

Bringing life's essentials & support to one place

www.rough-sleepers.org.uk

HAIRCUTS

○ DENTAL

COMPUTER ACCESS

(i) TOILETRIES

ACTIVITIES/COURSES

(iii) LAUNDRY FACILITIES

O DRUG & ALCOHOL SUPPORT

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WHAT TO DO IF YOU'RE HOMELESS OR AT RISK OF IT HAPPENING

The first thing you will need to do is to get in touch with your local council as soon as possible.

1. MANCHESTER CITY COUNCIL



Manchester City Council Town Hall Mount Street Manchester, M2 5DB

www.manchester.gov.uk/info/200117/homeless_people

Homeless or about to be homeless

Mon to Fri 09:00am - 4:30pm

hpasdutyofficer@manchester.gov.uk

Emergency out of hour's assistance 0161 234 5001 mcsreply@manchester.gov.uk

2. SALFORD CITY COUNCIL -

SALFORD HOUSING OPTIONS POINT



7 Wesley Street, Swinton, M27 6AD 0161 793 2500

www.salford.gov.uk/housing/homelessness

Homeless or about to be homeless

Mon, Wed, Thu & Fri 08.30am - 4.30pm

Tue 1.00pm - 4.30pm

Emergency out of hour's assistance Telephone: 0161 794 8888

3. BOOTH CENTRE



Edward Holt House, Pimblett Street, Manchester, M3 1FU 0161 835 2499

www.boothcentre.org.uk

Breakfast (no charge) Mon to Fri 09.00am - 10.00am

Lunch (no charge) Mon to Fri 12.00pm

Hot drinks, activities, clothes, toiletries

Mon to Fri 09.00am - 3.00pm

Job club, training Mon to Fri 10.00am - 12.00pm Drop-in, showers, haircuts

Mon. Tue, Thu & Fri 09.00am - 12.00pm

Support, accommodation advice, benefit advice, showers,

haircuts, computer access, activities Mon to Fri 09 00am - 12 00pm

Employment advice Tue 10.00am - 12.00pm

4. CORNERSTONE



104b Denmark Road, Manchester, M15 6JS

0161 232 8888

www.cornerstonecds.org.uk

Breakfast (no charge) Mon to Fri 10.30am - 11.30am

Lunch (small charge) 12.15pm

Drop-in, support, computer access, showers, laundry facilities

Mon, Wed, Thu & Fri 10.30am - 4.00pm Tue 10.30am - 2.00pm

Haircuts Wed & Fri

Optician Mon 10 30am - 2 00pm

5. BARNABUS / THE BEACON (25+ years old only)



45 Bloom Street, Manchester, M1 3LY

0161 237 3223

www.barnabus-manchester.org.uk

Breakfast (no charge), drop-in Mon to Fri 10:30am - 1.00pm

Support Mon, Tue, Thu & Fri 10:30am - 1.00pm

Showers (subject to staff availability) Mon to Fri 10:30am

Nurse Mon. Tue & Thu 10:30am - 1.00pm

Hot food & drinks (no charge), showers

Mon to Fri 7.45pm - 9.00pm

6. COFFEE FOR CRAIG (Relocating December 2019)

Centre Point North, 52 Oldham Street. M4 1LE 07543 590330

www.coffee4craig.com

Drop-in, accommodation advice, support, hot meals (no charge), showers, computer access, medical support, food parcels, clothing, toiletries

Mon to Fri 7.00pm to 9.00pm Sat to Sun 5.00pm to 7.00pm

7. CENTREPOINT - 16 - 25 years ONLY (Relocating December 2019)

Centre Point North, 52 Oldham Street, M4 1LE

www.centrepoint.org.uk/what-we-do/housing/manchester

0161 228 7654

Support, accommodation advice, support for exoffenders, drugs & alcohol support, mental health

support, workshop, courses Mon to Fri 10.00am - 12.00pm

Mon. Tue. Thu & Fri 1.30pm - 4.00pm Drop-in, support, breakfast, shower, laundry, computer

