**A comprehensive directory of services in and around Oldham. Services include: Mental Health Services, Charities, Old Age Services, Adult Services, Children and Teen Services, General Services accessible by everyone, Addiction and Drug Services and Benevolent Funds available to those unable to work for any reason.**

**Key:**

**Telephone Contact**

**Email Contact**

**Website**

**Address**

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**Social Care and Mental Health Services:**

**In Crisis:**

**Your GP** (During Surgery Times) : **Tel**: 0161 357 2315

**Go To Doc** **Tel**: 0161 336 3252

**NHS 111 Tel**: 111

**Accident & Emergency** : In person, 24 hours, every day

**Emergency Social Services**: *Call in the event of unexpected major problem within the home or family.*

**Tel**: 0161 770 6936

**The Sanctuary**: *24 Hour support to adults (18+) who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.*

**Tel**: 0300 003 7029

**Papyrus**: *Support for teenagers and young adults who are feeling suicidal.*

**Tel**: 0800 068 4141

**Text**: 07786209697

**Email**: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**The Samaritans**: *Confidential, emotional support 24 hours each day, every day.*

**Tel**: 116 123

**Email**: [jo@samaritans.org](mailto:jo@samaritans.org)

**SANE**: n*ational, out of hours mental health helpline offering specialist emotional support to anyone affected by mental illness, including friends, family and carers.*

**Tel**: 0300 304 700

**Calm**: *Offering support to men of any age, who are in crisis.*

**Tel**: 0800 58 58 58

**Web**: [www.thecalmzone.net](http://www.thecalmzone.net)

**Homelessness Advice Team**:

**Tel**: 0161 393 7117 (Daytime)

**Tel**: 0800 988 7061 (Out of Hours)

**Oldham Independent Domestic Violence Advisors**: - *Support and advice to anyone experiencing domestic or sexual violence*

**Tel**: 0161 770 5557

**24 Hour Helpline**: 0808 2000 247

**Homelessness Section**: **Tel**: 0161 770 44555

**Emergency Housing**: **Tel**: 0800 988 706

**ChildLine**: *Offers support to those under the age of 19 in crisis, as well as in any other situation they may be struggling, through online 1-2-1 chats and over the phone counsellors*.

**Tel**: 0800 1111

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

**Support in Oldham Self-help and Information Websites:**

**TOG Mind**: -*National charity providing reliable information and self-help on a wide range of mental health problems and issues*

**Tel**: 0161 330 9223

**Email**: [office@togmind.org](mailto:office@togmind.org)

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

**The Royal College of Psychiatrists**: *Provides reliable information and self-help on a wide range of mental health problems.*

**Web**: [www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx)

**Get Self Help**:*Computer based CBT for a wide range of mental health problems*

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

**Depression Alliance**: *Information and tips on how to deal with depression. Find local support groups*.

**Web**: [www.depressionalliance.org](http://www.depressionalliance.org)

**Anxiety UK**: *Information and tips on how to deal with anxiety related problems and online chat support.*

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

**Helpline**: 08444 775 774

**Text Service**: 075374 16905

**Mood Swings**: *Offers advice, information and support for people with mood swings, their family and friends*

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

**Info Line**: 0161 832 3736

**Oldham Talking Therapies:** *Offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood/depression, stress, worry or anxiety, feelings of hopelessness or panic attacks. It can also help with effects of a long term health problem or chronic pain, Post Natal Depression, OCD, phobias or eating difficulties. (16+ and registered with a GP in Oldham).*

**Tel**: 0161 716 2777

**Web**: [www.penninecare.nhs.uk/oldhamtalk](http://www.penninecare.nhs.uk/oldhamtalk)

**Healthy Young Minds**: *Help children and young people up to the age of 18 and support their families/carers. They can help with anxiety, depression, psychosis, PTSD, self-harm, ADHD, ASD as well as more complex psychological difficulties.*

**Tel**: 0161 716 2020 -*.*

**Specialist Services in the Voluntary and Community Sector:**

**Citizens Advice Bureau**: *Free advice service to inform people of their rights and responsibilities. Specialist advice on benefits, employment, housing and homelessness.*

**Tel**: 0300 330 1153

**Web**: [www.oldhamcab.org.uk](http://www.oldhamcab.org.uk) -

**Community Dentist Services**: *Treatment and care for individuals whose special requirements cannot be met by a general dentist practice.*

**Tel**: 0161 621 3614

**Drug and Alcohol Services**: *Support to reduce or stop using drugs or alcohol.*

**Tel**: 0161 770 1188

**Greater Manchester Domestic Violence Support**: *24 hour domestic violence support.*

**Tel**: 0808 200 247

**Men’s Advice Line**: 0808 801 0327

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

**Relate**: *Offers advice, relationship counselling, sex therapy, workshops, meditation and consultations.*

**Tel**: 0300 100 1234

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

**Oldham Early Help Team**: *Work with individuals and families living in Oldham to develop skills to be more independent.*

**Tel**: 0161 770 6627

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

**Oldham Carers Centre**: *Will assist with all aspects of being a carer and offer social, emotional, practical support to help you continue in your caring role.*

**Tel**: 0161 770 1188 -

**Oldham Veteran**: *Offer support and accommodation to people who have served in the British Armed Forces.*

**Tel**: 0161 626 9430

Email: [Debbie.vots@gmail.com](mailto:Debbie.vots@gmail.com)

