

Category of Provision	Name	Description of Support	Contact Name and/or link	Contact Number	Contact Email
FOOD	Heywood Food Bank	Food parcels to those who need help, open Mondays and Fridays 10am - 12noon	Liam Killough	07396 071193	lakillough@hotmail.com
FOOD	Friends of Hopwood Park	Pies are ordered and paid for over the phone and delivered also wellbeing checks	Sandra Trickett https://en-gb.facebook.com/groups/153376491506222/	07811 183064	sandra@friendsofhopwoodpark.co.uk
FOOD	Family Action Fareshare	Our Family Action/Fareshare Food Clubs in Littleborough, Heywood and Newbold Childrens centres offer a weekly food club to reduce food waste and provide local families with a range of food at the low cost of £3.50 per week. They are now offering a free food gift, referrals only. The free Food gift is worth £15. The food is supplied by Fareshare and will be different each week. A referral form will need to be completed and returned to the Supporting Families Allocation Panel supportingfamilies@rochdale.gov.uk You can request a referral form from Sarah.Taylor@Rochdale.Gov.UK	Gemma Mcardle	0161 277 6970	gemma.mcardle@family-action.org.uk
FOOD	The Food Network	The food network is changing from next week. We are going to be running an emergency food parcel service.	Kirkholt community church	01706 526722	-

		<p>Our criteria is going to be</p> <ol style="list-style-type: none"> 1. Physical/mental health causing problems leaving the house 2. No recourse to public funds 3. Monies sanctioned 4. Families struggling to access outside food agencies who have little or no funds. <p>People will either be given a one off parcel or be given the support for a number of weeks until there situation changes. We hope that ever agency will make sure that the people meet the criteria. Hopefully together we can get people back on the right track.</p>			
MEDICATION DELIVERY	HMR Circle and Volunteer Driver Service	Prescription pick up - volunteer drivers	Mark Wynn http://hmrcircle.org.uk	01706 751165	mark@hmrcircle.org.uk
MEDICATION DELIVERY	Brass Knuckles	Paul runs a facebook group of motorcycle riders / car drivers that are willing to do deliveries /collections of food / prescriptions or help in general - he has around 25-30 people to help	Paul https://www.facebook.com/groups/2000794323536739/about/	795123642 5	paul372009@live.co.uk
PRACTICAL	Northwest By Numbers	Helping you feel more in control of your bookkeeping & accountancy requirements. Whether this is through providing the service for or, training you to do it yourselves, understand the jargon surrounding the sector, understand some of the	Moragh Hunt	-	accounts@northwestnumbersltd.co.uk

		processes.			
PRACTICAL	Angies Angels	We provide clothing, toiletries, housing starter packs for people moving into their own accommodation from either a hostel or homelessness.	Angie	771178513 1	angiesangels1@outlook.com
PRACTICAL	Bridging Communities	Based at the old M&S building, Bridging Communities have a large supply of fast Covid tests available to pick up, whether for your organisation or service users, if you would like to collect some Covid Fast tests, pop into the old M&S building, between 10am - 4pm Mon - Fri and ask for Jav.	Jav Rehman	07858 206826	bridging.communities4all@gmail.com
PRACTICAL	British Red Cross Hygiene packs / blankets, Discharge from hospital and support at home, Loan of wheelchairs	Hygiene packs / blankets, Discharge from hospital and support at home, Loan of wheelchairs		0300 023 0700	
DIGITAL	Business in the Community	Mentored support to increase confidence and digital skills - this project takes an individual and matches them a trained volunteer to help them gain more digital skills. The participant needs connectivity and tech but they can determine what it is they would like to learn and the programme is shaped round their needs and levels.	Lucy smith	0161 9717587	Lucy.Smith@bitc.org.uk

