

Services that can support families and children in Oldham

White goods and household furniture support

Warm Homes Trust Fund	Families/individuals can be referred to Warm homes scheme to make a trust fund application for furniture or white goods.	Contact details are: Freephone: 0800 019 1084 www.warmhomesoldham.org Open Monday to Friday, 9am to 5pm	Funding for support with furniture and white goods
Welfare Provision	Meet short term emergency support for people/families in crisis who meet their criteria. Some examples of support via welfare provision: Provide emergency welfare support/ kitchen starter packs/ emergency fuel voucher/food vouchers	Criteria information is on the website – Welfare provision Oldham Call 0161 770 5468 (9am - 5pm Monday to Friday) Oldham Council will tell you if you will get the Local Welfare Provision on the day the decision is made by email, telephone call, text or letter (whichever you prefer).	Emergency funding
Bulky Bobs	Collect and sell pre-loved household goods including white goods. All the pre-loved items collected are sent to their warehouse for assessment and quality checking. Once they have been checked and are deemed good enough quality for their Furniture World store, they are sent to workshops where they are tested, cleaned, repaired, re-upholstered and painted. Any reusable white goods that we collect are safety and function tested, repaired if necessary and thoroughly cleaned before offered for sale	Bulky Bob's Furniture World Unit A, Oldham Central Trading Park, Oldham OL1 4EB Tel: 0161 665 0317	Items sold at low cost. Some essential items can be free to those in crisis situations such as families fleeing domestic violence, young people leaving care and ex-homeless people (a referral will need to be made).

	with 12 month guarantees at very affordable prices		To view items for sale or to make a referral for someone in crisis call 0161 6650317.
SAWN	Offer lots of different services but here a low-cost furniture pack to people on low income at a discount and sometimes gift some items to people in need. Items include basics like a bed, wardrobe, sofa, dining table, and chairs. Sometimes they have white goods.	Email info@sawn.org.uk www.sawn.org.uk	Low cost/ might include delivery charges
Arkwright Street Renew Shop	Sell pre-loved household items donated by residents at their local household waste recycling centre. Proceeds from the shop are supporting local community groups to take action in their areas, finding innovative and sustainable solutions to some of the problems faced across the area	Arkwright St, Chadderton, Oldham OL9 9LZ	
Glasspool	Provide grants for household items, white goods, uniforms, educational equipment + more	www.glasspool.org.uk TO REQUEST AN APPLICATION FORM : Send email to application@glasspool.org.uk	Funding
Family Fund Services/BBC Children in Need Emergency Essentials	The programme provides items that meet a child's most basic needs such as a bed, a cooker and other items or services critical to a child's wellbeing.	https://www.familyfundsolutions.co.uk/emergency-essentials/ 01904 571059	Funding

Benefit, Debt and Energy Advice – who can help?

Welfare Rights	offer free specialist advice and support to Oldham residents on welfare benefits issues, including challenging benefit decisions and providing representation at appeal tribunals. We help in identifying and applying for benefits, starting with benefit calculations and advice/assistance in initially making the claim	Contact via Online Form – www.oldham.gov.uk/welfarerights Open Mon – Fri 9am to 5pm	
Citizen’s Advice Bureau (CAB)	Free, confidential advice on welfare benefits, financial capability, immigration & residency issues, human rights, family & personal issues. We offer specialist services in debt, housing and employment.	Adviceline: 08082787803 For universal credit support: 0800 144 8 444 Textphone: www.casort.org Open Monday to Friday, 8:30am to 5:30pm	
Support Inclusion Team	If someone has Council Tax arrears they can be referred to our team for support and advice. We will also assist with budgeting advice	Tel: Through the Customer Support Centre 0161 770 6622 Open Monday to Friday, 9am to 5pm	
Christian’s Against Poverty	Free debt help from a friendly team. We help you to find the best route out of debt, work out a budget for you, and walk with you every step of the way. We support anyone regardless of their religion.	Tel: 0800 328 0006 www.capuk.org Open Monday to Friday, 9am to 5pm	
Warm Homes	Free boiler replacements, Green Homes Grants, energy vouchers, support with maximising income, claiming benefit entitlements, getting out of energy or water debt and making trust fund applications for furniture and white goods.	Freephone: 0800 019 1084 www.warmhomesoldham.org Open Monday to Friday, 9am to 5pm	
National Debt Advice	The helpline provides free confidential and independent advice on how to deal with a debt problem.	08088084000 http://www.nationaldebtline.co.uk/	

