

Local services contact helpsheet

Type of support	Organisation	Logo	Description of support offered	Target client group	Named contact	Contact Number	Email contact	QR code
TRANSPORT	North West Ambulance Service			Patients with a medical condition. Age 18+.	N/A	0800 092 4020 / 0161 947 0770	nwas.enquiries2@nwas.nhs.uk	
	Being There		Offer transport to people and their carers with life limiting illnesses (including heart disease, cancer, respiratory conditions).	People with life limiting illnesses. Age 18+.	N/A	0161 230 1431	info@beingthere.org.uk	
	Ring and Ride		Low cost transport. You can book an accessible minibus for you, and an accompanying adult. Includes door to door journeys of up to 6 miles in Greater Manchester.	People with disabilities and older adults with walking difficulties. Age 18+.	N/A	For complaints about the driver or vehicle, you can contact ring and ride directly on 0161 200 6011. For other general enquiries, contact Transport for Greater Manchester on 0161 244 1000	Ring and ride email: cmu@ringandride.info ; Transport for Greater Manchester email: customerrelations@tfgm.com	
SOCIAL GROUPS & BEFRIENDING	Didsbury Civic Society		A charity that aims to represent the interests of Didsbury residents of all ages in an ever-changing world.	18+	Mike	0161 445 7661, 07836710710	info@didsburycivicsociety.org	
	Fletcher Moss and Parsonage Gardens		There is a free health walk from Fletcher Moss Park every Monday afternoon commencing at 2pm - meet at the Croft. There are also gardening volunteering opportunities.	No age restrictions.	N/A	0333 321 3021	info@mcrcommunitycentral.org.uk	
	Being There		Offer person-centered service to understand and respond to the needs of people and their families that are affected by life-limiting illness.	People with life-limiting illnesses, along with those closest to them, such as family, friends and carers. Age 18+.	Ambia	07845 793889	southmancs@beingthere.org.uk	
	Age UK Manchester		Befriending project. The service offers aims to alleviate the long term impacts of loneliness and isolation.	Individuals who are at risk of social isolation and loneliness. Age 60+.	N/A	0800 434 6105	Online sign up. No email address available.	
	St James and Emmanuel Church		Dementia café offered every third Thursday of the month, from 1.45pm until 3pm in the Parish Centre.	People with dementia and carers are welcome. Age 18+.	Danny Raja (Parish Manager)	0161 446 4150	No email address available.	
	Withington Assist		Offers a range of social activities, practical support and a befriending service.	Most members are age 65+.	Amelia or Jamila	0161 434 9216	withingtonassist@gmail.com	

	University of the Third Age (U3A)		A nationwide network of learning groups aimed at encouraging older people to share their knowledge, skills and interests in a friendly environment.	There are no age limits but the u3a is for people 'no longer in full time work' –retired or semi-retired. Most members are 50+.	N/A	N/A	Fill in online form to contact: https://northwestregion.u3asite.uk/u3a-contact-form/?contact_id=3241	
EXERCISE	Manchester Active: Physical Activity Referral Service (PARS)		The physical activity referral service offers specialist person-centred support and physical activity opportunities. They also offer a walking club in Chorlton Waterpark and Alexandra Park.	Age 18+. All abilities are welcome.	Maxine Taylor	0161 974 7839	Physicalactivityteam@mcractive.com	
HOUSING	Great places housing		Great Places offers a range of independent living services for older people, including sheltered and extra care schemes. They also offer welfare rights support.	Sheltered and extra care schemes are for 55. Welfare Rights Support team offer help for age 18+.	N/A	0300 123 1966- for emergency repairs	customerhub@greatplaces.org.uk	
	Housing options for older people (Hoop)		Offered by the elderly accomodation counsel, Hoop is an online tool designed to help older individuals assess their housing needs and make informed decisions about their future living arrangements.	Designed for older adults, living in their own home.	N/A	Switchboard: 0161 234 5000 Manchester HOOP	Online form to complete: https://hoop.eac.org.uk/hooptool/index.php	
	Tidy Homes Tidy Minds		The scheme help to identify and support people affected by hoarding. It equips people with the skills and coping techniques to maintain their homes in the future, alongside providing individuals with better and safer living environments.	All age groups.	Lynsey Grundy	0333 321 3021	Named contact: lynsey.grundy@tidyhomestidyminds.co.uk ; general enquiries: info@mcrcommunitycentral.org	
	Southway Housing		Southway Housing offers a range of housing options for older adults, including sheltered and with care schemes. These schemes are designed to provide safe, supported living for individuals aged 55 and over who may need some extra help to manage at home.	Support offered is for Southway residents that are age 55+.	N/A	0161 448 4200- for emergency repairs	communications@southwayhousing.co.uk	
Counselling	Age UK , Manchester		Counsellors approved by Age UK available to help clients explore/understand anxiety/stress, depression, bereavement, loneliness, self-esteem, trauma/abuse and ill health. Session days/times mutually agreed between Counsellor & client. Home visits offered to housebound, especially for elderly with transport/mobility problems.	For residents of Manchester aged 60 years and over, and their carers.	N/A	0161 527 4374	counselling@ageukmanchester.org.uk	
	Be Well, Big Life Group		Be Well offers a range of services aimed at helping individuals live well and manage various life challenges. This includes coaching and support, community support, social prescribing and weight management support.	Anyone who lives in Manchester or whose GP is based in Manchester. Age 18+.	N/A	0161 470 7120	If you would like to be referred to Be Well, please contact your GP.	
	Greater Manchester Mental Health NHS Foundation Trust		A wide range of services to support people in Manchester experience mental health difficulties. To access this support self-refer or speak to you local GP.	Anyone who lives in Manchester or whose GP is based in Manchester. Age 18+.	N/A	Switch board: 0161 773 9121.	If you would like to be referred to Greater Manchester Mental Health Foundation Trust, please contact your GP.	
	Being Heard Counselling		A person-centred counselling service offered by BeingThere.	Anyone who lives in Manchester or whose GP is based in Manchester. Age 18+.	Becky Turner	07708 635 183	referrals@beingthere.org.uk	