DIGITAL	Digital Tech Library	Working with partners, HMR Circle has created the Digital Tech Library, where we can loan people tablet computers to help them get started on their internet journey.	Mark	0800 112 3440	mark@hmrcircle.org.uk
DIGITAL	HMR Circle Digital Support	One to one support for older people to get online including people in Independent Living Schemes	Kim Ho www.hmrcircle.org.uk	0800 112 3440	Kim Ho <kim@hmrcircle.org.uk>
DIGITAL	Ability Net Volunteers	IT / technology support older and disabled people of any age to get online	Ability Net https://abilitynet.org.uk/at-home	0800 0487642	enquiries@abilitynet.org.uk
DIGITAL	Disability Forum / RADDAG	Peer support from the Disability Forum / RADDAG for people with specific needs e.g. people with sight impaired	Sarah Cross www.raddag.org	Telephone, SMS (text) message and WhatsApp - 07828 482 600	Sarah Cross <sarah.cross@raddag.org>
DIGITAL	Digital Community Champions	Support to get online 1-2-1	Nicola Keogh www.livingwellrochdale.com	01706 751190	Nicola Keogh <nicola.keogh@thebiglifegroup.com>
Advice	Recovery Republic	Money management, housing, employment, lifestyle behaviour change, quitting smoking and work related health advice and support.	Michael Taylor	01706 622722	info@recoveryrepublic.co.uk
Advice	St Bernards Support	Financial wellbeing online and telephone help sessions for people affected by cancer and other illnesses. Every 2nd Tuesday of each month 10am - 9pm. Individual one-to-one Sessions are available online Or by telephone at other times		0800 772 0723	help@s-b-s.org.uk

ADVICE	Debt Buffer	We help individuals and families near Rochdale with free debt advice and debt counselling. We provide fast, easy and free confidential advice and support by quickly establishing what form of debt solution might be right for your needs and level of income.	https://www.debtbuffer.com	0800 488 0247	-
ADVICE	Electricity North West	<p>Priority Service register - Customer support guide - The booklet includes important information for customers how to prepare for and what to do in a power cut as well as some simple energy saving tips, there are changes to the form regarding data sharing and opt in/out night updates.</p> <p>The application for the PSR is now free postage and the tear out form is at the back of the book.</p>	<p>Download booklet here, https://www.enwl.co.uk/priority</p>	See Link	See Link
ADVICE	Citizens Advice	The citizens advice line is open so if anyone you come across needs it, please pass on the details - 0300 330 9073 - available 8.30 to 5.00 Mon-Fri.		0300 330 9073	
Education	Recovery Republic	Flourishing' - co-produced development programme we offer through our associated Education at Recovery Republic partner. Flourishing follows investment from the Workers' Educational Association. It builds on people's strengths and assets and their life goals to be achieved at their own pace.	Michael Taylor	01706 622722	info@recoveryrepublic.co.uk

Education	Touchstones TV	Learn about history on Touchstones TV, every Wednesday 9am, tune in for free	www.youtube.com/c/yourlink4life	See Link	See Link
Education	Red Cross	Our free, easy-to-use teaching resources help children aged 5 to 11 to look at the world from a humanitarian point of view. These curriculum-linked activities, sessions and teaching packages are ideal for PSHE, Citizenship, English, Art, Geography and informal learning time. They help primary learners develop empathy with others, learn to help others, develop their resilience and gain many other life skills.	https://www.redcross.org.uk/get-involved/teaching-resources/primary-teaching-resources	See Link	See Link
Translation	Caring and Sharing Rochdale	Can offer interpreters in different languages.	Nicky	-	caringandsharingrochdale04@gmail.com
Translation	Europaia	Translation service for Portugese, Lithuanian, Latvian, Romanian, Romanes, Russian, Slovak, Czech, Bulgarian, Spanish, Polish, Hungarian - small budget available for translations, however financial contributions are welcome	Cristina Leonte-Racu	07762 807487	cristina.l@europia.org.uk
Translation	KYP	Translation service for Urdu language	Khadija		Khadija@kyp.org.uk
Translation	Bridging Communities	Translation service for pahari, punjabi and Farsi, other languages can be contacted on request.	Javed Rehman	07858 206826	bridging.communities4all@gmail.com