access, benefits advice Mon & Fri 10.00am - 12.00pm

8. MUSTARD TREE

110 Oldham Road, Ancoats, Manchester, M4 6AG 0161 850 2282

www.mustardtree.org.uk

Activities, workshops, computer access, food club, furniture, clothes

Mon, Tue, Wed, Fri & Sat 10.00am - 4.00pm Thu 10.00am - 12.30pm

Job Club Tue 10.00am - 12.00pm

The Work Shop Fri 10:30am - 12:00pm

Hot food (no charge), drop-in Fri 5.30pm - 8.00pm

9. GREATER MANCHESTER COMMUNITY CHAPLAINCY



Methodist Central Buildings, Oldham Street, Manchester, M1 1JQ

0161 236 2462 & 07387 331 329

www.gmcc.support

Support for ex-offenders ONLY

Tue to Wed 10.00am - 3.00pm Thu 10.00 - 12.30pm

Cafe with hot food & drinks (no charge for service users)

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Mon 10.00am - 2.00pm Tue to Thu 08.30am - 2.00pm

Tue to Thu 10.30am - 12.00pm & 1.00pm - 2.30pm

10a. JUSTLIFE - OPENSHAW



1479-1489 Ashton Old Road, Openshaw, M11 1HH 0161 285 5888

www.justlife.org.uk/projects/manchester

Drop-in, accommodation advice, benefits

advice, hot drinks, computer access, activities Mon 11.00am - 12.30pm

Breakfast (no charge), haircuts (alternate weeks), health checks (alternate weeks)

Fri 9.30am - 11.00am Lunch (no charge) Mon 12.00pm

10b. JUSTLIFE - ARDWICK



Brunswick Parish Church Brunswick Street, Manchester,

Drop-in, accommodation advice, benefits advice, hot drinks, computer access, activities Tue 12.00pm - 2.00pm

Lunch (no charge) Tue & Thu 1.00pm

Advice surgery Thu 12.45pm - 2.00pm

11a. LIFESHARE



1st Floor, 27 Houldsworth Street, Manchester, M1 1EB 0161 235 0744

www.lifeshare.org.uk

Drop-in advice Tue & Fri 2.00pm - 4.00pm

Advice - Appointments ONLY Mon to Fri 10.00am - 5.00pm

11b. LIFESHARE - WEEKEND BREAKFAST



Limelight Community Centre, Stretford, M16 9NW

Weekend Breakfast Sat & Sun 07.00am - 09.00am

12. BACK ON TRACK



4th Floor Swan Buildings, 20 Swan Street, Manchester, M4 5JW

www.backontrackmanchester.org.uk

Cafe with hot food & drinks Mon to Fri 09.30am - 3.00pm

Drop-in Tue 1.30pm - 3.30pm

Workshops, courses Mon to Fri 09.30am - 4.30pm

13. SOUP KITCHENS



Hoyle Street, Off Fairfield Street, Manchester, M12 6HG 07856 355 752

www.citvcentreministries.org.uk

Food & hot drinks (no charge), clothes, toiletries Wed 5.30pm - 7.00pm & Sat 9.00pm - 11.00pm

14. WINDSOR DROP IN CENTRE / SALFORD LOAVES









1 Paddington Close, Salford, M6 5PL 0161 737 8775

Drop-In, support, hot food (small charge), hot drinks & soup (no charge), showers, laundry, literacy support, clothes, activities

Mon Wed & Thu 08 00am - 2 00pm

www.salfordloavesandfishes.org.uk

Mon, Wed & Thu (appointment only) 12.00pm - 2.00pm

Activities Tue, Wed & Thur 08.00am - 12.30pm

Citizens Advice Bureau services Mon & Wed 08.00am - 2:00pm

Drug & Alcohol support, smoking support, Dentist, Salford Housing Thu 08.00am - 2.00pm

15. !AUDACIOUS CHURCH



Trinity Way, Manchester, M3 7BD 0161 830 7000

www.audaciouschurch.com/a-teams

Clothes, food bank, toiletries Mon to Thu 11.00am - 3.00pm Hot food (no charge), haircuts, clothes Tue 7.00pm - 9.00pm

