



# Riverside South and Central Liverpool Support Directory



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# Food Support in South and Central Liverpool



## Food Banks

### **Bridge Chapel Centre**

Heath Road, Garston, Liverpool, L19 4XR  
0151 281 9716

**Open Monday and Friday 10.30 am to 12 pm**

### **Noah's Ark Centre**

Ganworth Road, Speke, Liverpool, L24 2SA  
0151 475 1468

**Open Tuesday and Thursday 10 am to 12 pm**

### **St. Mark's Church**

Cranwell Road off Hartsbourne Avenue  
Childwall Valley, Liverpool, L25 1NZ  
0151 792 9067

**Open Saturday 10 am to 12 pm**

### **Netherley Youth and Community Initiative**

St. Gregory's Church, Damson Road  
Netherley, Liverpool, L27 8XR  
0151 487 6421

**Open Thursday 10 am to 12 pm**

### **Frontline Centre**

147 Lawrence Road, Liverpool, L15 3HA  
0151 733 3373

**Open Monday and Wednesday 1 pm to 3 pm**

### **Deeper Life Bible Church**

Solway St East, L8 0QL

**Open Thursday 2 pm to 4 pm and Saturday  
12 pm to 2 pm**

### **St. Mary's Church**

South Drive, Wavertree, L15 8JJ

**Open Friday 1 pm to 3 pm**

### **Jubilee Church**

The Hub, Ramilies Road, nr Penny Lane, Mossley Hill,  
L18 1ED

**Open Saturday 10.30 am to 12 pm**

### **Micah Liverpool**

Food bank pantry sessions are open to anybody in  
need, where we will provide an emergency 3 day food  
parcel once a week, for four weeks.

### **The Parish Church of St Vincent de Paul**

13 Hardy Street, Liverpool L1 5JN  
0151 709 8589

**Open Tuesdays 10.30 am to 12.30 pm**

### **St Brides Church**

Percy Street, Liverpool L8 7LT  
01513782131

**Open Thursdays 10.30 am to 12.30 pm**

## Pantries

### **St Anne's Pantry**

St Annes Church, Overbury Street, Liverpool L7 3HJ,  
07795963466

Weekly Fee £3.50

**Open Tuesday 1 pm to 3 pm**

### **St. Dunstan's Church Community Market**

Saint Dunstan's Parish Church, Earle Road,  
0151 702 7206

**Open Wednesday 10 am to 12 pm**

### **Love Wavertree Food Club**

203 Picton Road, Wavertree, Liverpool L15 4LG

Weekly Fee £3.50

**Saturday 10.30 am to 3 pm**

### **Love Wavertree Food Club**

203 Picton Road, Wavertree, L15 4LG

Weekly Fee £3.50

**Open Saturday 10.30 am to 3 pm**

### **L8 Food Market**

St Bede's Church, Fern Grove, Toxteth,

**Donation based**

**Open Monday 12.30 pm to 2.30 pm**

### **L15 Food Hub**

Frontline Centre Corner Of Lawrence Road &

Wellington, Liverpool, L15 3HA

£10 per month or £3.50 per week

**Open Wednesday and Thursday 10.30 am to 12 pm**

### **Christ Church Toxteth Park Pantry**

Christ Church, Toxteth Park, Linnet Lane, L8

Weekly Fee £3.50

**Open Tuesday 1 pm to 3 pm**

### **Dingle Pantry**

St Cleopas C of E Church, Liverpool, Mill Street,

Weekly Fee £3.50

**Open Thursday 12 pm to 2 pm**

### **Everyone's Aigburth**

361 Aigburth Road, Liverpool L17 0BP

Weekly Fee £3.50

**Open Wednesday 1 pm to 3 pm**

### **Everyone's Aigburth**

361 Aigburth Road, Liverpool L17 0BP, UK

Weekly Fee £3.50

**Open Wednesday 1 pm to 3 pm**

### **St Mary's Grassendale Food Pantry**

St Mary's Church Hall, St Mary's Road, L19 0NE

Weekly Fee £3.50

**Open Wednesday 12 pm to 2 pm**

### **Community Grocery Liverpool**

Hillsong Church, 7 Mann Street, L8 5AF

£5 membership per year, £4 per shop

**Open Monday to Friday 9.30 am to 3.30 pm**

### **Toxteth Fire Fit – NBIL Mobile Store**

Toxteth Fire Fit Hub, Upper Warwick Street

Free fruit and veg, 10 items for £5.00

**Open Thursday 10.30 am to 12 pm**

### **Garston Wood Cutters Social Club – NBIL Mobile Store**

Chesterton Street, Garston L19

Free fruit and veg, 10 items for £5.00

**Open Monday 10 am to 11.30 am**

### **St Aidan's Pantry**

10 Eastern Avenue, Speke, Liverpool L24 6SZ

Weekly Fee £3.50

**Open Tuesday 10 am to 1 pm**

### **Fans Supporting Foodbanks Mobile Pantry Netherley Youth and Community Initiative 41**

Damson Rd, Liverpool, L27 8XR

Weekly Fee £3.50

**Open Wednesday 10 am to 12 pm**

### **Fans Supporting Foodbanks Mobile Pantry The Greenhouse Project**

Tiber Street Site, Lodge Lane, Tiber St, Toxteth,

Weekly Fee £3.50

**Open Thursday 10 am to 12 pm**

### **Fans Supporting Foodbanks Mobile Pantry: St Mary's Millennium Centre**

West Derby, Meadow Lane, Liverpool, L12 5EA

Weekly Fee £3.50

**Open Friday 10 am to 12 pm**

### **8 Dovecot Place Food Club**

8 Dovecot Place, Liverpool L14 9BA, UK

£3.50 for 10 items or £5 for 15

**Open Monday 10 am to 12.30 pm**

### **The Joseph Lappin Centre Food Club**

Mill Lane, Old Swan, Liverpool, L13 5TF

Weekly Fee £3.50

**Open Monday 12 pm to 2 pm**

### **Kensington Fields Pantry**

24 Hall Lane, L7 8TQ

Weekly Fee £3.50

**Open Tuesday 11 am to 3.30 pm**

### **ASK Liverpool Food Pantry**

300 Kensington, Liverpool L7 2RN

Weekly Fee £3.50

**Open Wednesday 1.30 pm to 3 pm**

### **The Drive Food Club**

235A Finch Lane, Dovecot, L14 4AE

Weekly Fee £3.50/£5

**Open Monday 4 pm to 6 pm, Wednesday  
12 pm to 2.30 pm, Friday 12 pm to 2.30 pm**

### Community Kitchens

#### **FoodCycle Dingle**

St Cleopas C of E Church, Liverpool, 400 Mill Street, Dingle

No Cost

**Open Wednesday 7 pm**

#### **Aplace2B**

St Cuthbert's Church, Langley Close, L12 0NB

No Cost

**Thursday, 11:30 am to 2:30 pm**

### Social Supermarkets

#### **Lee Valley Millenium Centre Social Supermarket**

Childwall Valley Road, Liverpool, L25 2PR

**Open Monday to Friday 10 am 2 pm**

#### **Torrington Drive Social Supermarket**

The Hub, New Hutte Community Centre, Lichfield Road, Liverpool, L26 1TT

**Open Tuesday and Thursday 9 am to 3 pm**

#### **C3 Church Community Market**

C3 Liverpool, 79-81 Kempston Street, L3 8HE

£1.50 for 15 items

**Open Friday 10.30 am to 12.30 pm**

### Community Gardens

#### **The Secret Garden**

The Secret Garden, Stoneycroft, Liverpool

No Cost

**Open Wednesday 10 am to 12 pm**

#### **The Secret Garden**

The Secret Garden, Stoneycroft, Liverpool

No Cost

**Open Wednesday 10 am to 12 pm**

#### **Friends of Springfield Park**

Springfield Park, East Prescot Road, L14 5AB

No Cost

**Open Monday to Sunday**

#### **Hope Community Garden**

St Margaret of Antioch Church, Princes Road, Toxteth

**Open Friday 10 am to 2 pm**

#### **Grow Speke**

Ganworth Rd, Speke, Liverpool L24 2SS

No Cost

**Tuesday to Friday - 10 am to 3 pm**

#### **Broadgreen Hospital Community Garden**

Broadgreen Hospital, Thomas Drive

**Open Monday to Sunday**

### National Organisations

**Too good to go** - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses. <https://www.toogoodtogo.com/en-gb>

**OLIO** - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. <https://olioapp.com/en/>

#### **Trussell Trust Helpline - 0800 915 4604**

Open Monday to Friday, 9am – 5pm

#### **Salvation Army**

Run food banks year-round from many of their churches and community centres.