Translation	Nestac	NESTAC provides a high quality, prompt and affordable translation and interpreting service in Greater Manchester. Languages covered are Amharic, Arabic, Aramaic, Armenian, French, Lingala, Kurdish, Persian, Polish, Portuguese, Spanish, Swahili, Urdu, Punjabi, Wolof, Yuruba. Booking form available from laura.augustine@actiontogether.org.uk		01706 868993	info@nestac.org.uk
Translation	Translation Linx	Provides Arabic Interpreters in Rochdale, at a cost.	-	0800 368 8681	bookings@translationlinx.co.uk

WELLBEING	Kooth	Online mental healthcare service which aims to provide mental health service to individuals under the age of 21. Access online mental health services that work alongside you to provide compassionate and effective support.	Tom Boroughs	-	tboroughs@kooth.com
WELLBEING	Rochdale Dawah Centre	BAME wellbeing packs available Teenager pack - http://bit.ly/TeenWellbeingPack Mothers wellbeing pack - http://bit.ly/MothersWellbeingPack Adult wellbeing pack - http://bit.ly/AdultWellbeingPack Deaf wellbeing pack - http://bit.ly/DeafWellbeingPack Intro to deaf awareness and BSL - http://bit.ly/IntroToDeafAwarenessnBSL	Mohammed Tawasir	-	info@rochdaledawah.co.uk

WELLBEING	Healthwatch Rochdale	<p><u>Our Vision is a better health and social care experience for everyone in Rochdale. Our Mission - We are the independent voice of local people in challenging and influencing health and social care provision in the Rochdale borough. Please provide us with your feedback on any health and social care you have received as a Rochdale resident - https://healthwatchrochdale.org.uk/share-your-feedback-local-health-and-social-care-services</u></p>	<p><u>https://healthwatchrochdale.org.uk/</u></p>	01706 249 575	info@healthwatchrochdale.org.uk
WELLBEING	Transport for Sick Children	<p>We help families who have sick children and are on a low income take their children to and from hospital. If you are a parent or carer in need of Transport for Sick Children just ask your Health Professional or Social Worker to contact the charity. We have a dedicated team of transport organisers who take referrals from them.</p>	Beverley	0161 443 4122	to@transportforsickchildren.org
WELLBEING	Your Trust (formerley Link4Life)	<p>Your Trust is a charity working in the heart of Rochdale Borough to support each and every member of our diverse community to live happier, healthier and more creative lives.</p>	Paul Gardner	<u>https://link4life.org/</u>	<u>paul.gardner@link4life.org</u>
WELLBEING	Barnardos BOLOH - The Black, Asian and Minority Ethnic family Covid-19 Helpline	<p>If you have been affected by the pandemic and you need advice or someone to talk to, you can call us confidentially on 0800 1512605 or, if you prefer to have an online chat with the specialist support advisor, you can do this via the live webchat by clicking on the chat icon on the bottom</p>	<u>https://helpline.barnardos.org.uk/</u>	0800 1512605	

		right of our website. Our trained staff are awaiting your phone calls or webchats Mon-Fri, 10am-8pm, and Sat-Sun 10am-3pm. Boloh supervisors may listen in to your phone call, or supervise your helpline advisor's web chat to make sure that we can help you in the best way.			
WELLBEING	Recovery republic	Supported self help and emotional wellbeing development and support to people in Heywood and beyond	Michael taylor https://www.facebook.com/recoveryrepublicheywood/	01706 622722	info@recoveryrepublic.co.uk
WELLBEING	Transport for Sick Children	We help families who have sick children and are on a low income take their children to and from hospital.	Beverley	-	beverley@transportforsickchildren.org
WELLBEING	Volunteering Matters	Getting Together Matters - We have a great calendar of free activities and events that will bring older people together across our communities. Activities include online gentle exercise singing and quizzes, Involving people over 50 years old and aimed at older age groups, in interactive sessions, helping combat loneliness and isolation at this time.	https://volunteeringmatters.org.uk/project/getting-together-matters/	080 8196 6831	gtm@volunteeringmatters.org.uk