pomoc i wsparcie

پشتیبانی کمک و

帮助和支持

допомога та п дтримка

ANCOATS, BESWICK & MILES PLATTING

Help + support

مدد اور حمایت

এবং সহেযিাগতা

مساعدةودعم

મદદ અતેમરગાઇટ્ા સાહાય

Advice + Benefits

مشورباورحکومتی فوائد - ਸਲਾਹ ਅਤੇਸਰਕਾਰੀ ਲਾਭ - পরামশ এবং সরকারী

সুবিধা - مشاوره و مزایای دولت - المشورة والفوائد الحكومية - porady i świadczenia rządowe - 建议和政府福利 -

поради та державн п льги -

GM Law Centre
667-669 Stockport Rd, Levenshulme, M12 4QE
0161 769 2244 - reception@gmlaw.org.uk

Citizens Advice Manchester
Free Adviceline: 0808 278 7800
Free Energy Advice: 0808 164 4406

Ethnic Health Forum
07918 830 170 - info@ethnichealth.org.uk

Community Advice Link
95-97 Northmoor Road, M12 5RT
BOOK BEFORE - 0161 272 7909
Monday-Friday - 10:00am-5:00pm
info@somadvicelink.org

Housing

باؤسنگ – হাউজিং – হাউজিং

الإسكان مسكن - Mieszkania - житло - 住房

Shelter 0808 8004444
https://england.shelter.org.uk/get_help/webchat

Immigration

امیگریشن - ਇਮੀਗਰੇਸ਼ਨ – 移民 -

অভিবাসন - مهاجرت – الهجرة – imigracja – мм грац я

Revive UK
0161 223 5668 - info@revive-uk.org

Community Cafes + Hubs

Newleaf Foundation
Grange Community Resource Centre, M11 2TG
info@newleaf-foundation.org.uk
Mondays, unsure of time

Apostles Church
Ridgway Street, Miles Platting, M40 7FY
Coffee mornings on Fridays serving tea, coffee, toast and crumpets
07393 574571

Food

کھانا – ভজন – खाद – غذا – طعام -

Żywność – харчування - 食物

Contact by phone, online, email for referrals

Feed My City
feedmycity.org/request-a-food-parcel/ 0300 365 3101

HumansMCR
www.humansmcr.org - info@humansmcr.org
150 Rochdale Road, M9 6FQ

Mustard Tree
Oldham Road, M4 6AG
0161 228 7331 - self-referrals accepted

Miles Platting Community Grocer
Queensbury Court, Wardle Street, M40 7DD
07708 835624

4CT The Grange Pantry
4 Pilgrim Drive, Beswick, M11 2TG
0161 230 1420 - info@4ct.org.uk

Manchester Central Foodbank
Referral Required - 07928412339
info@manchestercentral.foodbank.org.uk

Revive UK
187 Grey Mare Lane, Beswick, M11 3ND
0161 223 5668- info@revive-uk.org

Apostles Social Supermarket
Ridgway Street, Miles Platting, M40 7FY
07393 574571