#### **OddBox** - Fighting food waste

<https://www.oddbox.co.uk/>

# Furniture Support in South and Central Liverpool



## Charities

### **Bulky Bobs Furniture World**

129-139 London Road, Liverpool, L3 8 JA  
**0151 305 5200**

### **Big Help Project**

Offers a wide range of support  
212 Boaler Street Liverpool L6 6AE  
Free Phone 0808 275 9925  
**Hello@bighelpproject.com**

### **Recipro (UK) Ltd**

Work with suppliers and contractors, who donate unwanted, surplus building materials to which they can sell on at hugely discounted rates  
Unit 2 Britannia House, Dock Road, CH41 1DF  
**0151 639 0651**

## Furniture Charity Shops

### **Barnardo's Furniture Stores**

### **Wavertree Donation Centre**

Unit 27 Wavertree Road, Wavertree Retail Park,  
Liverpool, L7 5LZ  
**0151 7340932**

### **Walton Road Donation Centre**

162 Walton Road, Walton, Liverpool, L4 4AZ  
**0151 2077222**

### **Church Road Donation Centre**

Units 2-3 Penny Lane Retail Park, Church Road,  
Allerton, Liverpool, L15 9EB  
**0151 7344898**

### **Oxfam**

609-613 Smithdown Road L15 5AG  
**0151 733 6641**

### **Roy Castle**

Smithdown Rd, Wavertree, L15 5AH  
**01517339582**

### **Claire House**

Unit F, Hunts Cross Shopping Centre, L24 9GB  
**0151 486 7884**

### **Emmaus Merseyside Charity Superstore**

42-44 Sandy Rd, Seaforth, Liverpool L21 3TW  
**0151 928 1588**

### **British Heart Foundation Tuebrook Furniture & Electrical Store**

509 West Derby Road, Tuebrook, L6 4BW  
**0151 515 4460**

## **Facebook Groups**

There are several groups on Facebook that offer free or low cost furniture.

These include:

**People Help The People (Liverpool)**

**Liverpool FREEcycle**

**Everything's free Liverpool**

## Resources

### **Reuse Network**

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

**<https://reuse-network.org.uk/>**

### **Second Hand Furniture Websites**

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

# Furniture Support in South and Central Liverpool



## Council Support

If you find yourself in crisis you can apply for support to get food and necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs).

Liverpool Citizen Support Scheme, Revenues and Benefits Service, Cunard Building, Water Street, L3 1AH  
**0800 456 1523 or 0151 233 3053**

## Charities

### Glasspool Trust

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

### Buttle UK

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

### Family Fund

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

# Cost of Living Support in South and Central Liverpool



## Council Support

### **Sustainable Warmth Fund grant**

The Sustainable Warmth Fund is a government scheme that the Liverpool City Region Combined Authority has secured for local residents to make homes greener and warmer. It is also known as the Green Homes Grant. Search sustainable warmth grant on the Liverpool City Council website to apply

### **Help with Council Tax debt and managing money**

**Citizens Advice Liverpool** - 0300 330 1196 or WhatsApp and SMS: 07468 533492

**Money Advice Service** - 0300 500 5000

**National Debt Line** - or call 0808 808 4000

### **Benefits maximisation team**

<https://liverpool.gov.uk/benefits/advice-and-support/benefits-advice/>

## **Libraries - One Stop Shops**

### **Garston Library**

Bowdon Road, L19 1QN

**0151 233 3069**

**Open Monday to Friday 9 am to 4.30 pm**

### **Kensington Library**

Kensington, L7 2RJ

**0151 233 3069**

**Open Monday and Wednesday 10 am to 6 pm  
and Thursday and Friday 10 am to 5 pm**

### **Speke Parklands Library**

Conleach Road, Speke, L24 0TY

**0151 486 2227**

**Monday to Friday 9 am to 4.30 pm**

### **Lee Valley Library**

Childwall Valley Road, L25 2RF

**0151 233 3000**

**Open Tuesday 10 am to 6 pm**

**Thursday and Friday 10 am to 5 pm**

**Saturday 10 am 4 pm**

### **Old Swan Library**

Prescot Road, Old Swan, L13 5XG

**0151 233 3069**

**Open Monday and Tuesday 10 am to 6pm,**

**Friday 10 am to 5 pm and Saturday 10 am to 4 pm**

## **Credit Unions**

### **Central Liverpool Credit Union**

141 Park Street, Liverpool, L8 6QF

**centralcu.co.uk**

**0151 708 5515 enquiries@clcu.co.uk**

### **Enterprise Credit Union**

5-7 Page Moss Lane, Liverpool, L14 0JJ

**enterprisecreditunion.org**

**0151 482 0177 contact@enterprisecreditunion.org**

### **Lodge Lane and District Credit Union**

81 Lodge Lane Liverpool Liverpool L8 0QE

**0151 734 2561**

**lodgelane.creditunion@phonecoop.coop**

### **Partners Credit Union**

2nd Floor, LCVS, 151 Dale Street, L2 2AH

**partnerscreditunion.co.uk**

**0151 258 1014**

**enquiries@partnerscreditunion.co.uk**

### **Riverside Credit Union**

Garston Business Centre, 2 – 4 St Mary's Road

Garston, Liverpool, L19 2RY

**riversidecreditunion.co.uk**

**0151 448 0565 info@riversidecreditunion.co.uk**

# Cost of Living Support in South and Central Liverpool



## Fuel and Energy Support

### **Energy Projects Plus**

Free and impartial advice to help you save money on your energy bills.

**0800 043 0151**

<https://www.epplus.org.uk/>

### **British Gas Energy Trust**

<https://britishgasenergytrust.org.uk/>

### **Scottish Power Hardship Fund**

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

### **E.On Energy Fund**

<https://www.eonenergyfund.com/>

### **Support from Banks**

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

## National Debt services

### **Turn2us**

Turn2us is a national charity providing practical help to people who are struggling financially.

**0808 802 2000** [www.turn2us.org.uk](http://www.turn2us.org.uk)

### **National Debtline**

National Debtline is a debt advice charity run by the Money Advice Trust.

**0808 808 4000** [www.nationaldebtline.org](http://www.nationaldebtline.org)

### **Liverpool South CAP Debt Centre**

8-12 Long Lane, Garston, Liverpool, L19 6PF

**07841 657385/ 0800 328 0006**

[ollyhargreaves@capuk.org](mailto:ollyhargreaves@capuk.org)

### **Granby Toxteth Development Trust (GTDT)**

129d Lodge Lane, Liverpool, L8 0QF

**0151 734 4925**

[learn@gttdt.co.uk](mailto:learn@gttdt.co.uk)

### **The Florrie**

377 Mill Street, Liverpool, L8 4RF

**0151 728 2323**

### **Speke Baptist Church at the Noah's Ark Centre**

Noah's Ark, Ganworth Road, Speke, L24 2SA

**0151 475 1468**

[speke-baptist@hotmail.co.uk](mailto:speke-baptist@hotmail.co.uk)

### **Kensington Fields Community Association (KFCA) - information and advice**

Hall Lane, Kensington, L7 8TQ

**0151 708 9107**

[hello@kfca.co.uk](mailto:hello@kfca.co.uk)