**Fatima Women’s Association**: *Offer a number classes and activities for women.*

**Tel**: 0161 627 3109

**Mobile**: 07925089078

**Werneth Women’s Association**: *Offer a variety of services including a women’s lunch club, English classes and many other activities such as yoga and cooking. There is also a drop in service offered every Thursday morning until 12pm.*

**Tel**: 0161 628 2235

**Health and Wellbeing College**: *Provide an educational approach to empower you to take control of your health and wellbeing while learning new skills.*

**Tel**: 0161 716 2666

**Email**: [hwcollege.penninecare@nhs.net](mailto:hwcollege.penninecare@nhs.net)

**Back on Track**: *A Manchester charity working with adults who are going through recovery or rehabilitation having been through problems with alcohol or drugs, offending, homelessness and mental health.*

**Tel**: 0161834 1661 -

**Salvation Army**: *Offer a drop in service for the homeless every Friday between 11am and 1pm, providing free drinks and snacks, a listening ear and someone to talk to.*

**Address**: 203 Roundthorn Road, Oldham, OL4 5LD **Oldham Unity**: *A project aimed at supporting asylum seekers (paperwork required at initial visit) with food parcels, bus fares, clothing, bedding and a place to socialise every Thursday between 12:30pm and 2:30 pm.*

**Tel**: 0161 624 1214

**Address**: Oldham Baptist Church, Chaucer Street, Oldham, OL1 1BA

**LGBT Foundation**: *A national charity delivering a wide range of services to the LGBT communities including a helpline and counselling service.*

**Tel**: 0345 330 3030

**Email**: [info@lgbt.foundation](mailto:info@lgbt.foundation) –

**The Lucy Faithfull Foundation**: *A registered child protection charity which works across the UKI to prevent child sexual abuse. It runs many projects including Stop It Now reaching out to adults concerned about their behaviour towards children.*

**Tel**: 0800 1000 900

**Email**: [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk)

**Web**: [www.lucyfaithfull.org.uk](http://www.lucyfaithfull.org.uk) and [www.stopitnow.org.uk](http://www.stopitnow.org.uk) -

**The National Autistic Society**: - *A UK charity for autistic people and their families providing information and support.*

**Tel**: 0808 800 4104 (Mon-Thurs 10am-4pm, Fri 9am-3pm)

**Mobile APPS**

**Mindshift**: Provides techniques to help with panic, perfectionism, social anxiety and phobias. It includes a variety of different tools based on CBT to help you learn to relax and be mindful. It includes tools for quick relief, a thought journal, coping cards, belief experiments, facing fears, expanding your comfort zone and goal setting.

**Hub of Hope**: Enables you to find services local to you using geolocation technology.

**Wellmind**: Helps with stress, anxiety and depression. It offers features to track your mood and offers general help and advice as well as help when you are in crisis. It helps with relaxation techniques to enable you to manage your mental health.

**Clear Fear**: Provides you with a range of techniques to help manage anxiety, including mindfulness activities and creating a support network of people for you to talk to.

**Charities**:

**Turn2us**: *A national charity that offers support to people in financial hardship and helps them to access welfare benefits, charitable grants and support services.*

**Tel**: 0808 802 2000

**Email**: [info@turn2us.org](mailto:info@turn2us.org)

**Web**: [www.turn2us.org.uk](http://www.turn2us.org.uk)

**Oldham Food Bank**: *Offers emergency food and support to people in crisis.* **Tel**: 0161 622 1061

**ACE Centre**: *Provide support, advice, technology and training to enable people with complex communication needs to express themselves and meet their full potential. (Augmentative and Alternative Communication and Assistive Technology)*

**Tel**: 0800 080 3115

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

**Oldham Bereavement Support Service**: *Visit those who have been bereaved in their own home or at the centre and provide support so they can talk through and express their grief and try to come to terms with their loss.*

**Tel**: 0161 627 8207

**Oldham Owls Disabled Sports Club**: *Encourage people with disabilities to engage in active sports such as wheelchair basketball, fishing and table tennis.*

**Tel**: 0161 628 4045

**Charlie’s Child Loss Charity**: *Providing support for men who have lost a child.*

**Tel**: 07377 131299 -

**Oxfam**:

**Tel**: 0161 652 4697

**Address**:31 Yorkshire Street, Oldham, OL1 3RZ

**Oldham Community Accountancy Service**: *A specialist service which is aimed at empowering not for profit groups and voluntary organisations to manage their finance and resources effectively and efficiently.*

**Tel**: 0161 652 2334

**Address**: 2nd Floor, 143-145 Yorkshire Street, Oldham, OL1

**Apex Charitable Trust**: A specialist charity who supports offenders into employment, training, education and voluntary work. Their services enable all offenders and those at risk of offending to be the best they can be and to achieve their goals.