United Utilities Trust Fund	United Utilities Trust Fund can consider making a grant to meet water and/or sewerage charges due to United Utilities Water if you are in hardship and unable to pay.	www.unitedutilities/trustfund
British Gas Energy Trust	Applications to the British Gas Energy Trust are welcomed from individuals and families in need, suffering or other distress and are not restricted to customers of British / Scottish Gas. They provide help to applicants who are clearly struggling to pay their domestic gas and electricity bills.	01733 421060 applications@charisgrants.com Writing to: FREEPOST EDF Energy Trust The quickest and easiest way is via the Trusts' online application forms available from the websites: www.edfenergytrust.org.uk www.britishgasenergytrust.org.uk
Welfare provision	Meet short term emergency Support for people/families in crisis who meet their criteria. Some examples of support via welfare provision: <ul style="list-style-type: none"> • Food vouchers • Order and payment by Oldham Council to suppliers of suitable goods or services • Text voucher for emergency credit for electricity and gas 	Criteria information is on the website – Welfare provision Oldham Apply online Call 0161 770 5468 (9am - 5pm Monday to Friday) Oldham Council will tell you if you will get the Local Welfare Provision on the day the decision is made by email, telephone call, text or letter (whichever you prefer).

Food bank and food sources

The Bread & Butter Thing	The Bread & Butter thing is open to all Oldham residents. We provide weekly groceries at a fraction of the high street prices through our membership scheme. Try and always give you something for your cupboards and fridge. We work like a veg box scheme and everything is fresh. Products are based on what's available and choice is	There are a couple of steps to signing up: Step 1: Send us a text to 07860 063256 with your full name and Postcode and the name of your Hub and we will get in touch. Step 2: Select the size of your order you would like. A typical family order would be £7 and an individual would be £3.50. An extra large family would be £14. Step 3: We'll send you
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	<p>limited to this. We take what is available and make up food bags for our members. A typical order is Three Shopping bags, one with fridge goods, one with cupboard goods, and one full of fruit and veg.</p>	<p>a text every Tuesday to see if you want an order. All you have to do is reply 'YES' to the text by 12:00pm on Wednesday and we'll deliver your order to your chosen hub. Step4: Collect your goods from your chosen hubs.</p> <p>Hubs are: FIRST CHOICE RESIDENTS ONLY HUBS: Weekly Saturday 2-2.30 pm Neon Community Centre Holt Street Oldham OL4 2DG First Choice Homes tenants only.</p> <p>Weekly Thursday 2-2.30 pm Sholver and Moorside Community Centre Sholver Lane OL1 4NT. First Choice Homes tenants only. FCHO tenants can sign up by calling FCHO.</p> <p>NON FCHO Residents can use: Barker Street Community Centre, (off Eden Street) Oldham, OL1 2XA. Weekly Thursday 1.30pm</p>
<p>Food Bank Trussell Trust</p>	<p>Working to combat food poverty providing emergency food support to people in crisis – referrals can be made by professionals</p>	<p>Address: Unit B, Prince of Wales House, Industrial Estate, Vulcan St, Oldham OL1 4ER Hours: Closes 3PM Phone: <u>0161 622 1061</u> Delivery only during COVID – referrals can be made by services supporting individuals such as schools, health visiting team, police, children’s services and adult services</p>