### **Lark Lane Community Centre: Services and Projects**

The Old Police Station, 80 Lark Lane, L17 8UU

### **The Life Rooms Lee Valley**

The Life Rooms Lee Valley, Lee Valley Millennium Centre, L25 2PR

**0151 478 6556**

# Welcoming Spaces in South and Central Liverpool



## Libraries

### **Lee Valley Library**

Childwall Valley Road, L25 2RF  
0151 233 3000

**Open Tuesday 10 am to 6 pm  
Thursday and Friday 10 am to 5 pm  
Saturday 10 am 4 pm**

### **Old Swan Library**

Prescot Road, Old Swan, L13 5XG  
0151 233 3069

**Open Monday and Tuesday 10 am to 6pm,  
Friday 10 am to 5 pm and Saturday 10 am to 4 pm**

### **Garston Library**

Bowdon Road, L19 1QN  
0151 233 3069

**Open Monday to Friday 9 am to 4.30 pm**

### **Kensington Library**

Kensington, L7 2RJ  
0151 233 3069

**Open Monday and Wednesday 10 am to 6 pm  
and Thursday and Friday 10 am to 5 pm**

### **Speke Parklands Library**

Conleach Road, Speke, L24 0TY  
0151 486 2227

**Monday to Friday 9 am to 4.30 pm**

## Welcoming Spaces

### **Allerton United Reformed Church**

Mather Avenue, L18 7HD  
Friday 10 am to 12 pm

**[www.allertonurc.org.uk](http://www.allertonurc.org.uk)**

### **Smithdown Social (aka Gallery 455)**

455 Smithdown Road, Liverpool, L15 3JL

**Open Tuesday to Saturday 12 pm to 6 pm**

### **Ullet Road Unitarian Church**

Delivers various weekly activities  
57 Ullet Rd Sefton Park L17 2AA

**07828 883484**

**More to be announced October 2023**

# Digital Inclusion Support in South and Central Liverpool



## National Organisations

### **Job Centre Support**

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

**Your work coach will be able to help support you to access further information**

### **Social Tariffs**

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

**Visit [www.ofcom.org.uk](http://www.ofcom.org.uk) and search social tariffs to find out more.**

### **The Department for Education**

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

**[www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills](http://www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills)**

### **Get Online @ Home**

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

**<https://www.getonlineathome.org>**

### **Family Fund**

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

**[www.familyfund.org.uk](http://www.familyfund.org.uk)**

### **The Charity Excellence**

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

**[www.charityexcellence.co.uk](http://www.charityexcellence.co.uk)**

### **The National Data Bank**

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

**[www.goodthingsfoundation.org](http://www.goodthingsfoundation.org)**

### **National Device Bank**

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

**<https://www.onlinecentresnetwork.org>**

# Digital Inclusion Support in South and Central Liverpool



## Learning

### **Learn My Way**

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

[www.learnmyway.com](http://www.learnmyway.com)

### **Barclays Digital Wings**

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

### **FutureLearn**

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

[www.futurelearn.com](http://www.futurelearn.com)

## Libraries

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources

### **Allerton Library**

Allerton Road, L18 6HG

**0151 233 3331**

**Open Monday, Tuesday, Wednesday and Friday 10 am to 6 pm and Saturday 10 am to 4pm**

### **Garston Library**

Bowdon Road, L19 1QN

**0151 233 3069**

**Open Monday to Friday 9 am to 4.30 pm**

### **Central Library**

William Brown Street, Liverpool L3 8EW

**0151 233 5835**

**Open Monday to Friday 9 am to 8 pm Saturday 9 am to 5 pm**

### **Childwall Library**

Childwall Road, L15 6UT

**0151 233 3069**

**Open Monday to Wednesday 10 am to 6 pm Thursday and Friday 10 am to 5 pm**

### **Dovecot Library**

Back Dovecot Place, L14 9BA

**0151 228 6446**

**Open Monday to Friday 8.30 am to 4.30 pm**

### **Liverpool Library Service**

Toxteth Library, Windsor Street, L8 1XF

**0151 233 2367**

### **Kensington Library**

L7 2RJ

**0151 233 4047**

**Open Monday and Wednesday 10 am to 6 pm and Thursday and Friday 10 am to 5 pm**

### **Old Swan Library**

Prescot Road, Old Swan, L13 5XG

**0151 233 3069**

**Open Monday and Tuesday 10 am to 6pm, Friday 10 am to 5 pm and Saturday 10 am to 4 pm.**

### **Lee Valley Library**

Childwall Valley Road, L25 2RF

**0151 233 3000**

**Open Tuesday 10 am to 6pm, Thursday and Friday 10 am to 5 pm and Saturday 10 am to 4pm**

# Digital Inclusion Support in South and Central Liverpool



## **Sefton Park Library**

Aigburth Road, L17 4JS

**0151 233 3069**

**Open Wednesday 10 am to 6pm, Thursday and Friday 10 am to 5 pm and Saturday 10 am to 4 pm**

## **Speke Parklands Library**

Conleach Road, Speke, L24 0TY

**0151 486 2227**

**Monday to Friday 9 am to 4.30 pm**

## **Toxteth Library**

Windsor Street, L8 1XF

**0151 233 3069**

**Open Monday to Wednesday 10 am to 6 pm and Saturday 10 am to 4 pm**

## **Charities and Organisations**

### **Employability Solutions Ltd**

NEET, 14-16 years, 16-18 years

52 Wellington Street, L19 2LX

**0151 427 4193**

### **Five Children and Families Trust**

Conleach Road Liverpool L24 0TW

**0151 486 9719**

### **Speke Training & Education Centre**

Unit House, Speke Boulevard, Liverpool, L24 9HZ

**01514 864933**

**speketraining@gmail.com**

### **Speke Training & Education Centre Ltd**

Garston Children's Centre, Banks Rd, L19 8JZ

**07810632879**

### **South Liverpool CAB**

Garston Community House, 2 Speke Rd, L19 2PA

**01514275337**

**admin@southliverpoolcab.org.uk**

### **Five Children and Families Trust**

Conleach Road Liverpool L24 0TW

**0151 486 9719**

### **Speke Training & Education Centre**

Unit House, Speke Boulevard, Liverpool, L24 9HZ

**01514 864933**

**speketraining@gmail.com**

### **Speke Training & Education Centre Ltd**

Garston Children's Centre, Banks Rd, L19 8JZ

**07810632879**

### **South Liverpool CAB**

Garston Community House, 2 Speke Road, Liverpool, L19 2PA

**01514275337**

**admin@southliverpoolcab.org.uk**

### **Greenbank College**

Greenbank Lane, Liverpool, L17 1AG

**01517 337255**

**Mary.Beaumont@greenbank.org.uk**

### **Alt Valley Community Trust**

33 Gladstone Avenue, L16 2LG

**0151 546 5514**

### **Netherley Youth and Community Initiative**

41 Damson Road, L27 8XR

**0151 4876421**

### **Woodlands Community Centre**

16 Woodlands Square Liverpool L27 5RZ

**0151 487 5298**

### **The Noah's Ark**

50 Ganworth Road Liverpool L24 2SA

**0151 475 1468**



# Digital Inclusion Support in South and Central Liverpool



## **City Of Liverpool YMCA**

4 elmbank rd, 15 Leeds Street, LIVERPOOL, L3 6HU  
01516003530  
[jason.thomas@ymcatgether.org.uk](mailto:jason.thomas@ymcatgether.org.uk)

## **WEA NW (Liverpool)**

Suite 405 Cotton Exchange, Old Hall Street, L3 9JR  
0151 243 5340  
[gbarker@wea.org.uk](mailto:gbarker@wea.org.uk)

## **Liverpool City Council**

Liverpool Learning & Development, Water Street,  
Liverpool, L3 1AH  
0151 233 3038  
[learning@liverpool.gov.uk](mailto:learning@liverpool.gov.uk)

## **Merseyside Youth Association**

Young people who are NEET  
MYA, 65-67 Hanover Street, L1 3DY  
0151 702 0700

## **Crisis Skylight Merseyside**

96 Kent Street, Liverpool, L1 5BD  
0151 2187000  
[merseyside@crisis.org.uk](mailto:merseyside@crisis.org.uk)

## **The Dyslexia Foundation**

Access to Equipment - Open but appointment  
needed  
37 Colonnades, Albert Dock, L3 4AA  
0800 0778763

## **We are With You**

The Foundry, 36 Henry Street, Liverpool, L1 5AY  
0151 706 7888  
[info@wearewithyou.org.uk](mailto:info@wearewithyou.org.uk)

## **Liverpool Cares**

Jamaica Street, Liverpool, L1 0AF  
07538978499  
[rachael.forde@liverpoolcares.org.uk](mailto:rachael.forde@liverpoolcares.org.uk)

## **The Women's Organisation**

Skills based training  
54 St James Street, L1 0AB  
0151 706 8111

## **Riverside Learning And Education Centre**

Hyslop Street, Liverpool, L8 5UA  
0151 709 3637 [info@riversidelec.org](mailto:info@riversidelec.org)

## **South Central Community Transport (Wheel Meet Again)**

The Garage, 294 - 296 Mill Street, L8 6QW  
01517 080435  
[wma03@outlook.com](mailto:wma03@outlook.com)

## **Liverpool Adult Learning Service**

Training and Qualifications  
155-163 Park Road Adult Learning Centre L8 6SE  
0151 233 1809