**Tel**: 0161 785 8858

**Address**: 11 Retiro Street, Oldham, OL1 1SA

**Delph’s Diners’ Club**:

**Tel**: 01457 873 737

**Address**:9 Higher Dale, Delph, Oldham, OL3 5HY

**Chadderton Old People’s Welfare Committee**:

**Tel**: 0161 624 8459 or 0161 628 5202

**Address**: 298a Broadway, Chadderton, Oldham, OL9 9QU

**Action Together**: *Offer support, advice and help for individual volunteers, groups and organisations to set up a group or organisation.*

**Tel**: 0161 339 2345

**Address**: 12 Manchester Chambers, West Street, Oldham, OL1 1LF

**Over 60’s Centre**: *Gives older people the opportunity to meet new friends, learn skills and enjoy a meal together. Enables older people to go out and socialise where they might previously have avoided doing so.*

**Tel**: 07557 276 518

**Address**: 298a Broadway, Chadderton, Oldham, OL9 9QU

**Rainbow Trust**: *Support families who have a child aged 0-18 with a life threatening or terminal illness. They provide support to all family members and provide more support to siblings through maintaining school attendance and engaging in different activities. Other support for living at home and also attending hospital is also available. There are also services in place to offer bereavement support.*

**Tel**: 0161 628 2194

**Address**: Chambers Business Centre, Chapel Road, Hollinwood, Oldham, OL8 4QQ

**Old Age Services**:

**Mobility Aids**:

-Millercare: **Tel**: 0161 785 9898

-Promobility: **Tel**: 0161 633 0040

-Turtle Mobility: **Tel**: 0161 652 6023

**Age UK (Church Lane):** **Tel**: 0161 622 9333

**Home Adaptations**:

-Minor: **Tel**: 0161 633 0123

-Disabled Adaptations Team: **Tel**: 0161 770 1447

**Forum4Age**:

**Tel**: 0161 633 0123

**Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)

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

**Aid For the Aged in Distress**:

**Tel**: 0870 803 1950

**Email**: [info@aftaid.org.uk](mailto:info@aftaid.org.uk)

**Alzheimer’s Society**:

**Tel**: 020 7423 3500

**Email**: [info@alzheimers.org.uk](mailto:info@alzheimers.org.uk)

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

**Befriending Service Age UK**: *For older people who don’t see other people or go out much. A volunteer visits them in their home and offers encouragement to go out and join in with activities.*

**Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)

**Web**: [www.ageuk.org.uk](http://www.ageuk.org.uk) (Monday-Friday 9am-4:30pm)

**Care and Support Service (Helpline & Community Alarms)**: *A personal alarm unit which connects you to specially trained staff in a control centre. Service for elderly, sick or disabled.*

[**Tel**: 0161](Tel:0161) 770 5189

**Email**: [helplineresponse@oldham.gov.uk](mailto:helplineresponse@oldham.gov.uk)

**Handy Van Scheme (Age UK)**: *Service to help elderly people stay in their own homes by providing maintenance and simple adaptations such as fitting grab rails, securing loose floor coverings, extra telephone sockets, fitting shelving and spy holes or smoke alarms.*

**Tel**: 0161 622 9277

**Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk)

**Web**: [www.ageukoldham.org.uk](http://www.ageukoldham.org.uk) -

**Alzheimer’s Society**: *Aim to improve the lives of those living with Dementia. They provide local information and over 2,000 services to people with Dementia.*

[**Tel**: 0300](Tel:0300) 222 11 22 / 020 74233500

**Email**: [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)

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

**Dementia Friends**: *A Dementia information session which provides the opportunity to ask questions and share any information you may have.*

**Tel**: 07976 702 171

**Email**: [helen@close-communications.com](mailto:helen@close-communications.com)

**Pension Service**: *Help with State Pension eligibility, claims and payments.*

**Tel (First claim)**: 0800 731 7898 / **Text:** 0800 731 7339

**Tel (Change of Circumstances)**: 0845 606 0265/ **Text**: 0845 606 0285

**Web**: [www.gov.uk/contact-pension-service](http://www.gov.uk/contact-pension-service)

**Caremark Oldham**: *All aspects of care, including end of life.*

**Tel**: 0161 627 0891

**Email**: [Oldham@caremark.co.uk](mailto:Oldham@caremark.co.uk)

**Web**: [www.caremark.co.uk/oldham](http://www.caremark.co.uk/oldham)

**Cleaning Services**: *Helps elderly or vulnerable people remain independent by providing support with daily household tasks such as: General cleaning, dusting, sweeping, vacuuming, accompanied shopping, basic food preparation, bed making and changing, window cleaning and dog walking.*

**Tel**: 0161 770 4270

**Email**: [cateringandcleaning@oldham.gov.uk](mailto:cateringandcleaning@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Housing 21 Oldham**: *Promotes independence and choice for older people through housing care and support.*

**Tel**: 0345 604 4447

**Email**: [oldhamenquiries@housing21.co.uk](mailto:oldhamenquiries@housing21.co.uk)

**Web**: [www.housing21.co.uk](http://www.housing21.co.uk)

**GMPTE – Travel Vouchers, Passes and Permits**: Applications for free over 60’s travel passes. Travel vouchers are also available for those unable to use ordinary buses, trains or metrolink. Vouchers can be used to pay for taxis or Ring & Ride and community transport. Chargeable.