	NHS Talking Therapies		Talking therapies, including guided self help, cognitive behavioural therapy, counselling interpersonal therapy and dynamic interpersonal therapy.	Anyone who lives in Manchester or whose GP is based in Manchester. Age 18+.	N/A	Switch board: 0161 773 9121.	N/A	
Advice	Citizens Advice Manchester		Free, confidential, independent and impartial advice to help you find a way forward with your problems.	Anyone living in Manchester.	N/A	Advice line: 0808 278 7800. The advice line is available 9am-5pm, Monday to Friday excluding public holidays.	N/A	
	Manchester Care and repair		Advice and help with keeping your home in good repair, including help with finding and supervising tradespeople and advice on sources of funding for the work.	Anyone living in Manchester.	Annie or Anne	0161 872 5500	mail@careandrepair-manchester.org.uk	
	Age UK		Free information and advice to help you on topics as diverse as claiming benefits to care homes.	Age 60+.	N/A	0800 678 1602	Online chat available: https://www.ageuk.org.uk/contact-us/information-and-advice/	
Carers	Carers Manchester		Group of organisations, working together to provide support and improve services for Manchester's unpaid carers, includes events and support groups, support and advice. Also, offers a contact point helpline.	Unpaid carers in Manchester.	N/A	0161 543 8000	contactpoint@carersmanchester.org.uk	
Finance	Manchester Care and repair		Offer guidance navigating eligibility criteria and applying for welfare benefits.	Anyone living in Manchester.	N/A	0161 872 5500	mail@careandrepair-manchester.org.uk	
	Greater Manchester Law Centre		Provides advice and representation for the following: completing application forms for disability benefits ESA, universal credit, PIP, DLA for children; appealing work capability assessments for ESA and universal credit and appealing PIP decisions.	Anyone living in Manchester.	N/A	0161 769 2244	reception@gmlaw.org.uk	
	Southway Housing		Offer support applying for benefits and making appeals and understanding your entitlements. Can do home visits.	Anyone living in Manchester. Referral required.	N/A	0161 448 4200	communications@southwayhousing.co.uk	
	Turn2us		Turn2us is a national charity offering information and practical help to people facing financial insecurity.	Everyone in the UK.	N/A	Advice line: 0808 802 2000. The advice line is available 9am-5pm, Monday to Friday excluding public holidays.	To contact Turn2us, please visit the website for support and inquiries: https://www.turn2us.org.uk/ .	

Care	Manchester City Council		Offer social care, care assessments, care packages, advice and information.	Age 18+.	N/A	0161 234 5001	mcsreply@manchester.gov.uk	
	Age UK		Age UK Manchester offers various servicesactivities for older individuals, including support and care at the Crossacres Day Centre.The Centre provides a warm environment for older people, especially those with dementia or mental health needs, offering care, companionship, and fun activities.	Age 60+.	N/A	Advice line: 0800 055 6112. The advice line is available 8am-7pm everyday of the year.	Online chat available: https://www.ageuk.org.uk	

GP Surgeries				
GP Name	Contact Number	Website	Address	QR Code
Barlow Medical Centre	0161 445 9000	https://barlowmed.com/	828 Wilmslow Rd, Manchester M20 2RN	
Didsbury Medical Centre	0161 445 1957	https://www.didsburymedicalcentre.co.uk/	645 Wilmslow Rd, Manchester M20 6BA	
Kingsway Medical Centre	0161 804 9899	https://kingswaymedicalpractice.co.uk/	720 Burnage Ln, Manchester M19 1UG	
David Medical Centre	0161 811 2297	https://davidmedicalcentre.co.uk/	274 Barlow Moor Rd, Manchester M21 8HA	
Bodey Medical Centre	0161 248 6644	https://www.bodey.co.uk/	Ladybarn Court, 28 Ladybarn Lane, Fallowfield, M146WP	
LadyBarn Group Practice	0161 448 4500	https://ladybarngp.co.uk/	54 Briarfield Rd, Manchester M20 4SS	