## **Personal Success**

Training  
15 High Park Street, L8 8DX  
0151 474 9051

## **Granby Toxteth Development Trust**

Training  
Toxteth Job Centre, High Park Street, L8 8DY  
0151 734 4925  
[toxteth.digitalteam@dwp.gsi.gov.uk](mailto:toxteth.digitalteam@dwp.gsi.gov.uk)

## **Turn10**

Turner Home, Dingle Lane, Liverpool, L8 9RN  
0151 727 4177  
[karol.zwolinski@turnerhomeliverpool.care](mailto:karol.zwolinski@turnerhomeliverpool.care)

## **Crawford House Enterprise Centre**

2 Gwent Street, Off Upper Warwick Street, L8 8DN  
0151 9668211  
[info@crawfordhousepartnership.org.uk](mailto:info@crawfordhousepartnership.org.uk)

# Digital Inclusion Support in South and Central Liverpool

**Women's Technology Training Limited**

Blackburne House, Blackburne Place, L8 7PE  
**0151 709 4356**

**Irish Community Care**

151 Dale Street, L2 2AH  
**07732901780**

**Liverpool Community Advice**

First Floor, 151 Dale Street, Liverpool, L22JH  
**0151 237 2677**  
[enquiries@liverpoolcommunityadvice.org.uk](mailto:enquiries@liverpoolcommunityadvice.org.uk)

**CWU Greater Mersey Amal Branch**

47 Seymour Street, Liverpool, L3 5PE  
**07946664275**  
[cwugmersey.learning@gmail.com](mailto:cwugmersey.learning@gmail.com)

**Mpower People CIC**

The Gateway Conference Centre, 71-75 London Road, L3 8HY  
**07868 166449**  
[info@mpowerpeople.co.uk](mailto:info@mpowerpeople.co.uk)

**The Brain Charity**

Norton Street, L3 8LR  
**0151 298 2999**

**KensingtonVision CIC/LCRFM 106.7**

53-57, Holt Road, Liverpool, L7 2PN  
**0151 345 1290**  
[sfaragher@hotmail.com](mailto:sfaragher@hotmail.com)

**Kensington Community Learning Centre**

291 To 299 Kensington, Kensington, L7 2RG  
**01512601006** [info@kclc.co.uk](mailto:info@kclc.co.uk)

**Alt Valley Community Trust**

Dovecot Multi Activity Centre, L14 9BA  
**0151 546 5514**

**Speke Training & Education Centre Ltd**

158 Milton Avenue, L14 7PD  
**07810632879**

**Voice of Nations**

208 Picton Road, Liverpool, L15 4LL  
[admin@voiceofnations.org.uk](mailto:admin@voiceofnations.org.uk)

**YPAS Plus South Hub**

35 Lyndene Road Liverpool L25 1NG  
**0151 305 2031**

**Picton & Kensington Children's Centre**

139 Earle Road , L7 6HD  
**0151 233 621**

**Women and Digital Inclusion CIC - aka WODIN**

374 Smithdown Road , L15 5AN  
**07879053346**

**Personal Success Training**

15 High Park Street, L8 8DX  
**0151 474 9051**

**Granby Toxteth Development Trust  
Training**

Toxteth Job Centre, High Park Street, L8 8DY  
**0151 734 4925**  
[toxteth.digitalteam@dwp.gsi.gov.uk](mailto:toxteth.digitalteam@dwp.gsi.gov.uk)

**Turn10**

Turner Home, Dingle Lane, Liverpool, L8 9RN  
**0151 727 4177**  
[karol.zwolinski@turnerhomeliverpool.care](mailto:karol.zwolinski@turnerhomeliverpool.care)

**Crawford House Enterprise Centre**

2 Gwent Street, Off Upper Warwick Street, L8 8DN  
**0151 9668211**  
[info@crawfordhousepartnership.org.uk](mailto:info@crawfordhousepartnership.org.uk)

# Youth Provision in South and Central Liverpool



## School Holiday Support (HAF)

### **Holiday Activities**

During school holidays children and young people aged 5-16 years old, including children with SEND or additional needs, can access free activities and a meal.

For a list of providers please search the link below.

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

## Children's Centres

Children's centres bring together a range of free services for children from birth to five, and their families. Services vary at each centre according to local community needs but all centres provide child and family health, family support services and a range of parent and toddler activities.

### **Belle Vale Children's Centre**

Hedgefield Road, L25 2RW

**0151 233 1705**

[bellevalecc@liverpool.gov.uk](mailto:bellevalecc@liverpool.gov.uk)

### **Childwall and Woolton Children's Centre**

Rudston Primary School, Rudston Road, L16 4PQ

**0151 233 5733**

[childwallandwooltoncc@liverpool.gov.uk](mailto:childwallandwooltoncc@liverpool.gov.uk)

### **Church and Mossley Hill Children's Centre**

Herondale Rd (Dovedale Infant School), L18 1JX

**07849 300 061**

[churchandmossleyhillcc@liverpool.gov.uk](mailto:churchandmossleyhillcc@liverpool.gov.uk)

### **Granby and Dingle Lane Children's Centre**

Matthew Arnold Primary School, Dingle Lane, L8

**0151 233 4930**

[dingle.childrenscentre@liverpool.gov.uk](mailto:dingle.childrenscentre@liverpool.gov.uk)

### **Garston Children's Centre**

70 Banks Road, Garston, L19 8JZ

**0151 233 6868**

[garstoncc@liverpool.gov.uk](mailto:garstoncc@liverpool.gov.uk)

### **Hunts Cross Children's Centre**

Kingsthorpe Road, Hunt's Cross, L25 0PJ

**0151 233 3733**

[huntscrosscc@liverpool.gov.uk](mailto:huntscrosscc@liverpool.gov.uk)

### **Kensington Children's Centre**

23 Quorn Street, L7 2QR

**0151 233 1200**

[pictoncc@liverpool.gov.uk](mailto:pictoncc@liverpool.gov.uk)

### **Picton Children's Centre**

139 Earle Road, L7 6HD

**0151 233 1200**

[pictoncc@liverpool.gov.uk](mailto:pictoncc@liverpool.gov.uk)

### **Speke Children's Centre**

Conleach Road, Speke, L24 0TW

**0151 486 9719**

[info@fiveforfamilies](mailto:info@fiveforfamilies)

### **Wavertree Children's Centre**

85 Wellington Road, Wavertree, L15 4LE

**0151 233 6870**

[wavertreecc@liverpool.gov.uk](mailto:wavertreecc@liverpool.gov.uk)

### **Yew Tree Children's Centre**

Berryford Road Dovecot, L14 4ED

**0151 296 7950**

[yewtreecc@liverpool.gov.uk](mailto:yewtreecc@liverpool.gov.uk)

# Youth Provision in South and Central Liverpool



## **YPAS Young People Advisory Service**

YPAS offers a wide range of support, wellbeing and therapeutic services for children, young people and families in Merseyside.  
YPAS North Hub, Croxdale Road West, Liverpool, L14 8YA  
**0151 305 2040 support@ypas.org.uk**

## **Muslim Youth Helpline (MYH)**

**0808 808 2008 help@myh.org.uk**

## **Virtual KEEN**

Inclusive online activities for young people  
**<https://www.keenuk.org/virtualkeen>**

## **Autism in Motion**

St Georges hub, Waresley crescent L9 6BW  
**aimautism@hotmail.com**

## **Al-Ghazali Centre: 'Youth Mental Health Support Programme'**

Mental health workshops and activities for young people aged 12 to 18 years.  
Addressing mental health promotion in youth outside of educational settings  
35 Earle Road Liverpool L7 6HA  
**0151 734 3843 info@alghazalicentre.co.uk**

## **Autism Adventures Training CIC: 'My Mental Health- What's OK?'**

Project aimed at people with autism to improve understanding of and break down barriers to mental health, as well as providing tools and strategies to manage emotions and feelings  
Addressing mental health promotion in youth outside of educational setting, financial insecurity, debt and loneliness  
**info@liverpoolautismadventures.co.uk**

## **Imagine If Trust: 'The Zone Youth Hub'**

Fun, safe and active sessions for primary school aged children, providing a stimulating environment where children can thrive and grow in confidence.  
147 Lawrence Road, Liverpool, L15 3HA  
**info@imagineiftrust.org**

## **Priority Youth Project: 'Priority Youth Counselling Support Programme'**

A 1-1 counselling service for children and young people aged 8-19 years.  
St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA  
**07523 650 956 hello@priorityyouth.co.uk**