**Tel**: 0161 244 1050

**Email**: [passes&permits@tfgm.gov.uk](mailto:passes&permits@tfgm.gov.uk)

**Web**: [www.tfgm.com](http://www.tfgm.com) -

**Adult Services**:

**Optimize:** *Offer a range of assessments for adults, which vary dependent on individual difficulties. (ASD for adults and children, ADHD for adults and children, Educational Psychology Assessment, Occupational Therapy Assessment, Speech and Language amongst others).They also offer therapies to help with many difficulties. (1-*2-3 *parenting, Coaching, Medical Management, Occupational therapy, Cogmed amongst others).*

**Tel**: 01403 240 002

**Web**: <https://www.optimisehealthcaregroup.co.uk>

**Opal**: *Provides an advocacy service for people with learning difficulties. Support with issues relating to money, relationships with family/carers, changes to their support, making complaints about services and making choices about where to live.*

[**Tel**: 0161](Tel:0161) 633 5544

**Email**: [admin@opal-advocacy.org.uk](mailto:admin@opal-advocacy.org.uk)

**Web**: [www.opal-advocacy.org.uk](http://www.opal-advocacy.org.uk)

**Pathways to Opportunities**: *Supporting people within their own homes with medication, personal care, welfare checks etc. Also provides support to people with Dementia*.

**Tel**: 0161 652 6466 / 07540 724 531

**Email**: [info@pathways-to-opportunities.co.uk](mailto:info@pathways-to-opportunities.co.uk)

**Web**: [www.pathways-to-opportunities.co.uk](http://www.pathways-to-opportunities.co.uk)

**Sunshine Care C.I.C**: *Support people within their own homes who are over the age of 18. They provide a meal service, sitting service, respite, cleaning service, light gardening and can chaperon to appointments.*

**Tel**: 01706 345 156

**Email**: [chris@sunshinecarecoop.co.uk](mailto:chris@sunshinecarecoop.co.uk)

**Children and Teen Services**:

**Positive Steps**: *Offers a range of services which help young people, adults and families reach their full potential. These include: family support, careers guidance, missing from home support, support for young carers, help with volunteering, traded services, metacards, help with finding work experience etc.*

**Tel**: 0161 621 9400

**Web**: [www.positive-steps.org.uk](http://www.positive-steps.org.uk)

**Point (ADHD):** *Provides support for families with children who have additional needs and/or disabilities. Their person centred support enables improved outcomes and opportunities for children and their families. They can help to build their confidence, resilience and knowledge.*

**Tel**: 0161 503 1547

**Email**: [admin@point-send.co.uk](mailto:admin@point-send.co.uk)

**Web**: [www.point-send.co.uk](http://www.point-send.co.uk)

**Young Carer’s Project**: *Support for young people who are providing care and support for a family member who may be older, have additional needs, have a physical disability, have mental health needs or have issues with drugs or alcohol. They offer one to one support and a range of different activities to engage in. These include: cooking, arts and crafts, games and information sessions, trips to Drayton Manor, Laser Quest, Knowsley Safari Park, Blue Planet Aquarium and activities such as canoeing, bowling, go-karting, roller-skating etc.*

**Tel**: 0161 621 9400

**Mahdlo**: *A Youth Zone for 8-19 year olds (up to 25 for young people with a disability). Offers a range of activities and experiences to raise aspirations and support young people to be the best they can be.* *(50p as a member)*

**Tel**: 0161 624 0111

**Web**: [www.mahdloyz.org/](http://www.mahdloyz.org/)

**Off the Record**: *Aim to meet the needs of young people by providing a high quality counselling service. Offer a range of counselling services such as a weekly drop in session, school counselling, training services etc.*

**Tel**: 0161 355 3553

**Web**: [www.otr-tameside.org/](http://www.otr-tameside.org/)

**Address**: 20 Greaves Street, Oldham, OL1 1TJ

**Oldham Play Action Group**: *Offers workshops and events for children and their families to engage in to allow them to go out and socialise.*

**Tel**: 0161 678 9662

**Web**: [www.opag.co.uk](http://www.opag.co.uk) -

**Ability Wheelz Cycling Centre, Alexandra Park**: *Provides opportunities for children, young people and adults with additional needs and/or disabilities to access a wide range of adapted universal cycles in Alexandra Park. They also offer ‘Learn to Ride’ cycling lessons so that children, young people and adults with or without additional needs can learn to ride a bike.*

**Tel**: 0161 503 1556

**Team Karting (Racing With Autism):**

**Tel**: 01706 310999

**Youth in Mind**: *3 children in every classroom experience a mental health problem. In recognising the significance of early intervention and prevention they work closely with schools to raise awareness of mental health issues and provide education and support to students, parents, teachers and governors. They also offer a range of therapeutic services that can be tailored to meet school, community and individual needs.*

**Tel**: 0161 330 9223

**Web**: [www.togmind.org/youth-mind](http://www.togmind.org/youth-mind) -

**Autism Youth Club (AYC)**: *A service for children between 8 and 18 who have a formal diagnosis of A.S.D. It gives them the opportunity to socialise and spend time with their peers, develop friendships, develop social skills and take part in a variety of activities. Activities include football and indoor sports, basic cooking, games, arts and crafts and visits to the parks. Also go on a variety of outings and trips in school holidays. Parents are encouraged to leave their children, however if the child needs a familiar face around for a while, parents can stay. Staff will help with the transition.*

**Tel**: 0161 770 7777

**Email**: [ShortBreaksAdmin@oldham.gov.uk](mailto:ShortBreaksAdmin@oldham.gov.uk)

**Address**: Newbridge School, Roman Road, Hollinwood, OL8 3PH (Monday–Thursday, 6pm-8:15pm, closed bank holidays and Christmas)

