



Support near you to help with winter worries

Neighbourhood Winter Services Guide Gorton and Levenshulme



- Local foodbanks and Warm Hubs
- Advice on finances, energy and much more
- Family support and activities
- Other local offers to help you this Winter.

Call Manchester's free Cost of Living Advice Line **0800 023 2692**

Open Monday to Friday, 9am-4.30pm

Text us on **07860 022 876** manchester.gov.uk/coladvice

Local services that can help you

If you need help and support this Winter, there are a wide range of local services that are there to help you if and when you need them. From food support to money advice, and staying connected, help is at hand in your neighbourhood. Please don't be afraid to ask for support if you need it and make contact with the services listed below.



Local food banks and food offers.

Gorton Community Grocer

Pay £3 for approximately £12 in value of food. Appointment is required. There is often a waiting list for this service so there maybe a wait until you can attend. Please contact us to find out more.

- Thursdays 2 to 6pm at Gorton Central, Gorton Community Centre, Highmead Street M18 8PE
- Contact info@hmhc.co.uk, call 0161 2223 633 or visit www.hmhc.co.uk to get in touch.

Gorton Food Hub

Gorton Food Hub is situated at Gorton Central community centre in Gorton and is a place to access low-cost food projects. Currently Mustafia Sharif Charity deliver a grocer service from the hub every Monday, excluding bank holidays, from 10:30am to 12:00pm.

- For more information about accessing or running a project at Gorton Food Hub please contact Zara Bullock at zara@hmhc.co.uk or 01612223633.

Meals for Kids

Kids eat free and adults at reduced cost at Levenshulme Inspire.

- Wednesday evenings 3 to 5pm
- Levenshulme Inspire, Stockport Road M19 3AR

The Bread and Butter Thing

The Bread and Butter Thing makes life more affordable for people on low incomes, builds stronger communities and reduces food waste. Pay £7.50 for £35 worth of shopping. Text 07860 063304 with your full name, postcode and the name of the HUB you'll be collecting from (see website for HUB locations)

- www.breadandbutterthing.org
- Our local hub is at Levenshulme Inspire, Stockport Road M19 3AR.

The Gherkin, Levenshulme

Wheelchair-friendly bistro offering free/discounted food and other items.

- 312 Slade Lane Levenshulme, M19 2BY
- Call 0736 880 8870 for more information
- **Pay what you feel meal** - Monday, 3pm to 9pm
- **Free food for refugees and asylum seekers** - Monday, 3pm to 9pm
- **Kindness Cabinet:** offer of groceries, books and other items - 24 hours a day, seven days a week

Food Cycle

Food Cycle provide free meals to anybody that wants, no sign up no eligibility needed. Always vegetarian.

- Thursdays between 7 and 8pm
- Levenshulme Inspire, Stockport Road M19 3AR



Support and advice.

Citizens Advice

Levenshulme Inspire host video meetings with Citizens Advice for general advice and support on a wide range of topics.

- Every Friday between 10am to 1pm
- Levenshulme Inspire, Stockport Road M19 3AR



Befriending and wellbeing.

Inspire Taskforce

Support and activities for older people in Levenshulme and Gorton.

- Mondays - Pub lunch at the Bluebell 12 noon to 1.30pm and Happy Mondays at Levenshulme Inspire, Stockport Road M19 3AR 2 to 3.30pm
- Tuesdays and Thursdays - Exercise and Eat 10am to 1.30pm at Levenshulme Inspire
- Call 0161 850 4044 for information.

Arcadia Leisure Centre

The Leisure Centre is providing a range of sessions to connect people to the local community.

- Mondays over 50's brew and a chat 10 to 11am
- Tuesday to Thursday free tea and coffee from 10am to 12 noon
- Saturday and Sunday free wifi and a warm space between 9am and 5pm
- Located at Arcadia Leisure Centre, Yew Tree Ave, Levenshulme M19 3PH

St. Peter's Church

Light lunch, various refreshments with different activities including craft, games and films.

- Tuesday afternoons from 12 noon to 3pm
- Located at St Peter's Church, A6 Stockport Road, Levenshulme M19 3BS (opposite Arcadia Leisure Centre).

this Winter.



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Youth and family activities.

HideOut Youth Zone

Manchester's HideOut Youth Zone provides a safe, inspiring place for young people aged 8-19 (and up to 25 for those with additional needs) to spend their leisure time. It's open 7 days a week, offering over 20 creative and sporting activities every night for just 50p per visit!

Until the end of February Half term (2023) hot meals will also be free to all attending members.

- Hideout Youth Zone, 1, Queen's Avenue, M12 5PX
- Available to members of Hideout Youth Zone (new members can join)
- Find out more about the different activities at www.hideoutyouthzone.org

Surestart

Sure Start Outreach can support families with children aged under 5 years with financial issues; debt; food poverty. Families must have a child under the age of 5.

- St. James Children's Centre - 0161 745 7001
- Sacred Heart Children's Centre - 0161 245 7180
- Levenshulme Children's Centre - 0161 219 2958

ALL FM

ALL FM 96.9 is an award-winning community radio station based locally. They can offer free radio & podcast training to improve confidence, communication skills and provides a voice to many Manchester communities. It's for anyone over the age of 18 plus some courses are designed specifically for children. Arrive knowing nothing about presenting and producing and finish the course by going live on the station.

- Based at Levenshulme Old Library, Cromwell Grove M13 3QE
- Call 0161 248 6888 or visit www.allfm.org



Warm hubs.

The Bread and Butter Thing

The Bread and Butter Thing makes life more affordable for people on low incomes, builds stronger communities and reduces food waste. The team are putting on a Warm Hub session immediately before distribution sessions.

- Warm Hub with free tea and coffee on Fridays 11.30am to 1.30pm at Inspire, Stockport Road M19 3AR

Gorton Library at Gorton Hub

Gorton Library's brand new building at Gorton Hub offers a modern designed interior and a new space-themed children's library. They are a warm space and offer a weekly coffee morning for everyone as well as free Internet and Wi-Fi, and an IT room for you to receive basic IT training.

- Monday, Thursday and Saturday 10am to 5pm
- Tuesday 1pm to 8pm
- Wednesday closed
- Thursday 10am-8pm
- Friday 10-1pm Self service / 1pm to 5pm
- Gorton Hub, 27 Garratt Way M18 8HE

Keep Warm Club at Levenshulme Old Library

Warm Hub with hot drinks and device charging. There's no charge, no questions asked and everyone is welcome.

- Mondays 9.30am to 2.30pm
- Levenshulme Old Library, Cromwell Grove M13 3QE



Other local offers.

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Get vaccinated this Winter

COVID and Flu are about. Don't forget to get your free vaccinations if you're eligible. Find out how and where at www.manchester.gov.uk/getmyjab or call **0800 840 3858**.

Need support with your mental health? You can contact the Mind infoline on 0300 123 3393 for advice. Greater Manchester Mental Health also run a 24/7 helpline on 0800 953 0285 for crisis or urgent support.



Thank you to all voluntary groups and organisations for providing these services and information, we genuinely value your support in keeping our residents healthy and well.

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