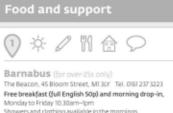
# Help and support in Manchester

# + Women only



Free hot food drop-in

Monday to Friday 7.45–9pm Over 25s will be signposted to Centrepoint and Lifeshare Advice and support

Monday, Tuesday, Thursday and Friday (not Wednesday)

Additional services Health Café Monday 3-4pm, IT Session Tuesday 2-4pm, Activity Session Wednesday 2-4pm, God Slot Thursday 2-3.30pm



Edward Holt Ho Breakfast café

Monday to Friday 9-10am

Lunch

Monday to Eriday 12 noon

Rough sleeper advice service Monday to Friday 9am-12 noor

Various activities and support Monday to Friday 9am –12 noon (generally)





Coffee4Craig and Centrepoint nam Street, M41LE Tel. 07973 955 003

Advice on housing and emergency support, hot food,















Cornerstone Day Centre 104b Denmark Road, MI56IS Tel. 0I6I 232 8888

Telephone, showers, meals, advice, haircuts, opticians, internet access, employment support, housing support

Monday to Friday (excluding Tuesday) 10.30am-4pm Tuesday 10.30am-2pm











# 5 × 0 11 a 0

Mustard Tree

Monthly (£15) clothing and footwear allowance for people

Hot meals; well-being support; toiletries and clothing; books and games Fridays 5-8.30pm, 110 Oldham Road, M4 6AG (First floor)

Shelter

5 Samuel Ogden Street, M17AX Tel. 0344 515 1640

Free confidential and impartial advice Monday to Friday 9am-5pm

Free, confidential and impartial advice, support and guidance for anyone who is homeless or in housing need and/or has debt or benefit problems. Specialist level advice, legal representation, support to access the Private Rented sector and guided self-help and access to information and resources around housing, welfare benefits and debt.







Breakfast, showers, toiletries and clothing Saturday and Sunday 7–9am









Centrepoint 52 Oldham Street, M41LE Tel. 01612287654

Daily housing support for young people aged 16-25 Monday to Friday 10am-12 30pm and 1.30-4.30pm (exc Wednesday afternoon) and ad hoc activities.

## The Housing Solutions Service









Manchester City Council

### Housing options service and homelessness assessment Monday to Friday 9am-4.30pm (no assessments after 3pm)





Manchester Royal Infirmary Oxford Road, M13 9WL Tel. 0161 276 1234

Accidents and emergencies – all day, every day







Urban Village Medical Practice

Ancoats Primary Care Centre, Old Mill Street, M4 6EE Tel. 0161 272 5652

Drop-in clinic

GP and practice nurse, rapid access to drug assessment and treatment, sexual health screeni Monday—Thursday 2.30–4.30pm

Leguicer dressing service: Monday, Wednesday and Friday 2 to 4.30pm

Homeless podiatry service: Wednesday 2.30-4.30pm HMHT clinic (mental health problems): Wednesday

## Men only





The Men's Room

113 Fairfield Street, First Floor, M12 6EL Tel, 0161 834 1827 Day support, advice and advocacy for young men

Includes support for male sex workers. Free condoms available

Tuesday to Thursday 10am-3pm

## Women only







## Manchester Action on Street Health (MASH)

94-96 Fairfield Street, MI 2WR Tel. 0800 183 0499 or 0161 273 4555

Drop-in

**Drop-in**Tuesday to Friday 12.30–3.30 pm,
Wednesday and Thursday 12.30–3.30 pm and 8–10.45 pm

Mobile drop-in (van)

Monday to Thursday 8pm-12am

MASH offers free support for women who sex work or women who are at risk of sex working. You do not need an appointment and can pop in whenever the Drop-in is open.

Free condoms, a needle exchange, refreshments and a sexual health nurse. Experienced, friendly case workers are available to help with tackling addictions, finding a home, mental health issues, debts, domestic violence or any other issues.







Women's Direct Access

24-hour accommodation and telephone

## Out of hours







Manchester City Council





Street Support

## How to help

If you want to help, please go to the Big Change website: www.streetsupport.net/manchester/bigchangemcr