Housing, Housing FCHO Teams, pest control and fly-tipping

Housing options Oldham Council	Housing advice, homelessness service, apply for social housing, Tenancy Relations Service, CAP (Central Access Point) for supported housing	0161 770 4605 (Mon to Friday 8.40-5.00) housing.options@oldham.gov.uk https://www.oldham.gov.uk/info/100007/housing/1821/apply_for_social_housing
First Choice Homes Oldham (FCHO)	<p>FCHO Neighbourhood team support with:</p> <ul style="list-style-type: none"> • Help with tenancies – signing up, maintaining a tenancy, name changes, extra people moving in • Support customer in their homes – make sure our homes are in great condition and suitable for our customers and their families, carry out property checks, help with domestic violence or abuse, antisocial behaviour and safeguarding • Our neighbourhoods – make sure our areas are kept clean and tidy - dealing with fly tipping, untidy gardens, abandoned cars <p>Community Impact Team –Can help with other personal or family circumstances you may need support with from finding a job, accessing training or volunteering to affordable food, welfare advice or help and advice on how to live independently.</p>	<p>Neighbourhood Manager Lee Holden Lee.Holden@fcho.co.uk 0161 393 5469</p> <p>Neighbourhood Teams:</p> <p>Derker Neighbourhood Coordinator Rachael Evason Rachael.Evason@fcho.co.uk 0161 393 5253</p> <p>Greenacres Neighbourhood Coordinator Frances Szulinski Frances.Szulinski@fcho.co.uk 0161 393 5463.</p> <p>Littlemoor Ben Collier Neighbourhood Coordinator Ben.Collier@fcho.co.uk 0161 393 5499</p> <p>Sholver Ian Ward Neighbourhood Coordinator</p>

		Ian.Ward@fcho.co.uk 0161 393 5464 Community Impact Team Telephone: 0161 393 5488 Email: communityimpact@fcho.co.uk
Oldham council Pest control services	Call out fee £28.15, this does not include any treatment. Social and private rent tenants are advised to call their landlord if they have pest issues and report the problem. Pest: Ants, bed bugs, bees, beetles, cockroaches, fleas, mice, moles, rats, silverfish, squirrels and wasps.	https://www.oldham.gov.uk/info/200521/pest_control 0161 7702244 to request a visit
Fly-tipping	Report fly-tipping at the council's website. And enforcement officer will investigate, once investigated the fly-tipping will be cleared as soon as possible.	Use online form to report fly-tipping https://www.oldham.gov.uk/flytipping

Mental Health Services & Bereavement, Grief and Loss

Oldham Healthy Minds	Mental Health Support adults/ 16+ for people who are registered with an Oldham GP. The team is made up of a range of professionals, including therapists and counsellors, who will find a level of treatment that is right for you. We can help you deal with the effects of a long-term health problem or chronic pain, post-natal depression, obsessive compulsive disorder, phobias, or eating difficulties.	Individuals can self-refer online or get support from professionals who are working with them to complete the online form. https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=4114086a-9afb-489b-930c-1b59412413bf Opening hours 9-5pm 111 Union Street Oldham O11 1RU Tel: <u>0161 716 2777</u> https://www.penninecare.nhs.uk/healthymindsoldham
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	We also offer couples therapy if you are struggling in your relationships, and psychosexual therapy for any intimacy difficulties.	
CAMHS Oldham (formally HYM) Child Adolescent Mental Health Service	<p>Some of the problems that we can help with include:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Psychosis • Post-Traumatic Stress Disorder (PTSD) • Self-harm • ADHD (Attention Deficit Hyperactivity Disorder) • ASD (Autistic Spectrum Disorder) • More complex psychological difficulties 	<p>Oldham CAMHS Reflections Building The Royal Oldham Hospital Oldham OL1 2JH Queries: 0161 716 2020</p> <p>Self-referral or referrals made by parents can be made by using the online referral form Telephone: 0161 770 7777 (option 1) Oldham’s MASH Team (Multiagency Safeguarding Hub) Professionals can also refer if they have been given consent including GP’s Social care, School staff and health professionals</p>
Pennine Care’s 24-hour mental Health helpline	<p>If you need urgent mental health support or advice, such as a child is having suicidal thoughts or is self-harming, call Pennine Care’s 24-hour mental health helpline 0800 014 9995 or contact your GP for advice</p> <p>If a child has taken an overdose or needs urgent medical help call 999 or take them to the nearest A&E. In Oldham, it will be The Royal Oldham Hospital nhs.uk/location</p>	<p>helpline 0800 014 9995 or contact your GP for advice</p> <p>Call 999 for ambulance</p>
TOG MIND (Tameside Oldham and	<p>Mental health service for adults and children 8+. They provide online services and resources to support with MH Therapeutic interventions</p>	<p>Oldham Office TOG MIND is based at 19-25 Union Street Oldham OL11HA 0161 330 9223</p>