**General Services**:

**Citizens Advice Bureau**: *Offers free, confidential advice on issues regarding money, legal, consumer and other problems.*

**Tel**: 0300 330 9073

**Web**: <http://www.casort.org/>

**Macmillan**: *Provide information and a range of different services to those affected by cancer.*

**Tel**: 0161 621 7864

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

**Email**: [Oldham.macmillansupport@nhs.net](mailto:Oldham.macmillansupport@nhs.net) -

**Seven Day Access**: *A service that allows you to be seen quickly if your own GP is unable to see you.*

**Tel**: 0161 770 3000

**Go To Doc**: *Urgent care and out of hours care.*

**Tel**: 0161 336 3252

**Oldham Carer’s Centre**: *Offers advice and support as well as a range of other services to those who are acting as a carer.*

**Tel**: 0161 770 1188

**OCL**: A range of leisure facilities and activities in and around Oldham, which anyone can access.

**Tel**: 0161 207 7000

**Web**: <https://oclactive.co.uk/royton-leisure-centre>

**Action for Blind People**: *Offers help and support for blind and partially sighted people. A range of practical and emotional help is available.*

**Tel**: 020 7635 4800

**Stroke Association**: *Support people to rebuild their lives after a stroke by providing specialist support, funding critical research and campaigning to get those who have survived a stroke the best care.*

**Tel**: 0161 972 0559

**Email**: [helen.gibertson@stroke.org.uk](mailto:helen.gibertson@stroke.org.uk)

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

**Benefits Team - Oldham Council**: Advice about Council Tax, Benefits, your application and payments.

**Tel**: 0161 770 6633

**Email**: [benefits@oldham.gov.uk](mailto:benefits@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Blue Badge Team**: *Enquiries relating to a blue badge application or any changes to the blue badge scheme and how they affect you.*

**Tel**: 0161 770 4243 / 0161 770 1463

**Email**: [bluebadgeteam@oldham.gov.uk](mailto:bluebadgeteam@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Springboard Project**: *A free social meeting place for people living with Dementia, their carers, family and friends. There are a range of activities you can engage in.*

**Tel**: 0161 716 3610

**Address**: Downey House, Church Street, Royton, Oldham, OL2 5JS (Thursday 10:30-12:30)

**Bereavement related services**:

**The Bereavement Register**: 24 hour automated registration service. Register the name and address of the deceased person to help stop unsolicited mail.

**Tel**: 0800 082 1230 / 020 7089 6403

**Email**: [help@thebereavementregister.org.uk](mailto:help@thebereavementregister.org.uk)

**Web**: [www.the-bereavementregister.org.uk](http://www.the-bereavementregister.org.uk)

**Cemetery Office**: *For enquiries regarding cemeteries, graves, memorials, arranging independent funerals or for help researching grave records.*

**Tel**: 0161 681 1312

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Email**: [env.cemeteries@oldham.gov.uk](mailto:env.cemeteries@oldham.gov.uk)

**Address**: Hollinwood Cemetery, Roman Road, Hollinwood

**Funeral Plan-Age UK**: *Your family do not have to make all the arrangements and the financial strain of funerals will be eased. Enables you to pre-pay for a cremation funeral at today’s prices.*

**Tel**: 0161 622 9300 / 0800 032 9423

**Email**: [info@ageukoldham.org.uk](mailto:info@ageukoldham.org.uk) / insurance@ageukoldham.org.uk

**Life for a Life Memorial Forests**: *A charity that offers the chance to celebrate of commemorate your loved ones by planting memorial trees and installing memorial benches in one of thirty woodland locations.*

**Tel**: 0161 624 2299

**Email**: [info@lifeforalife.org.uk](mailto:info@lifeforalife.org.uk)

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

**Address**: The Woodland Suite, Chadderton Court, 451 Middleton Road, Chadderton, Oldham, OL9 9LB

**Register Office**:

**Tel**: 0161 770 8960

**Email**:[registrars@oldham.gov.uk](mailto:registrars@oldham.gov.uk)

**Address**: Chadderton Town Hall, Middleton Road, Chadderton, Oldham, OL9 6PP

**Housing**:

**First Choice Homes**: *Advisors can give support and advice on homelessness, social housing, supported accommodation, housing options for people living with disabilities, problems with paying your rent or mortgage and downsizing.*

**Tel**: 0161 770 6699

**Email**: [fcho.housing.options@oldham.gov.uk](mailto:fcho.housing.options@oldham.gov.uk)

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

**Choosing the Right Care**: *Provides and independent support service for anyone who requires assistance in finding suitable care options within the community or in a care home.*

**Tel**: 0161 622 9333 / 0161 622 9314

**Email**: [info@aksahomes.co.uk](mailto:info@aksahomes.co.uk)

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

**First Choice Homes –Housing Support Tenancy Relations Service**: *Advice and assistance on all aspects of private rented housing, including possession proceedings, unlawful eviction, harassment, Tenancy Agreements, Notice to Quit, Deposits, Rent and Repairs.*

**Tel**: 0161 770 4463

**Email**: [tenancyrelations@fcho.co.uk](mailto:tenancyrelations@fcho.co.uk)

**Hearing Impaired**:

**Oldham Deaf Society**: *Regular programme of activities, including snooker, bowls, table tennis, darts, etc.*

**Tel**: 0161 624 2195

**Address**: The Deaf Social Club, 165 Park Road, Oldham, OL4 1SH (Monday, Thursday, Friday & Saturday evenings)

**Physical & Sensory Disability Team (ODIP)**: *Supports those with hearing impairments. Provides support and information and you can also access practical support such as technical equipment and/or advice which may help you.*