16. MAD DOGS STREET PROJECT



www.maddogsstreetproject.org.uk

Delivered to the streets of Manchester city centre and

Hot food (no charge), support, clothes, toiletries Sun to Fri 7.00pm - 10.00pm

17. THE WELLSPRING



Harvey Street, Stockport, SK1 1YD

0161 477 6344 www.thewellspring.co.uk

Drop-in, support

Mon to Thu 09.00am - 8.00pm, Fri 9.00am - 4.00pm, Sat to Sun 9.00am - 2.00pm

Food service (no charge)

Mon to Thu 11.30am - 2.00pm & 6.30pm - 8.00pm, Fri to Sun 11.30am - 2.00pm

Drugs & Alcohol Worker

Mon, Tue & Thu 12.00am - 2.00pm & 5.00pm - 8.00pm, Wed, Fri 10.00am - 2.00pm

NA (Narcotics Anonymous)

Tue 6.30pm - 8.00pm & Fri 12.30pm - 1.30pm

Nurse Mon 10.00am - 2.00pm, Wed 3.00pm - 8.00pm, Fri 10 00am - 2 00pm

Doctor Tue & Thu 12.00pm - 2.00pm

Barber Wed 10.00am - 2.00pm (monthly) Hairdresser - Anita Thu 11.00am - 1.00pm (monthly) Women's Group Fri 2.00pm - 4.00pm

18. BIG ISSUE NORTH



Raven House, 113 Fairfield St, Manchester, M12 6EL 0161-831-5550

www.bigissuenorth.com

Earn an income by selling the Big Issue North.

Big Issue sellers get further support; accommodation advice, medical, social support services, education & courses

Mon to Fri 08.00am - 1.00pm & Sat 08.00am - 12.00pm

19. SHELTER



Ground Floor, Victoria House, 5 Samuel Ogden Street, Manchester, M1 7AX

0344 515 1640

www.shelter.org.uk

Accommodation advice, housing issues, homelessness issues, debt problems, benefits issues, legal advice Mon to Fri 9.00am - 5.00pm

MENTAL HEALTH







Hulme, Manchester, M15 4ZY

0161 769 5732

https://manchestermind.org Mental Health support, drop-in, cafe, advice for welfare benefits, debt & housing Mon to Fri 9.00am - 5.00pm

(Telephone in advance to confirm days & times) Advice drop-in Mon 1.00pm - 4.00pm & Thu 10.00am -1.00pm

21. MIND - SALFORD



Mind in Salford, The Angel Centre, 1 St. Philips Place, Salford, M3 6FA

0161 212 4880 www.mindinsalford.org.uk

Prior Appointments ONLY

Mental Health support, advice for; welfare benefits, debt & housing Mon to Fri 09:00 - 5.00pm

DENTAL

GREATER MANCHESTER URGENT PRIMARY DENTAL TELEPHONE SERVICE 0333 332 3800 Mon to Sun 08.00am - 10.00pm

THE ROAD TO RECOVERY

DRUG & ALCOHOL SUPPORT

28. CGL (LEARN GROW LIVE) CARNARVON ST (NORTH MANCHESTER)



0161 214 0770 & 0161 214 0788

www.changegrowlive.org/content/manchester-

Drug and alcohol services support

Mon to Fri 09.00am - 5.00pm (closed Bank Holidays)

29. CGL (LEARN GROW LIVE) MANCHESTER -**ZION CENTRE (CENTRAL MANCHESTER)**



Zion Community Resource Centre, 339 Stretford Road,

www.changegrowlive.org/content/manchester-

Drug and alcohol services support

Some late opening times (please ring for details)

(SOUTH MANCHESTER)



Bradnor Road, Sharston Industrial Estate, Manchester, M22 4TF

Mon to Fri 09.00am - 5.00pm

USEFUL NUMBERS

EMMAUS SALFORD: 0161 737 8279 (Provide home, food, support & meaningful work in community setting)

Provides accommodation & support, Also emergency accommodation via Nightstop UK)

helpline) Daily 6.00pm - 01.00am

SANE: 0300 304 7000 (Mental health support helpline) Daily 4.30pm - 10.30pm

Open 24 hours a day

MISSING PEOPLE: 116 000 (Helpline) Open 24 hours a day

CONCERNED FOR SOMEONE

If you are concerned about someone over the age of 18

and appearance.