Glossop Mind)	<p>One to one support Courses Community groups and activities Counselling and counselling drop ins Families in Mind Youth in Mind More information on services can be found on their website.</p>	<p>Email: office@togmind.org https://www.togmind.org/our-services</p>
Bereavement Cafe	<p>For anyone affected by grief and loss. Place to chat and meet others affected by grief, have a brew and share thoughts</p>	<p>Mondays 10-12 The café at Veg in the Park, Waterhead. Nicky 07396319171</p>
Kooth.com	<p>Kooth is an online Mental Health & Well-being services for CYP It is a website and Oldham is commissioned to support CYP 11-25 (up to 26 birthday) They also provide gateways for CYP to other services such as specialised services around eating disorders etc. KOOOTH features ABSOLUTELY EVERYTHING IS MODERATED INCLUDING CHAT FACILITIES Online team over 200 professionals. Emotional well-being practitioners and Counsellors No waiting time for counselling. 11-12 years olds are assessed on competency Any safeguarding - follow clinical governance/safety planning/clear protocols/flow chart who to escalate to/ on call team/ seamless process to work with other services. KOOOTH School and Youth service support includes: Assemblies 15-20mins intro to KOOOTH</p>	<p>CYP Self Refer – no threshold/ Kooth deals with low level to high level support/issues/most vulnerable. Never turn YP away in crisis. At the moment 75% YP are presenting with moderate needs. CYP have to sign up but this is a very quick process and is anon. Questions ask where you live (town), Year and month born, ethnicity and gender identity. Kooth protects identities. Kooth.com website for more info Local engagement lead for schools and other services is Ophelia Murphy omurphy@kooth.com +44 (0)7869 264771</p>

	<p>Sign up sessions support CYP to sign up 50-60mins</p> <p>KOOTH TRAINING for school staff</p> <p>Parent/carer discover Kooth (bespoke)</p> <p>Stress & Anxiety sessions 60mins or 2 30mins</p> <p>Yr 6 Transition session 45mins</p> <p>Well-being sessions</p> <p>LGBTQ+ Sess bespoke for CYP or staff 45-60mins</p> <p>Self care sessions small groups 45-60mins</p> <p>Young carer sessions 45-60mins PSO</p>	
Papyrus	<p>Prevention of young people suicide UK charity dedicated to the prevention of suicide and promotion of positive mental health and emotional well-being in young people.</p>	<p>https://www.papyrus-uk.org/aboutus/</p> <p>Contact if you are having thoughts of suicide or concerned for a young person who might be Hopeline UK 0800684141</p> <p>Email pat@papyrus-uk.org</p> <p>Open everyday 9-12am (midnight)</p>
Social Prescribing	<p>Adults - Improve Mental & Physical health, reduce isolation and loneliness and improve well-being. Your connector will spend time with you exploring what activities or local support could help to improve your health & well-being</p>	<p>To access refer online</p> <p>oldhamcares.com/socialprescription</p> <p>0161 3392345</p> <p>Or email oldccg.socialprescribing@nhs.net</p>
Child Bereavement UK	<p>Charity that helps children, young people, parents and families rebuild their lives when a child is grieving or a child has died. Helpful bereavement advice including sudden death, telling a child someone has died or preparing them for a loved ones death, also helping a parent following death of their partner to support their child/ren.</p>	<p>https://www.childbereavementuk.org Helpline 0800 02 888 40</p>

