

# Help and support in Manchester

## Key

- Location on map
- Day support
- Night support
- Activities
- Food
- Housing assistance
- Medical help
- Shelter
- Support and advice
- Women only

## Food and support



### Barnabus (for over-25s only)

The Beacon, 45 Bloom Street, M1 3LY Tel. 0161 237 3223  
**Free breakfast (full English 50p) and morning drop-in,**  
Monday to Friday 10.30am–1pm  
Showers and clothing available in the mornings.  
**Free hot food drop-in**  
Monday to Friday 7.45–9pm  
Over 25s will be signposted to Centrepont and Lifeshare  
**Advice and support**  
Monday, Tuesday, Thursday and Friday (not Wednesday)  
10am–1pm  
**Additional services**  
**Health Café** Monday 3–4pm, **IT Session** Tuesday 2–4pm,  
**Activity Session** Wednesday 2–4pm, **God Slot** Thursday  
2–3.30pm



### Booth Centre

Edward Holt House, Pimblett Street, M3 1FU Tel. 0161 835 2499  
**Breakfast café**  
Monday to Friday 9–10am  
**Lunch**  
Monday to Friday 12 noon  
**Rough sleeper advice service**  
Monday to Friday 9am–12 noon  
**Various activities and support**  
Monday to Friday 9am–12 noon (generally)



### Coffee4Craig and Centrepont

52 Oldham Street, M4 1LE Tel. 07973 955 003  
**Homeless drop-in service**  
Monday to Friday 7–9pm, Saturday and Sunday 5–7pm  
Advice on housing and emergency support, hot food,  
showers, internet access.



### Cornerstone Day Centre

104b Denmark Road, M15 6JS Tel. 0161 232 8888  
**Drop-in service**  
Telephone, showers, meals, advice, haircuts, opticians,  
internet access, employment support, housing support  
Monday to Friday (excluding Tuesday) 10.30am–4pm  
Tuesday 10.30am–2pm



### Mustard Tree

110 Oldham Road, M4 6AG  
Tel. 0161 850 2282  
**Monthly (£15) clothing and footwear allowance for people sleeping rough**  
Monday to Saturday 10am–4pm (except Thursday 10am–12.30pm)  
**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.



### Lifeshare

Tel. 0161 235 0744  
**Breakfast, showers, toiletries and clothing**  
Saturday and Sunday 7–9am

## Young people



### Centrepont

52 Oldham Street, M4 1LE  
Tel. 0161 228 7654  
**Daily housing support for young people aged 16–25**  
Monday to Friday 10am–12.30pm and 1.30–4.30pm (except Wednesday afternoon) and ad hoc activities.

## The Housing Solutions Service



### Manchester City Council

Town Hall Extension, Mount Street, M60 2AF  
Tel. 0161 234 4692  
**Housing options service and homelessness assessment**  
Monday to Friday 9am–4.30pm (no assessments after 3pm)

## Health



### Manchester Royal Infirmary

Oxford Road, M13 9WL Tel. 0161 275 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 screenings:  
Monday–Thursday 2.30–4.30pm  
**Leg ulcer dressing service:** Monday, Wednesday and Friday 2 to 4.30pm  
**Homeless podiatry service:** Wednesday 2.30–4.30pm  
**HMHT clinic (mental health problems):** Wednesday 2.30–4.30pm

## 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 18–30 years old**  
Tuesday to Thursday 10am–3pm  
Includes support for male sex workers. Free condoms available.

## Women only



### Manchester Action on Street Health (MASH)

94–96 Fairfield Street, M1 2WR  
Tel. 0800 183 0499 or 0161 273 4555  
**Drop-in**  
Tuesday to Friday 12.30–3.30pm,  
Wednesday and Thursday 12.30–3.30pm and 8–10.45pm  
**Mobile drop-in (van)**  
City centre (Fairfield Street) and Cheetham Hill  
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

Tel. 0161 219 6050  
**24-hour accommodation and telephone advice for women only**

## Out of hours



### Manchester City Council

Tel. 0161 234 5001 4.30pm–9am



### Street Support

For up-to-date information about all the help and support available to you, please go to the Street Support website, [www.streetssupport.net](http://www.streetssupport.net) or download the app.

## How to help

If you want to help, please go to the Big Change website: [www.streetssupport.net/manchester/bigchangemcr](http://www.streetssupport.net/manchester/bigchangemcr)