**Tel**: 0161 770 4799

**Text**: 0771 191 3509

**Email**: [psd@oldhmam.gov.uk](mailto:psd@oldhmam.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Address**: Unit 10, Whitney Court, Southlink, Hamilton Street, Oldham, OL4 1DB (Monday-Friday) -

**Hard of Hearing Association**: *Social evenings, lip reading and clear speech lessons.*

**Tel**: 0161 770 4799

**Address**: 14 Kinder Avenue, Salem, Oldham, OL4 5HJ

**Disability Services**:

**I.A.S Services Ltd**: *Residential support. Sitting service to enable carers to have a break. Offers community based activities, development of skills and personal support for people with learning disabilities and their carers.*

**Tel**: 0161 627 1314

**Email**: [info@iasservices.info](mailto:info@iasservices.info)

**Address**: 83 Union Street, Oldham, OL4 1JW

**Ambercare Northwest Ltd**: *Provides personal care and support to people who wish to stay in their own home. The service is available to elderly people and young adults with a physical disability.*

**Tel**: 0161 620 7032

**Email**: [ambercare@live.org.uk](mailto:ambercare@live.org.uk)

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

**Helpline Response Service – Oldham Council**: *Helps people remain in their own home with the knowledge that help, advice and reassurance can be provided quickly in the event of an emergency situation. You’ll be given a personal alarm unit which connects you to specially trained staff.*

**Tel**: 0161 770 5189

**Email**: [helplineresponse@oldham.gov.uk](mailto:helplineresponse@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Address**: Civic Centre, West Street, Oldham, OL1 1UT

**Environmental Health**:

**Assisted Collection of Wheelie Bins – Oldham Council**: *It is possible to ask that the council collects waste if you are physically unable to take it to the collection point. You will need to provide all necessary documents to support that you are physically unable to do so.*

**Tel**: 0161 770 6644

**Address**: Moorhey Street, Depot, Oldham, OL1 1JF (Monday-Friday, 8:00am-6:00pm / Saturday, 9:00am – 1:00pm)

**Bulky Household Waste Collection - Oldham Council**: *Able to collect bulky household waste from your doorstep. Up to 3 items £15.50. Additional items £7.75 each. Bagged up fabric and small electricals are picked up free as part of your paid collection.*

**Tel**: 0161 770 6644

**Address**: Moorhey Street, Oldham, OL4 1JF (Monday-Friday, 8:00am-6:00pm / Saturday, 9:00am-1:00pm)

**Environmental Health – General (OMBC)**: *Deal with enquiries relating to pollution control, public health, fly tipping, animal welfare, Health and Safety, dog wardens and food safety.*

**Tel**: 0161 770 2244

**Email**: [environmentalhealth@oldham.gov.uk](mailto:environmentalhealth@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Address**: Chadderton Town Hall, Middleton Road, Oldham, OL9 6PP

**Pest Control – Environmental Health**: *Treatment for the following: Bedbugs, Beetles, Cockroaches, Fleas, Mice, Mites, Rats, Silverfish, Squirrels and wasps.*

**Tel**: 0161 770 2244

**Email**: [pestcontrol@oldham.gov.uk](mailto:pestcontrol@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Address**: Response Service, Sir Robert Peacock House, Vulcan Street, Derker, OL1 4LA

**Employment Services**:

**Job Centre – Oldham**: *Provide advice and information with the aim to help you find a job.*

**Tel**: 0161 253 3500 / 0161 253 3600

**Text**: 0161 253 3533

**Web**: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

**Address**: Tweedale House, 75 Union Street, Oldham, OL1 1LH (Monday-Friday, 9:00am-5:00pm, Wednesday, 10:00am-5:00pm

**National Career Service, Positive Steps**: *Online and telephone information that will help you to choose or change your career. Provides skill tests, course search and job search advice. It also includes information for older workers.*

**Tel**: 0161 621 9200 / 0800 100 900

**Web**: [www.direct.gov.uk/lifelonglearningaccount](http://www.direct.gov.uk/lifelonglearningaccount)

**Address**: Medtia Place, 80 Union Street, Oldham, OL1 1DJ (Monday-Friday, 9:00am-5:00pm, Thursday Evening until 7pm)

**Lifelong Learning Oldham**: *Courses for all ages and backgrounds. Phone for course details.*

**Tel**: 0800 525 956 / 0161 770 8030/8031

**Email**: [lifelong.learning@oldham.gov.uk](mailto:lifelong.learning@oldham.gov.uk)

**Web**: [www.oldham.gov.uk/learning/lifelong](http://www.oldham.gov.uk/learning/lifelong)

**Safeguarding**:

**Adult Safeguarding Team**: If you think a vulnerable adult is being neglected or abused, contact adult safeguarding.

**Tel**: 0161 770 1532

**Email**: [safeguarding.adults@oldahm.gov.uk](mailto:safeguarding.adults@oldahm.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Address**: Rock Street, Oldham, OL1 3UJ (Mon-Fri, 9am-5pm)