Winston's Wish	Childhood bereavement charity who support children and young people after the death of a parent or sibling.	https://www.winstonswish.org Helpline tel: 08088 020 021
Oldham Bereavement Service	Counselling support for bereavement over 6months	Based at Royal Oldham Hospital Tel: 0161 627 8207
Greater Manchester Bereavement Service (includes bereavement from suicide)	Greater Manchester Bereavement Service offers support for people who have been bereaved or affected by a death, no matter the cause of death or how long it's been. The service also provides support for professionals or those seeking advice for others.	0161 983 0902 (Monday to Friday, 9am to 5pm) salccg.gm.bs@nhs.net www.greater-manchester-bereavement-service.org.uk
Once Upon a smile	Tailored bereavement support (not counselling) for children aged 3-18yrs experiencing loss of parent/main carer/sibling. Based in Trafford in dedicated centre, specialist staff run 1:1 support, group work, memory days etc and can also speak with school to support your child.	https://www.onceuponasmile.org.uk Tel: 0161 711 0339
The Rainbow Trust	Local charity that supports families who have a child 0-18years with a life threatening or terminal illness. Each family is paired with an expert Family Support Worker who gives practical and emotional support whenever they need it for as long as needed.	https://www.rainbowtrust.org.uk
Young Minds	Online support for Young people's mental health – also provide support for parents and professionals to support YP	https://www.youngminds.org.uk/ Mental health helpline for parents Call- 0808 802 5544

Beacon Counselling Trust	A counselling charity providing support to people with mild to moderate mental health issues, including problematic gambling	0151 226 0696 beaconcounsellingtrust.co.uk/problematic-gambling/
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Addiction – Gambling, Alcohol and Drugs

Turning Point	The adult substance misuse treatment and support service for Oldham	0300 555 0234 wellbeing.turningpoint.co.uk
Early Break Young People’s Drug and Alcohol Service	Early Break is the new young people and family service in Oldham. They do: Sexual Health and substance service Advocacy Outreach Bereavement and loss counselling Mindfulness Complementary and integrated therapies Holding Families programme – Any children and families affected by parental substance misuse. The aim of the programme is to give the whole family the opportunity to talk about any problems caused by drugs and alcohol and to allow the children’s voices to be heard by the family. Ultimately, the programme aims to empower families to make positive decisions on the changes they would like to make to help improve family life.	https://earlybreak.co.uk/what-we-do/early-break-core-services/ https://earlybreak.co.uk/referrals/ <u>+44 (0)161 723 3880</u> info@earlybreak.co.uk
Beacon Trust Counselling	Free gambling addiction support service is operating in Oldham.	0151 226 0696 beaconcounsellingtrust.co.uk/problematic-gambling/ www.beaconcounsellingtrust.co.uk suhayl.patel@beaconcounsellingtrust.co.uk
YGAM – Young Gamers and Gamblers	Our social purpose is to inform, educate, safeguard young people against gaming and gambling harms. Our vision and strategy are guided by and contribute to the Gambling Commission’s National Strategy to Reduce Gambling Related Harms.	About - YGAM danielbliss@ygam.org CONTACT DETAILS hello@ygam.org <u>0203 837 4963</u>

Education Trust	The service provide a package of training and support for parents, professionals and young people.		
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Asylum Seekers, Refugees and No recourse to public funds