## **Harthill Youth Centre**

Wellington Road, Wavertree, L15 4JN  
**0151 734 6262**

## **Mab Lane Youth Centre**

Croxdale Road, Liverpool, L14 8YA  
**0151 220 7283**

## **Edge Hill Youth and Community Centre**

79 Durning Rd, Liverpool, L7 5ND  
**0151 263 292/ 07968 261765**

## **The Mobile Youth Project**

Hanover Street, Liverpool, L1 3DY  
**0151 236 2344**

## **Woolton Youth and Community Centre**

High St, Woolton, Liverpool, L25 7TD  
**0151 428 4481**

## **St Cyrils Community & Youth Project**

Inclusive Support for Young people  
84 Southbrook Road, Liverpool, L27 1YW  
**0151 488 6405**

# Youth Provision in South and Central Liverpool



## **Valley Community Theatre**

Half term support and after school activities  
Childwall Valley Road, Netherley, L27 3YA.  
**0151 488 0364** [info@valleytheatre.co.uk](mailto:info@valleytheatre.co.uk)

## **Childwall Youth & Community Centre**

Lyndene Road, Liverpool, Merseyside, L25 1NG  
**0151 722 7395**

## **MYA (Merseyside Youth Association)**

MYA offers a range of projects and activities that support young people up to age 25.  
65-67 Hanover Street, Liverpool, L1 3DY (main office - activities delivered across Liverpool)  
**0151 702 0700** [admin@mya.org.uk](mailto:admin@mya.org.uk)  
<https://mya.org.uk/projects/>

## **National Services**

### **National Citizenship Service**

Delivers a range of experiences for young people across the UK. <https://wearencs.com/>  
**0800 197 8010**

### **Duke of Edinburgh**

Delivers a range of experiences for young people across the UK.  
<https://www.dofe.org/>

# Family Support in South and Central Liverpool



## **MPAC**

MPAC have a list of organisations that deliver food support and activities during the school holidays.

**To find out more visit:**

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

## **TPC Therapy Ltd**

Mental Health and Emotional Wellbeing Service, supporting Children and Young People.

**07852 218 782**

## **Merseyside Family Support (POPS)**

Supporting families with a loved one in prison  
Room 110, 58 Breckfield Road South L6 5DR

**07471 037 214**

[gemmar@partnersofprisoners.co.uk](mailto:gemmar@partnersofprisoners.co.uk)

## **Children Heard and Seen**

Supporting children and families with a parent in prison

**07557339258**

[info@childrenheardandseen.co.uk](mailto:info@childrenheardandseen.co.uk)

## **Targeted Services for Young People**

Working with children, young people and their families from age 10 – 17 (24 for young people with additional needs)

Edgehill Customer Focus Centre, 6-8,  
Chatsworth Drive, Wavertree L7 6PT

**0151 233 0693**

## **Baby Basics**

Hope House, Boaler Street, Liverpool L6 6AE

<https://baby-basics.org.uk/>

## **Baby Basics Liverpool**

178 Queens Drive, Wavertree, L15 6XX

<https://baby-basics.org.uk/>

## **Kindfulness Coffee Club Liverpool**

For more information please contact either  
**Mandy@mykcc.org.uk** **Zoe@mykcc.org.uk**

## **Centre 56 Women & Children's Aid Centre**

Rumney Road, Liverpool, L4 1UB

**0151 727 1355** [hello@centre56.org.uk](mailto:hello@centre56.org.uk)

**Growbaby** Growbaby provides good quality second-hand clothes and equipment for babies and kids up to age 5.

**0151 263 0692**

[info@southliverpoolvineyard.com](mailto:info@southliverpoolvineyard.com)

## **Period and Hygiene Product Support**

Many food banks, pantries and community centres will have access to free sanitary products.

## **Bloody Good Period -**

[hello@bloodygoodperiod.com](mailto:hello@bloodygoodperiod.com)

## **Morrisons - Package for Sandy**

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

**Freedom4Girls** - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

<https://www.freedom4girls.co.uk/request-products/>

## **The Trussell Trust**

Search the Trussell trust website to find your local centre.

<https://www.trusselltrust.org/>



# Older People Support in South and Central Liverpool



**Age UK Advice Line** - 0800 678 1602

### **Tax Help for Older People**

01308 488066 [taxvol@taxvol.org.uk](mailto:taxvol@taxvol.org.uk)

**Dementia UK** - 0800 888 6678

### **Re-engage**

Group and one-to-one social activities will help older people connect with others.

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

### **Friends of the Elderly**

Grants to older people living on low incomes.

**0330 332 1110** [hello@fote.org.uk](mailto:hello@fote.org.uk)

### **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088** [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)

A Letter from Louise pen pal befriending

**01743 245 088**

[aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net)

### **Merseyside Fire & Rescue Services: Home Fire Safety Checks**

If you live in Merseyside, you can phone **0800 731 5958** for **free** fire safety advice or to request a Home Fire Safety Check visit

### **Merseyside Dementia Friendly Radio**

Independent, online radio station that is run in collaboration with and for the benefit of those who live in the Merseyside area whose lives are affected by dementia. [vianat@mdfr.co.uk](mailto:vianat@mdfr.co.uk)

**07768 139708** [nat@mdfr.co.uk](mailto:nat@mdfr.co.uk)

## City Wide Support

### **Liverpool Cares**

Liverpool Cares is a community network of younger and older neighbours hanging out and helping one another in our rapidly changing city.

Liverpool Cares,

Studio D, Baltic Creative, 49 Jamaica Street, Liverpool, L1 0AH

**0151 659 1789** [liverpoolcares.org.uk](http://liverpoolcares.org.uk)

### **The Brain Charity**

Helping people with all forms of neurological conditions to lead longer, healthier, happier lives  
Norton Street, Liverpool, L3 8LR

**0151 298 2999**

### **Bradbury Fields**

services for Blind and Partially Sighted People  
The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

**0151 221 0888 ext 214**

[jabdullah@bradburyfields.org.uk](mailto:jabdullah@bradburyfields.org.uk)

### **Local Solutions**

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to unpaid carers in Liverpool

**0151 705 2307**

[healthandwellbeing@localsolutions.org.uk](mailto:healthandwellbeing@localsolutions.org.uk)

### **AbilityNet**

Free computer support to disabled people and older people, provided by volunteers.

**0800 048 7462** [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)



# Riverside Older People Support in South and Central Liverpool



## **Daisy Inclusive UK**

Supporting disabled and vulnerable people living in the community.

2 Barnes Street, Everton, L6 5LB

**0151 261 0309** [info@daisyuk.com](mailto:info@daisyuk.com)

## **Fitness For All: Nifty Fifty - exercise for older people**

17A Woolton Street, Woolton, Liverpool, L25 5NH

**0151 421 0606** [office@fitnessfa.co.uk](mailto:office@fitnessfa.co.uk)

## **Liverpool Cares - social club for older people**

Sign up to take part in social activities -

<https://liverpoolcares.org.uk/>

**07701 352495/ 0151 659 1789**

[sophie.mason@liverpoolcares.org.uk](mailto:sophie.mason@liverpoolcares.org.uk)

## **South Liverpool Linking Lives**

Befriending service aimed at older adults who find themselves requiring some extra friendship and support, and this is provided through weekly home visits.

Mossley Hill Church (St Matthew and St James),  
Rose Lane, Liverpool, L18 8DB

**07858 570301** [southliverpool@linkinglives.uk](mailto:southliverpool@linkinglives.uk)

## **Back to Life**

Club for people aged 55+ who are cared for and carers, in particular those living with dementia from the Black and Ethnic Minority groups Liverpool communities but not exclusively. All welcome.

Toxteth Town Hall, 15 High Park Street, L8 8DX

**07801 236448** [jacquim.walker@gmail.com](mailto:jacquim.walker@gmail.com)

## **Rainbow 50 Plus Community**

259-261 Boaler Street, Liverpool, L6 9DH

**07795 433970/07717 398475**

[dee@therainbowcommunity.org](mailto:dee@therainbowcommunity.org)

## **Age Concern Liverpool & Sefton: Friendship service**

Friendship service for people aged 50+ in Liverpool and Sefton

**0151 330 5678**

[mail@ageconcernliverpoolandsefton.org.uk](mailto:mail@ageconcernliverpoolandsefton.org.uk)

## **Smile TLC LTD (supports those affected by dementia)**

Organises social events and support to people living with dementia and their family members.