**Adult Social Services**:

**Tel**: 0161 770 1122

**Email**: [adis@oldahm.gov.uk](mailto:adis@oldahm.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Witness Service Oldham/Victim Support**: *If you have been a victim of any crime or have been affected by a crime committed against someone you know, Witness support can help you cope with the experience. The services are free and available to anyone, whether or not the crime has been reported and regardless of when it happened. Appointment only.*

**Tel**: 0161 770 1573

**Email**: [css.admin@oldham.gov.uk](mailto:css.admin@oldham.gov.uk)

**Web**: [www.oldham.gov.uk](http://www.oldham.gov.uk)

**Address**: 9th Floor, Civic Centre, West Street, Oldham, OL1 1UT

**Out Of Hours Emergencies, Adults and Children Social Services**: *Social work service for people in crisis to meet their urgent needs out of office hours.*

**Tel**: 0161 770 6936 / 0161 770 8302

**Email**: [edt@oldham.gov.uk](mailto:edt@oldham.gov.uk) (Mon-Fri, 5:00pm-9:00am / 24 hours weekends and bank holidays)

**Transport**:

**Accessible Transport Information**: *Some disabled people are entitled to lower fares and free travel, phone for enquiries.*

**Tel**: 0161 244 1000

**Web**: [www.tfgm.com](http://www.tfgm.com)

**Dial A Ride**: *Available for Oldham residents who experience difficulty using public transport as a result of limited mobility.*

**Tel**: 0161 633 0040 / 0161 633 0066

**Email**: [stuartneedham@communitytransport.org](mailto:stuartneedham@communitytransport.org)

**Address**: Tommyfield Market, St Mary’s Way, Oldham, OL1 3BU (Monday, Wednesday, Thursday, Friday, 9:30am-4:30pm /Saturday, 9:30am-1:30pm)

**The Patient Transport Service, GM Ambulances**: *Free transport to and from hospitals for out-patient appointments, day care patients, admissions and discharges to home. Non-emergency patients only. Your clinic may book this service for you. Alternatively you can call the above number to book it for yourself if you have a medical/clinical condition which prevents you from getting to your appointment.*

**Tel (General Enquiries)**: 01772904907

**Tel (To Cancel)**: 0800 0323 240 (Monday – Friday, 8:00am-6:00pm except bank holidays)

**Utilities**:

**British Gas**: *24 Hour service. If you smell gas or detect a gas leak call the National Gas Emergency Service.*

**Tel**: 0800 111 999

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

**Powercut Line – United Utilities**: *Emergency contact number.*

**Tel**: 0800 195 4141

**Web**: <http://www.enwl.co.uk/>

**Warm Homes Oldham**: *Helps people who struggle to afford to heat their home. They can insulate your home and upgrade your heating system for free. Advice on how to reduce your energy use. Advice on maximising your income, claiming benefit entitlements and helping with fuel debt. Help from other local support services in Oldham.*

**Tel**: 0800 019 1084

**Email**: [warmhomes@oldham.gov](mailto:warmhomes@oldham.gov) / [warmhomesoldham@keepmoat.com](mailto:warmhomesoldham@keepmoat.com)

**Web**: [www.warmhomesoldham.org](http://www.warmhomesoldham.org)

**Water – United Utilities**: *24 Hour service. Call to report an emergency with your water or waste water supply.*

**Tel**: 0845 746 2200

**Web**: [www.unitedutilities.com](http://www.unitedutilities.com)

**Winter Fuel Payment**: *Information on Winter Fuel Payments, informing of a change in circumstances, or to get a claim form for Winter Fuel Payments for either this winter or past winters.*

**Tel**: 08459 151 515 (Monday – Friday, 8:30am-4:30pm)

**Web**: [www.direct.gov.uk](http://www.direct.gov.uk)

**Military Veterans**

*Please let us know if you have ever served in the armed forces and with your consent we will record this on your medical records. This may be helpful in your future care to be able to access specific services and signpost you to further help and information.*

Please see below useful websites:

[**https://www.ssafa.org.uk**](https://www.ssafa.org.uk)

[**https://www.helpforheroes.org.uk**](https://www.helpforheroes.org.uk)

[**https://www.britishlegion.org.uk**](https://www.britishlegion.org.uk)

**https://www.veteransincommunities.org/index.html**

**Addiction and Drug Services:**

**ACORN Dependency Emotional Attachment Programme**: *5 day week basis for 20 weeks. Abstinence based service. Treatment combines group work, 1:1 counselling, family conferencing and structured activities.*

[**Tel**: 0161](Tel:0161) 622 1577

**Addiction Dependency Solutions**: *For people using alcohol, benzodiazepines, prescription or over the counter medication. Offers intervention and advice.*

**Tel**: 0161 624 9595

**Address**: 5 Greave Street, Oldham, OL1 1QN

**Al-Anon Meetings**: *Fellowship of relatives and friends of alcoholics who share experiences to try and solve their common problems.*

**Tel**: 0207 403 0888

**Address**: The Link Centre, 140 Union Street, Oldham, OL1 1DZ (Wednesdays 7:30pm)

**Alcoholics Anonymous (AA)**: Fellowship of men and women who share their experiences to try and solve their common problems.