Local Authority Asylum Seekers Liaison Officers	Provide support for asylum seekers and refugees due to leave Home Office/Serco accommodation	E: Narcisa.Trozic@oldham.gov.uk, Suzanne.Fields@oldham.gov.uk	
The Migrant Destitution Fund	The Migrant Destitution Fund can make grants to destitute migrants with no leave to remain	contact sawn.org@gmail.com	
GMIAU	GMIAU can help with applications to have the “no recourse to public funds” restriction lifted and also help people with asylum support applications	Greater Manchester Immigration Aid Unit (gmiau.org) 0161 7407722	
Oldham Baptist Church Food support	Drop in for collection only food bank for asylum seeking and no recourse to public funds families/individuals. It is held on Thursdays 12pm-2pm.	70-76 Brunswick St, Oldham OL1 1BT Phone: 0161 624 1214	
Europaia	Offer support to EU nationals across Greater Manchester. Europaia is an organisation supporting, educating, empowering and representing East and Central Europeans across Greater Manchester to prosper in their communities. Services offered: welfare advice and advocacy, English classes, cultural activities, hate crime awareness and support to victims	0333 305 8570 support@europaia.org.uk europaia-support – Europaia	

Domestic Abuse services

IDVA – Independent Domestic Violence Advocates	Specialist Domestic Violence Advisors support for victims of Domestic Abuse	Based at Oldham Council 0161 7701572 Mon-Fri 9am-5pm	
National Domestic abuse Helpline	Support and advice for victims of domestic abuse 24hours	24hours) 08082000247 https://www.nationaldahelpline.org.uk/	
National Centre for Domestic Violence Legal Advice	Provide help with injunctions 24 hours	08448044999	
MALE	Male Domestic abuse advice line	08088010327	
GALOP	LGBT services for Domestic Abuse	08009995428	
RESPECT	For perpetrators of Domestic Abuse	08088024040	
Greater Manchester Victim Services (support for any crime)	If you are a victim of a crime and looking for support call the helpline	Home Greater Manchester Victims' Services (gmvictims.org.uk) 0161 200 1950 Our helpline is available to take your calls: <ul style="list-style-type: none"> • Monday to Friday - 8am to 8pm • Saturday - 9am to 5pm * Calls are charged at local rate. Call-back and language services are available. The support line is closed on Sundays and bank holidays.	

Employment Services

Get Oldham Working	Help with writing CVs and job applications. A personal learning mentor will help you improve your job prospects. Information about local jobs and training/apprenticeships opportunities	07970966527 employability@oldham.gov.uk
Princes Trust Programme	Training programmes for NEET young people 16-24 years	Jo Shaw - Prince's Trust Team Leader Groundwork Greater Manchester T: 07739 978 791 joanne.shaw@groundwork.org.uk 1 Kershaw Street, Shaw, Oldham, OL2 8AB
Careers Guidance Positive Steps	Careers guidance for young people aged 13-18 (or 25 if they have Special education need or disability).	01616219300 https://www.positive-steps.org.uk/services-for-adults-and-families/career-guidance oldhamcareers@positive-steps.org.uk
National Careers Service	Information advice for 19+ to help make decisions around careers, training opportunities and work	NCS - GOV.UK webpage Email: Karen.Cumming@oldham.gov.uk
Groundwork	Groundwork will offer one-to-one, group and training opportunities to NEET or at risk of becoming NEET young people who are aged 16-25 years old and living in Oldham	Youth Programme Manager Liane Kirk 07867354442 Liane.kirk@groundwork.org.uk
Get Going Project	18+ individuals with learning disabilities, difficulties, and autism who may be distant from the workplace and eligible for Universal credit	KeyRing - webpage Email: tracey.lloyd@keyring.org Phone: 07415216628
Kickstart	<ul style="list-style-type: none"> The Kickstart scheme provides paid jobs for Universal Credit claimants aged 16 to 24 who are deemed at risk of long-term unemployment and not currently employed. 	

