

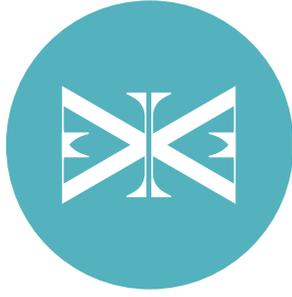


WHALLEY RANGE

COMMUNITY CONTACT BOOK

curated by
WHALLEY RANGE COMMUNITY FORUM

WHALLEYRANGE.ORG



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graphic design + art direction | layout | photography

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COMMISSIONER'S NEIGHBOURHOOD FUND & WHALLEY RANGE COMMUNITY FORUM 2016



TONY LLOYD
POLICE & CRIME COMMISSIONER
G R E A T E R M A N C H E S T E R



including local support groups



ALEXANDRA PARK



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



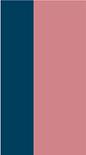
HOUSING SUPPORT

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



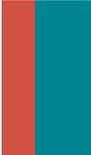
RELIGION / FAITH

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

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

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

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

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.

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 12-1pm

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 CONSERVATION GROUP

Chris Sedman 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.

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

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@togethersedementiasupport.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
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/

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

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

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

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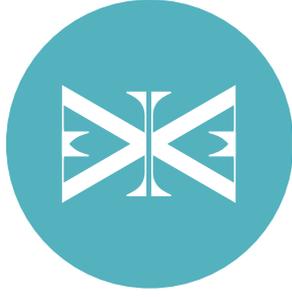
Ashville Surgery Fridays 9:30-12:00pm
Tel: 0161 434 7800

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.whalleysrange.org



Zoë McLean - Visual Solutions

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zoe@confingopublishing.uk

graphic design + art direction | layout | photography

THIS CONTACT BOOKLET WAS
BROUGHT TO YOU BY



WHALLEY RANGE



COMMUNITY FORUM

WHALLEY RANGE . O R G



WHALLEY RANGE

COMMUNITY CONTACT BOOK