**0151 374 0112** [support@smile-tlc.co.uk](mailto:support@smile-tlc.co.uk)

# Mental Health Support in South and Central Liverpool



## National Support - Anxiety and Depression Support

**Calm** CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year  
**0800 58 58 58**

**Samaritans** Contact us if you're having a difficult time or if you're worried about someone else.  
[jo@samaritans.org](mailto:jo@samaritans.org) or call **116 123**

## **Shout free 24-hour text help**

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

**It's a place to go if you're struggling to cope and you need immediate help.**

**Mental Health Matters - National Support**  
**0191 516 3500** [info@mhm.org.uk](mailto:info@mhm.org.uk)

**Depression UK** - [www.depressionuk.org](http://www.depressionuk.org)

**Hub of Hope** - <https://hubofhope.co.uk>

## Addiction

### **Gambling Support**

GamCare - 0808 8020 133

### **Alcoholic's Anonymous**

National Helpline **0800 9177 650**  
[help@aamail.org](mailto:help@aamail.org)

**Frank** - FRANK helps you find out everything you might want to know about drugs  
**03001 236 600**

### **Smoke Free Liverpool - YTCC**

YewTree Children's Centre, Berryford Rd,  
L14 4ED **01512967950**

## **We Are With You**

A service for people over 18, living in Liverpool and people who are worried about either their drug (including prescription drugs) or alcohol use, or someone else's that they know.

**Liverpool Central - 0151 706 7888**

**Liverpool North (Croxteth) - 0151 546 1141**

**Liverpool South (Speke) - 0151 541 2856**

## **CATCH Recovery - Addiction Treatment Provider**

CATCH Recovery is an outpatient addiction counselling service offering specialised services for people looking for addiction therapy in Liverpool.

**0203 468 6602**

[info@catchrecovery.com](mailto:info@catchrecovery.com)

## **Addiction Advocates**

Addiction Advocates provide an important 24 hour telephone service for those suffering from mental health issues and addictions

**0800 012 6088** [info@addictionadvocates.com](mailto:info@addictionadvocates.com)

## **Rehab 4 Alcoholism**

Rehab 4 Alcoholism offers a free drug and alcohol advice helpline for people living in Liverpool and the surrounding areas.

**0800 111 4108** [info@rehab4alcoholism.com](mailto:info@rehab4alcoholism.com)

## Inclusive Support

### **Moving On With Life & Learning**

Learning and leisure activities for people with learning disabilities, mental health issues and acquired brain injury.

**0151 794 2991**

[Loretta.Essery-Touray@liverpool.ac.uk](mailto:Loretta.Essery-Touray@liverpool.ac.uk)

# Mental Health Support in South and Central Liverpool



## **Talk Liverpool - North office**

7 New Hall, Fazakerley, Liverpool, L10 1LD  
**0151 228 2300 (Mon to Fri 8am to 6pm)**  
[talkliverpool@merseycare.nhs.uk](mailto:talkliverpool@merseycare.nhs.uk)

## **Norris Green Community Alliance: 'Mindful Communities'**

Men's and women's support groups with regular meetings, services and activities to reduce isolation and improve mental health.

Parthenon House Falklands Approach Norris Green L11 5BR

**0151 479 3800**

[norrisgreencommunity@btconnect.com](mailto:norrisgreencommunity@btconnect.com)

## **The Vibe Liverpool: 'We're Listening'**

A 1-1 listening service and group sessions with a focus on bereavement support.

Vagabonds Tennis Club, 433 Queens Drive Liverpool, L13 0AG

[thevibeliverpool@gmail.com](mailto:thevibeliverpool@gmail.com)

## **Liverpool Bereavement Service Service**

1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF

**0151 236 3932 (9am to 5pm)**

[enquiries@liverpoolbereavement.co.uk](mailto:enquiries@liverpoolbereavement.co.uk)

## **Liverpool Support Services**

### **Liverpool and Sefton**

Anyone aged 16 and over, For urgent mental health support, please call our 24/7 freephone helpline: **0800 145 6570**

### **Mind Clarity CIC**

142 Claughton Rd, Birkenhead, CH41 6EY

**07877253999**

[contact.mindclarity@gmail.com](mailto:contact.mindclarity@gmail.com)

## **Priority Youth Project: 'Priority Youth Counselling Support Programme'**

A 1-1 counselling service for children and young people aged 8-19 years.

Addressing mental health promotion in youth outside of educational setting

**St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA**

**07523 650 956** [hello@priorityyouth.co.uk](mailto:hello@priorityyouth.co.uk)

## **The Comedy Trust: 'Laughter After Loss'**

Workshops, drop-ins and discussion groups to for adults following a bereavement, supporting their journey through the power of laughter.

Royal Court Theatre, 1 Roe Street, L1 1HL

**0151 702 5893** [info@thecomedytrust.com](mailto:info@thecomedytrust.com)

## **Liverpool CAMHS (age 0 to 25)**

FRESH Building, Alder Hey Children's Hospital, Liverpool, L12 2AP

**0151 293 3662**

[camhs.referrals@alderhey.nhs.uk](mailto:camhs.referrals@alderhey.nhs.uk)

## **Crown Hub**

Crown hub is a day service offering support to adults experiencing mental health issues. This is a short term re enablement service offering support for up to 6 – 10 weeks.

Crown Hub, Crown Street, Liverpool, L7 3LZ

**0151 233 3800** [Crownhub@liverpool.gov.uk](mailto:Crownhub@liverpool.gov.uk)

## **Fishing the Mind**

A community interest group in Liverpool which supports people who may be struggling with mental health through social fishing meet ups in parks or fisheries.

[fishingthemind@yahoo.com](mailto:fishingthemind@yahoo.com)

# Domestic Abuse Services in South and Central Liverpool



## National Support - Domestic Abuse

**The Police** on 101 or in an emergency call 999

**The National Domestic Abuse Helpline** – 0808 2000 247

**Choices** – 0800 917 9948

### **The Mankind**

male victims of domestic violence

**01823 334244** or <https://mankind.org.uk/>

### **Broken Rainbow**

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

**0300 999 5428**

**Refuge Helpline** - 0808 808 9999

### **Rise**

Freedom from Abuse and Violence

<https://www.riseuk.org.uk/>

### **Ask for ANI**

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

### **Safe Spaces**

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

**Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247**

**Bright Sky** If you are concerned about domestic abuse, we know it can be hard to find support.

<https://uk.bright-sky.org/>

## Charities and Grants

### **Heinz, Anna and Carol Kroch Foundation**

Search by visiting

<https://grants-search.turn2us.org.uk/>

**Smallwood Trust** - [www.smallwoodtrust.org.uk](http://www.smallwoodtrust.org.uk)

**Skidders Benevolent Trust** - [www.skidders.org.uk/sbt](http://www.skidders.org.uk/sbt)

## Family Support

**NSPCC Helpline** - 0808 800 5000

**Childline** - 0800 1111

### **Family Action**

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

### **Dogs Trust Freedom Project**

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

[www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project](http://www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project)

### **Cats Protection Paws Protect**

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

[www.cats.org.uk/what-we-do/paws-protect](http://www.cats.org.uk/what-we-do/paws-protect)

### **Hourglass**

Support and information for older people and those concerned about an older person facing abuse or exploitation.

**08088088141**

# Domestic Abuse Services in South and Central Liverpool



## National Support - Domestic Abuse

### **Government Support -**

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

### **Support from a Job Centre**

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

### **Citizen's Advice**

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

### **Victim Support**

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

**Support line 08 08 16 89 111**

### **IKWRO Women's Rights Organisation**

Support for Middle Eastern, North African and Afghan survivors.

**0208906460**

**07846275246** Kurdish/Arabic and English Speakers

**07846310157** Farsi/Dari and English Speakers

**Jewish Women's Aid - 0808 801 0500**

### **Muslim Women's Network**

0800 999 5786 or 0303 999 5786

[info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)

### **SignHealth**

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366

[da@signhealth.org.uk](mailto:da@signhealth.org.uk)

**ManKind Initiative helpline for male victims of domestic abuse - 01823 334244**

### Liverpool Support

#### **Merseyside Domestic Violence Services (MDVS)**

PO Box 200, Liverpool, L14 9WU

**07802 722703** [info@mdvs.org](mailto:info@mdvs.org)

#### **Local Solutions - Independent Domestic Violence Advisory Service (IDVA)**

**0151 709 0990** [info@localsolutions.org.uk](mailto:info@localsolutions.org.uk)

#### **PSS: Domestic abuse support**

**0151 702 5500** [ruby@pss.org.uk](mailto:ruby@pss.org.uk)

#### **Liverpool Domestic Abuse Service (LDAS)**

**07923 232327/0800 084 2744 / 0151 263 7474**

#### **The Crossing Point - Domestic Abuse Service**

Free Confidential Domestic Abuse Service working with women, men, and young people.