Hulme, Manchester, M15 4ZY

integrated-drug-and-alcohol-service-zion-centre



0161 945 8772 www.changegrowlive.org/content/manchester-

Drug and alcohol services support

Some late opening times (please ring for details)

ON THE OUT: 07452 809 664 / 07853 460 206

DEPAUL UK: 0161 507 3414 (25 years old and under ONLY.)

CALM: 0800 585 858 (Feeling down helpline)

TALK TO FRANK: 0300 123 6600 (Information about drugs)

hours a day STREET PAWS: 07972 918 189 (Veterinary charity)

that you have seen sleeping rough, get in touch with STREETLINK who will contact the relevant local authority or outreach service – www.streetlink.org.uk, mobile app or 0300 500 0914

Times and details correct at the time of print

22. DENTAL HOSPITAL OF MANCHESTER

Higher Cambridge Street, Manchester, M15 6FH

0161 393 7730

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https://mft.nhs.uk/dental

Manchester, M4 6EE

Wed 9.00am to 5.00 pm

Manchester, M4 6EE

0161 272 5656

www.uvmp.co.uk

ROYAL INFIRMARY

0161 276 1234

0161 839 6227

0

0161 224 4503

an appointment.

08:00am - 1.00pm

www.gtdhealthcare.co.uk

Doctor - No appointment needed

27. FALLOWFIELD MEDICAL CENTRE

www.fallowfieldmedicalcentre.co.uk

Mon to Sun 08:00am - 8:00pm

www.mft.nhs.uk/mri

from Upper Brook Street

Mon to Sun 08:00am - 10.00pm

Oxford Road, Manchester, M13 9WL

Walk-in centre - No appointment needed

26. CITY HEALTH WALK-IN CENTRE

Manchester, Greater Manchester, M1 1PL

2nd Floor, Boots The Chemist, 32 Market Street,

GP healthcare services for non-registered & registered

patients. Patients can be treated for minor injuries

75 Ladybarn Lane, Fallowfield, Manchester, M14 6YL

patients who do not have a permanent address.

Doctor Mon. Tue. Thu & Fri 08:00am - 6:30pm, Wed

GP surgery for non-registered patients and registered

Appointments would need to be made, however the

surgery will try to accommodate your visit without

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MEDICAL

0161 274 1655

Mon to Fri 7.00am - 8.45 am

www.revivedentalcare.co.uk

Drop-in - No appointment needed

23. REVIVE DENTAL CARE - ANCOATS

First floor, Ancoats Primary Care Centre, Old Mill Street,

Emergency treatment - No appointment needed

NHS NON-EMERGENCY HELPLINE - 111 (24 hours a day)

24. NHS - URBAN VILLAGE MEDICAL PRACTICE

Ancoats Primary Care Centre, Old Mill Street, Ancoats,

Must register first on Mon 10.00am - 12.00pm (times

Doctor, Nurse & Drug Worker Mon to Thu 2.30pm -

Wound Care Nurse Mon, Wed & Fri 1.00pm - 4.30pm

25. A & E / WALK-IN CENTRE MANCHESTER

Podiatry, Mental Health Worker Wed 2.30pm - 4.30pm

Access by car is from Grafton Street, Pedestrian access is

subject to change) or Fri 1.00pm - 3.00pm. Alternatively

arrange an assessment for registration on 0161 272 5652.

43a Carnaryon Street Manchester M3 1F7

integrated-drug-and-alcohol-service-carnarvon-street

Some late opening times (please ring for details)



30. CGL (LEARN GROW LIVE) - BRADNOR POINT

integrated-drug-and-alcohol-service-bradnor-point

(Support for ex-offenders ONLY)

CRISIS POINT: 0300 003 7029 (Mental health support

Daily 5.00pm - 12.00am

SAMARITANS: 116 123 (Need someone to talk to) Open 24

SLEEPING ROUGH?

You will be asked a few questions about their location

www.rough-sleepers.org.uk