



WHALLEY RANGE

COMMUNITY CONTACT BOOK

curated by
WHALLEY RANGE COMMUNITY FORUM

WHALLEYRANGE.ORG



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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

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

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

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

COMMUNITY / RESIDENT SUPPORT

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

OLDER PEOPLE'S SERVICES

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

OLDER PEOPLE'S SERVICES

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

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

ST EDMUNDS, CHURCH OF ENGLAND

Alexandra Road South, Whalley Range M16 8EZ
Tel. 0161 226 1291

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



Zoë McLean - Visual Solutions

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graphic design + art direction | layout | photography

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