**07731 878076** [info@thecrossingpoint.co.uk](mailto:info@thecrossingpoint.co.uk)

#### **YMCA Liverpool - Domestic Abuse Rapid Accommodation Project**

YMCA Liverpool, Hope House, 15 Leeds Street, Liverpool, L3 6HU

**0151 600 3530/0151 734 1074**

#### **4Wings - Support for women**

Church House, 1 Hanover Street, Liverpool, L1 3DN

**0151 558 1442** [info@4wings.co.uk](mailto:info@4wings.co.uk)

# Disability Support in South and Central Liverpool



## Employment Support

## Government Support

### Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

## Citywide Support

### The Brain Charity

Norton Street, Liverpool, L3 8LR  
0151 298 2999

<https://www.thebraincharity.org.uk/>

### Mencap

Mencap Cottage House 6-8 Mariners Road L23 6SX  
<https://yournetwork.mencap.org.uk/group/512>  
0151 707 8582

### Strawberry Field

Beaconsfield Road, Liverpool L25 6EJ  
0151 252 6130

### Community Integrated Care

Information@c-i-c.co.uk  
Phone: 0800 2218 522

## Activities and support

### Daisy Inclusive UK

2 Barnes Street, Everton L6 5LB  
0151 261 0309 [info@daisyuk.com](mailto:info@daisyuk.com)

### Greenbank Sports Academy

Greenbank Lane, Liverpool L17 1AG England  
0151 280 7757

### DaDa - Disability and Deaf Arts

The Bluecoat, School Lane, Liverpool, L1 3BX  
07436 536 200 0151 707 1733

### The Lime Hub

The Lime, Upper Baker Street, Liverpool, L6 1NB  
0151 233 5085 / 0151 263 8338

### The New Derry Club P.A.C

The New Derry Social Club, Mere Lane, L5 0QW  
0151 263 1758 [pacdisco@hotmail.com](mailto:pacdisco@hotmail.com)

### Bradbury Fields - Information and Support Services

Bradbury Centre, Youens Way, Liverpool, L14 2EP  
0151 221 0888 [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk)

### Acorn Adventure Farm

Depot Road, Kirkby, Merseyside, L33 3AR  
0151 548 2415 [admin@acornfarm.co.uk](mailto:admin@acornfarm.co.uk)

### Physical and Sensory Impairment Partnership Board

The Old School House, St Johns Road, L36 0UX  
07701 366227  
[Jen.Casey@healthwatchknowsley.co.uk](mailto:Jen.Casey@healthwatchknowsley.co.uk)

### NSC CARE ACTIVITY HUB

The Care Activity Hub, Back Gilmooss Lane, Croxteth, Liverpool, L11 0BD  
07540932743/01515466249  
[Info@thecareactivityhub.co.uk](mailto:Info@thecareactivityhub.co.uk)

### L'Arche Liverpool

L'Arche Liverpool, The Ark Workshops, Lockerby Road, Liverpool, L7 0HG  
0151 260 0422

### RAWD

Unity Theatre, 1 Hope Place, Liverpool, L1 9BG  
07588 754 325 [outreach@rawdproject.co.uk](mailto:outreach@rawdproject.co.uk)



# Migrant and Multi-Cultural Support in Liverpool



## **Liverpool Muslim Society and Al Rahma Mosque**

29-31 Hatherley St, Liverpool L8 2TJ  
0151 709 2560  
[info@liverpoolmuslimsociety.org.uk](mailto:info@liverpoolmuslimsociety.org.uk)

## **Christ Church Norris Green - Triple C**

The Church of the Good Shepherd, Lower House Lane L11 2SF  
07871 914364 0151 226 2992  
[info@triplecliverpool.org](mailto:info@triplecliverpool.org)

## **Pagoda Chinese Community Centre**

Pagoda Arts Henry Street, Liverpool, L1 5BU  
Email: [info@pagodaarts.org.uk](mailto:info@pagodaarts.org.uk)  
Tel: 07542339019

## **4Wings - Support for women**

Church House, 1 Hanover Street, L1 3DN  
0151 558 1442 [info@4wings.co.uk](mailto:info@4wings.co.uk)

## **Amadudu Women's Refuge**

0151 734 0083 [info@amadudu.org](mailto:info@amadudu.org)

## **Muslim Community Helpline**

0208 904 8193 or 0208 908 6715  
[ess4m@btinternet.com](mailto:ess4m@btinternet.com)

## **Savera UK**

151 Dale Street, Liverpool, L2 2AH  
0800 107 0726 [info@saverauk.co.uk](mailto:info@saverauk.co.uk)

## **Liverpool Malayalee Association**

07736 352874 [limaliverpool@gmail.com](mailto:limaliverpool@gmail.com)

## **Kadampa Meditation Centre (KMC) Liverpool**

0151 726 8900  
[info@meditationinliverpool.org.uk](mailto:info@meditationinliverpool.org.uk)

## **Osun Arts Foundation: African arts and culture**

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ  
0151 922 2911 [sunartsfoundation@gmail.com](mailto:sunartsfoundation@gmail.com)

## **Liverpool Irish Centre - Sláinte Le Chéile Health Together**

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG  
0151 263 1808 [info@liverpoolirishcentre.org](mailto:info@liverpoolirishcentre.org)

## **Merseyside Jewish Community Care (MJCC) - Key services**

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL  
0151 733 2292 [info@mjccshifrin.co.uk](mailto:info@mjccshifrin.co.uk)

## **Al-Ghazali Multicultural Centre**

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD  
0151 734 3843 [info@alghazalicentre.co.uk](mailto:info@alghazalicentre.co.uk)

## **Liverpool Arabic Centre (LAC)**

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP  
0151 727 2855  
[info@liverpoolarabiccentre.org.uk](mailto:info@liverpoolarabiccentre.org.uk)

## **Merseyside Polonia**

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP  
0151 237 2674 [info@merseysidepolonia.com](mailto:info@merseysidepolonia.com)

## **Muslim Youth Helpline (MYH)**

0808 808 2008 [help@myh.org.uk](mailto:help@myh.org.uk)

## **Mary Seacole House**

91 Upper Parliament Street, Liverpool, L8 7LB  
0151 707 0319 [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)



# Migrant and Multi-Cultural Support in Liverpool



## **Pal Multicultural Centre**

68A Mulgrave St, Liverpool L8 2TF  
**0151 708 9669**

## **The Kuumba Imani Mellinum Centre**

4 Princes R, Liverpool, L8 1TH  
**0151 708 5278 0741 477 51 51**  
**Info@Moulana.co.uk**

## **Florrie**

377 Mill St, Liverpool, L8 4RF  
**0151 728 2323 info@theflorrie.org**

## **Liverpool Arabic Centre: 'Your Safe Space'**

A culturally sensitive mental health support service, which combines Western and Arab/Muslim traditional therapies to provide support for people experiencing poor emotional and mental well-being due to financial hardship. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 OTP  
**0151 727 2855**

## **Mary Seacole House**

A mental health charity and resource service set up to offer support and advice in emotional and practical matters, primarily Black, Asian, Minority, Ethnic and Refugee communities. Mary Seacole House, 91 Upper Parliament Street, Liverpool, L8 7LB  
**info@maryseacolehouse.com**

## **Everton in the Community: Welcome Through Football Refugee And Asylum Seeker Football Project**

The People's Hub Cruyff Court, 46 Spellow Lane, Liverpool, L4 4DF  
**jonathan.garside@evertonfc.com**

## **Merseyside Refugee Support Network (MRSN)**

1st Floor, St Anne's Centre, 7 Overbury Street, Liverpool, L7 3HJ  
**0151 709 7557 info@mrsnliverpool.org.uk**

## **Family Refugee Support Project (FRSP)**

Provides practical help to refugees "moving-on" from the asylum system and support to onward social and economic integration into life in Liverpool and beyond. Toxteth Town Hall, 15 High Park Street, L8 8DX  
**0151 728 9340 info@frsp.org.uk**

