



# WHALLEY RANGE

COMMUNITY CONTACT BOOK 2019

SECOND EDITION

curated by  
WHALLEY RANGE COMMUNITY FORUM

**WHALLEYRANGE.ORG**



## FUNDED BY CO-OP LOCAL COMMUNITY FUND



Co-op Group's Local Community Fund



Find out about local support groups



## SAFETY IN NUMBERS

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.**

## CONTACT KEY



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)

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 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

# 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

## CRIME / EMERGENCY REPORTING

### **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](http://www.saheli.org.uk)

### **KARMA NIRVANA**

Supporting victims of honour-based abuse and forced marriage

Tel: 0800 5999 247

[www.karmanirvana.org.uk](http://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@respectphoneline.org.uk](mailto:Info@respectphoneline.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](mailto: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.

## 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.

Tel: 07591 571 555

[info@maddogsstreetproject.co.uk](mailto: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

## CRISIS SUPPORT

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.**

## ENVIRONMENT AND PUBLIC SPACES

### **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 CLIMATE ACTION GROUP**

A group of local residents who work together to protect the climate. Stay in touch via [climateaction@whalleyrangers.org](mailto:climateaction@whalleyrangers.org)

### **FIX MY STREET**

[www.fixmystreet.com](http://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](mailto:chris@rosevilla21.plus.com)

### **FRIENDS OF MANLEY PARK**

Please see our Facebook page for meetings and events.  
[www.facebook.com/groups/331483040885486](https://www.facebook.com/groups/331483040885486)

### **FRIENDS OF ALEXANDRA PARK**

The Information Point is open on Wednesdays and Fridays from 11 am – 2pm at the Lodge. Call 07375 782337 or visit [www.alexandraparkmanchester.org](http://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/](https://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](mailto: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](mailto: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

## 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: 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

## M E D I C A L   S U P P O R T

### **MANLEY PHARMACY**

207 Clarendon Road, M16 0EH

Tel: 0161 881 1985

### **ELLIOTT'S PHARMACY**

171 Upper Chorlton Road M16 9RT

Tel: 0161 881 9800

### **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

## S O C I A L   C A R E   /   M E N T A L   W E L L B E I N G

### **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

### **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

## S O C I A L   C A R E   /   M E N T A L   W E L L B E I N G

### **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/](http://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

## HOUSING SUPPORT

### **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

## RELIGION / FAITH

### **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

## RELIGION / FAITH

### **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

**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](http://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



THIS CONTACT BOOKLET WAS  
BROUGHT TO YOU BY



# WHALLEY RANGE



## COMMUNITY FORUM

WHALLEYRANGE.ORG





# WHALLEY RANGE

COMMUNITY CONTACT BOOK