supportercare@centrepoin.org

CONTACT
Charity based in Chorlton providing accommodation and practical support for homeless teenage girls - open 24 hrs a day for advice: 0161 861 9806
BRITISH MUSLIM HERITAGE CENTRE
College Road, Whalley Range M16 8BP
Tel: 0161 764 6111

ENGLISH MARTYRS RC CHURCH SOUTH
Alexandra Road South, Whalley Range M16 8GF
Tel: 0161 226 1107

GITA BAVAN HINDU TEMPLE
231 Withington Road, Whalley Range M16 8LU
Tel: 07949 071 379

ISKON 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: 07743 103 231

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
Our Lady of Perpetual Succour Raby Street 0161 226 1730

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
RELIGION / FAITH

WILBRAHAM ST NINIAN’S CHURCH
Egerton Road South M21 0XJ
Tel: 0161 881 2925

MINHAJ-UL-QURAN MOSQUE
122 Withington Rd, Manchester M16 8FB
Tel: 0161 226 7172

SRI GURU GOBIND SINGH GURDWARA
57 Upper Chorlton Road, Whalley Range, M16 7RQ,
Tel: 0161 226 7233

ST EDMUNDS, CHURCH OF ENGLAND
Alexandra Road South, Whalley Range M16 8EZ
Tel: 0161 226 1291

MANCHESTER CHINESE CHRISTIAN CHURCH
100 Yarburgh St, M16 7EH
0161 870 2284
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
YOUTH GROUPS, CHILDREN’S SERVICES & EDUCATION

WHALLEY RANGE 11-18 HIGH SCHOOL
Wilbraham Road, Whalley Range, Manchester, M16 8GW
Tel: 0161 861 9727

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

WHALLEY RANGE SURE START CHILDREN’S CENTRE
Burford Road, Whalley Range M16 8HE
Tel: 0161 245 7007
BRITISH MUSLIM HERITAGE CENTRE
Youth groups and activities for children and young people
College Road, Whalley Range M16 8BP
Tel: 0161 881 8062

WHALLEY RANGE YOUTH OPPORTUNITIES ASSOCIATION (WRYOA)
Whiz JNR8 Youth & Community Centre, 82 Cromwell Avenue, Whalley Range M16 0BG
Tel: 0161 881 3744
www.wryoa.org

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
GENERAL INFORMATION

CITY COUNCIL
Tel: 0161 234 5001

SOCIAL SERVICES
Tel: 0161 234 5001

FIRE SERVICE HOME SAFETY CHECKS
Freephone: 0800 555 815

CHORLTON LIBRARY
Tel: 0161 227 3700

GREATER MANCHESTER LAW CENTRE
Monday to Friday 10am-3pm
0161 769 2244 https://www.gmlaw.org.uk/

GREATER MANCHESTER VICTIMS’ SERVICES
Support line: 0161 200 1950
Victim Support: 0161 200 1950