# Women's and Men's Groups in Liverpool



## Women's Groups

### **Women's Health Information and Support Centre (WHISC):**

Our Listening Ear service is available for women, telephone 0151 707 1826 to make an appointment or drop in to WHISC Centre. Open Monday, Tuesday and Thursday 10 am to 4pm  
Daily activities available  
120 Bold Street, Liverpool, L1 4JA  
**0152 707 1826 women@whisc.org.uk**

### **Granby Somali Women's Group: 'GSWG Befriend Me'**

A social network where elderly Muslim and minority ethnic women will come together, exchange ideas, have interesting discussions and participate in a number of activities, which will alleviate their loneliness.  
12 Beaconsfield Street, Liverpool, L8 2UU  
**contact@granbysomaliwomensgroup.org**

### **The Women's Organisation: Enterprise Hub**

54 St James Street, Liverpool, L1 0AB  
**0151 706 8113 enterprisehub@thewo.org.uk**

### **National Association of Women's Clubs (NAWC) - Liverpool**

**01708 730805 nawc@btconnect.com**

### **Paperwork Theatre - Women's Drama Group**

Luna, Northern Lights, 5 Mann Street, L8 5AF  
**info@paperworktheatre.co.uk**

### **Minerva Women's Group**

Women's clubs across Liverpool offering activities, trips, and friendship in a friendly atmosphere.  
St Marys Millennium Centre, Meadow Lane, L12 5EA  
**0151 228 1998**

## Men's Groups

### **JourneyMEN**

Offer practical activities designed to tap that potential, address the causes of mental ill-health and aid recovery.  
<http://journeymencic.com>  
56 Chester Street, Birkenhead, CH41 5EA  
**0151 792 9159 enquiries@journeymencic.com**

### **Peloton Liverpool Ltd: 'Joy Ride'**

A cycling club to support men in recovery, whilst providing an opportunity to socialise, exercise and build skills. L13 9AF  
**danny@peloton.coop**

### **Ellergreen Community Centre - JAM**

'Just Average Men' Men's Group open to men of all ages delivering activities as a group.  
Monday 10 am to 12 pm  
Ellergreen Road, Liverpool, L11 2RY  
**0151 233 3337 ellergreen@altvalley.co.uk**

### **Sean's Place**

Mental Health Support for Men in Sefton and Liverpool  
**211 Linacre Lane, Bootle, Liverpool, L20 6AD**  
**0151 922 5444**

### **Reach Mens Centre**

The Reach Mens Centre, 6-7 The Palatine, Strand Shopping Centre, Bootle, L20 4SN  
**07504565764 or 0151 245 6925**

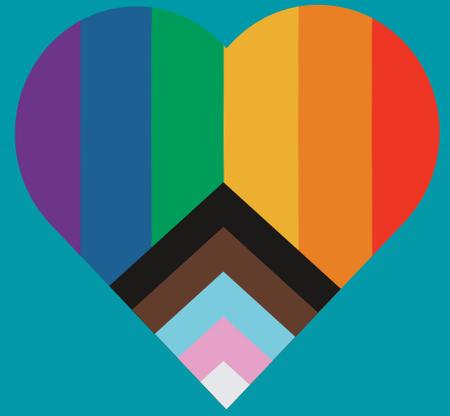
### **Andys Man Club Liverpool**

**info@andysmanclub.co.uk**

### **James' Place Liverpool**

Offer free, life-saving treatment to suicidal men  
**0151 303 5757 liverpool@jamesplace.org.uk**

# LGBTQ+ Support in Liverpool



## LGBTQ+

### **Trans Support Service (TSS)**

The Beat Hanover Street/David Lewis Street  
Liverpool L1 4AF

**0151 317 8581** [Tss.merseycare@nhs.net](mailto:Tss.merseycare@nhs.net)

### **Spirit Level Transgender Support Group**

<https://spiritlevel.org.uk/>

[spirit.level@yahoo.com](mailto:spirit.level@yahoo.com)

### **Sahir**

Sahir House, 4th Floor, 151 Dale Street L2 2AH

**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **THE Action Youth (Trans Health Education) (YPAS)**

36 Bolton Street, L3 5LX [www.ypas.org.uk](http://www.ypas.org.uk)

**0151 702 6087** [gyro@ypas.org.uk](mailto:gyro@ypas.org.uk)

### **Citizens Advice Liverpool - LGBTQ+ Hate Crime Support Service**

Practical & emotional support for people who have been affected by LGBTQ+ hate incidents, and their families, across Merseyside.

**0151 522 1400 ext 5006**

[LGBTHateCrime@caliverpool.org.uk](mailto:LGBTHateCrime@caliverpool.org.uk)

### **Switchboard LGBTQ+ Helpline**

**0800 0119 100** [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

### **Merseyside non-scene LGBT Social Group**

<https://www.meetup.com/MERSEYSIDE-LGBT-SOCIAL-GROUP/>

[stev\\_arts@yahoo.co.uk](mailto:stev_arts@yahoo.co.uk)

### **Merseyside LGBT Creative Writing Group and Book Groups (18+)**

<https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/>

### **Galop**

Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

**0800 9995428** [help@galop.org.uk](mailto:help@galop.org.uk)

### **Sahir House - HIV Support, Information and Training Centre**

Sahir House, 4th Floor, 151 Dale Street, L2 2AH

**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **LIV.FAST Network**

Provides peer support and advice for those who identify somewhere within the FTM (Female-to-Male) spectrum.

The Beat, Hanover Street/David Lewis Street, Liverpool, L1 4AF

[liverpool.ftm@gmail.com](mailto:liverpool.ftm@gmail.com)

### National Resources

**Stonewall** <https://www.stonewall.org.uk/>

**LGBT Foundation** <https://lgbt.foundation/>  
**0345 3 30 30 30** [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)

**Mermaids** <https://mermaidsuk.org.uk/>

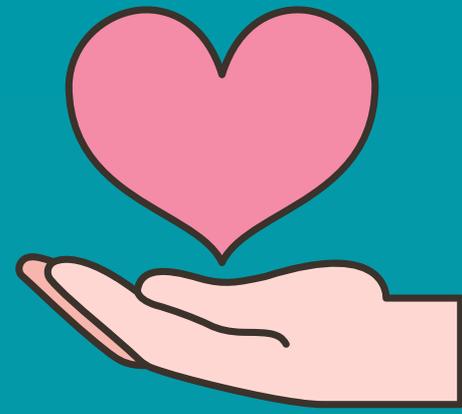
**Mind** - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

**Mindout** - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat  
**01273 234839** [info@mindout.org.uk](mailto:info@mindout.org.uk)

### **Families and Friends of Lesbians and Gays (FFLAG)**

**0300 688 0368** [info@fflag.org.uk](mailto:info@fflag.org.uk)

# Additional Support in South and Central Liverpool



## Sexual Violence Support

### **Rape and Sexual Abuse Centre (RASA)**

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.

**0151 666 1392 [helpline@rasamerseyside.org](mailto:helpline@rasamerseyside.org)**

### **Rape Crisis**

A service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

**0808 500 2222**

### **SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)**

24 hour telephone support service

**0151 295 3550**

### **Silent Solution**

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

### **Victim Care**

Support for victims of Crime in Merseyside

For advice and support - **0808 175 3080**

**[www.victimcaremerseyside.org](http://www.victimcaremerseyside.org)**

## Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** or Liverpool Direct on **0151 233 3001** to report

### **Stop Hate UK**

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

**0800 138 1625 Text: 07717 989 025**

**Text relay: 18001 0113 293 5100**

**Webchat at <https://www.stophateuk.org/talk-to-us>**

### **Anthony Walker**

Racial or religious hate crime - this support service is delivered by the Anthony Walker Foundation (AWF). AWF delivers specialist counselling and support for victims.

LCVS Building 3rd Floor, 151 Dale Street, L2 2AH

**0151 237 3974**

**[info@anthonywalkerfoundation.com](mailto:info@anthonywalkerfoundation.com)**

### **Daisy Inclusive UK**

Disability hate crime - provided by charity Daisy Inclusive UK. Daisy UK have a dedicated hate crime officer who supports victims from the point of contact through to support and guidance through the judicial system, if required.

**0151 261 0309**

**[disabilityhatecrime@daisyuk.com](mailto:disabilityhatecrime@daisyuk.com)**

### **Citizens Advice Liverpool**

LGBTQ+ hate crime - this support service is delivered by Citizens Advice Liverpool. They can help you to make a report to the police if you wish, understand your rights, liaise with organisations and help you to access specialist support services such as counselling.

**0800 144 8848**