	<ul style="list-style-type: none"> • It provides jobs of 25 hours per week for 6 months. The employer can offer more hours at their discretion. • The Government will fund the cost of 25 hours per week at National Minimum Wage plus any National Insurance contributions. • The employer will provide the claimant with the additional support to: <ul style="list-style-type: none"> • build their work experience • gain valuable employability skills • move into sustained employment 		
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Other Services

ABL, A Better Life	<p>committed to reducing health inequalities and promoting healthy behaviours through community driven services.</p> <p>Specialist Stop Smoking Service</p>	<p>ABL Health Providing Integrated Healthy Lifestyle Services</p> <p>Lorraine Greathead Specialist stop smoking advisor Tel 07966 315392 LGreathead@ablhealth.co.uk</p>	
Healthy Gems Hub	<p>As well as free health and hygiene products for babies/toddlers in nappies and their families, they also provide therapy coaching once a week to build self-esteem and confidence. This is delivered by a qualified therapist every Tuesday and is a four week programme. We also have a GP who comes to the hub every fortnight. She can't prescribe but is able to chat to parents and offer health</p>	<p>https://www.tfaforms.com/4905241 Based at John Street Medical Practice Oldham, OL81DF Emma Longstaff Healthy gems Hub Lead - 07487506192</p>	

	advice. This is a good service for families who may not be registered with a GP Practice.	
British Red Cross Community Connectors	The BRC Community Connectors service provides up to 12 weeks of person-centre support to someone experiencing loneliness or social isolation.	Email: Nkausar@redcross.org.uk Telephone: 07702997616
POINT Oldham SENDIAS	Oldham (SEND) Information, Advice Support Service (IASS) exists to help parents and carers of children who have, or may have, special educational needs and/or disabilities; and children and young people themselves, in matters relating to their Education, Health or Social Care provision.	Telephone: 0161 503 1540 Email: iassoldham@point-send.co.uk https://www.point-send.co.uk/Pages/Category/oldham-sendias
POINT SEND Workshops & Training Services	The POINT SEND Workshops and Training service currently provides FREE support to parents and carers in the form of workshops & training	Telephone: 0161 503 1551 Email: workshops@point-send.co.uk https://www.point-send.co.uk/Pages/Category/workshops
PEGS Parent Education Growth Support (child to parent abuse)	Child to parent abuse – information service for parents Child to parent abuse involves children displaying abusive and violent behaviours towards parents and family members. CPA is a serious issue and evidence suggests it is increasing. This abuse can be carried out by sons and daughters (at any age) against mothers, fathers, grandparents, siblings and carers.	PEGS- Parental Education Growth Support - contact us on our website: www.pegssupport.co.uk/contact or fill in our self referral form at www.pegssupport.co.uk/self-referral-form Email: hello@pegssupport.com or admin@pegssupport.com Instagram: @peggs_support Facebook: PEGS- Child to Parent Abuse Support Twitter: @PEGS_support Linked In: company/peggs-support
Home-start	Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming.	Home-Start HOST Ryecroft Hall Manchester Road

	<p>Life-changing events can happen to anyone. That is why Home-Start is ready to support families through their toughest times.</p> <p>Every Home-Start volunteer is trained to help them work alongside you to overcome the challenges you are facing. We work with you to build on your strengths and give you the support that you tell us that you need</p> <p>Check their website for update on ways they can support families</p>	<p>Audenshaw MANCHESTER Greater Manchester M34 5ZJ 0161 344 0669</p> <p>Email: info@homestarthost.org.uk</p> <p>https://www.home-start.org.uk/Pages/Category/things-we-can-help-with</p>
<p>Positive cycles</p>	<p>Community-based project delivering affordable bikes to local people. We take old bikes, clean them up and then our volunteers and groups of young people fix them, gaining AQA qualifications in the process. The newly-refurbished bikes are then donated to local families, used in conjunction with the Transport for Greater Manchester “Bike to Work” scheme or sold with all profits being churned directly back into the Positive Cycles project to buy better equipment and parts</p>	<p>Albion Street, Oldham OL1 3BG · 0161 621 9300</p>