**National Helpline**: 0845 769 7555

**Web**: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Addresses**:

Chadderton Court, 451 Middleton Road, Chadderton, OL9 9LB

The Welcome Centre, Vaughan Street, Royton, Oldham, OL2 5DL

St. Patrick’s Church, Our Lady St. Carmel, 40 Union Street, Oldham, OL8 1DL

The Link Centre, 140 Union Street, Oldham, OL1 1DZ

The Salt Cellar, 10 Church Lane, OLDHAM, OL1 3AN

**Narcotics Anonymous**: For people for whom drugs were a major problem. Recovering adults meet up regularly and help each other to stay clean.

**Addresses**:

St. Patrick’s Church, 40 Union Street West, Oldham, OL8 1DL

Beulah Baptist United Reformed Church, Withins Road, Hollinwood, Oldham, OL8 3QD

**Oldham Drug and Alcohol Service (ODAS)**: Provide support through the provision of advice and information and counselling.

**Tel**: 0161 716 3666

**Address**: The Gateway, 5 Horsedge Street, Oldham, OL13SX

**Intuitive Recovery Accredited Course**: *Re-education for Addictions via a short and focused OCN accredited course which allows people who engage with it to end their addiction. It teaches skills in self-recover and allows you to end addiction without the need for treatment and continuing support.*

**Tel**: 0161 223 1094

**Email**: [info@intuituverecovery.com](mailto:info@intuituverecovery.com)

**Address**: ADS, 5Greaves Street, Oldham, OL1 1QN or The Gateway, 5 Horsedge Street, OL1 1QN

**Adults & Community Service Team**: *A range of groups and projects such as women’s groups, work with volunteers, promotion of self-help group and ethnic groups in Oldham*.

**Tel**: 0161 770 8500 / 0161 7708502

**Address**: Rock Street Resource Centre, Rock Street, Oldham (Monday – Friday, 9:00am-5:00pm) Alcoholics Anonymous meeting Wednesday, 7:00pm-9:00pm. Gambling Anonymous meeting Tuesday, 7:00pm-9:00pm.

**Concerned Others Group**: *Family and friends of those who use drugs or alcohol. The group is a place to talk and share experiences. There is also an opportunity to have acupuncture to help relaxation.*

**Tel**: 0161 624 9595

**Address**: 5 Greaves Street, Oldham, OL1 1QN (Tuesday, 6:00pm-8:00pm)

**Benevolent Funds**:

**Actors Benevolent Fund**: *A service for professional actors and stage managers who are in need due to illness, injury or old age and are unable to work*

**Tel**: 0207 836 6378

**Email**: [office@abf.org.uk](mailto:office@abf.org.uk)

**Web**: [www.actorsbenevolentfund.co.uk](http://www.actorsbenevolentfund.co.uk) -*.*

**Architects Benevolent Fund**: *Help for architects, assistants, technologists, technicians, landscape architects and their families in times of need. Those who have experienced illness, accident, redundancy, unemployment, bereavement or other personal difficulties can access support ranging from confidential advice to financial assistance.*

**Tel**: 020 7850 2823

**Email**: [help@absnet.org.uk](mailto:help@absnet.org.uk)

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

**Association of Charity Officers**: *National umbrella body for charities that give grants and welfare support to individuals in need.*

**Tel**: 020 7255 4480

**Email**: [infor@aco.uk.net](mailto:infor@aco.uk.net)

**Web**: <http://www.aco.uk.net> -

**Bankers Benevolent Fund**: *Offer support for current and former bank employees and their families through the provision of information, advice, expert support services and in some cases financial assistance.*

**Tel**: 020 7216 8981

**Email**: [help@bbfund/org.uk](mailto:help@bbfund/org.uk)

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

**The Barristers’ Benevolent Association**: *Offering support to current and former members of the bar in England and Wales who are in need, distress or in difficulties.*

**Tel**: 020 7242 4761

**Email**: [susan@the-bba.com](mailto:susan@the-bba.com)

**Web**: [www.the-bba.com](http://www.the-bba.com)

**BDA Benevolent Fund (Dentists)**: *Help dental students, dentists and their families when facing hardship. They offer support for those who do not have the funds to pay for some of the necessities and you can access services such as a budget planner and debt advice on the website.*

**Tel**: 020 7486 4994

**Email**: [benfund@bda.org](mailto:benfund@bda.org)

**Web**: [www.bdabenevolentfund.org.uk](http://www.bdabenevolentfund.org.uk) -

**Benevolent Society of Blues**: *Provides support for those educated or employed at Christ’s Hospital and their families. It helps through regular payments, grants or through interest free loans.*

**Tel**: 01403 247 418

**Email**: [Rowena@bluessupportingblues.net](mailto:Rowena@bluessupportingblues.net)

**Web**: [www.bluessupportingblues.com](http://www.bluessupportingblues.com)

**BLESMA (Limbless Veterans)**: *Providing lifelong support to se5rving and ex-service men and women who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country.*

**Tel**: 0208 590 1124

**Email**: [headquarters@blesma.org](mailto:headquarters@blesma.org)

**Web**: [www.blesma.org](http://www.blesma.org)

**British Legion**: *Help for members of the Royal Navy, British Army, Royal Air Force, veterans and their families.*

**Tel**: 01923 263 128

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

**BT Benevolent Fund**: [www.benevolent.bt.com](http://www.benevolent.bt.com) *A service for past and present BT employees, present or future BT group pensioners and their dependents.*

**Tel**: 0845 602 9714

**Email**: [benevolent@bt.com](mailto:benevolent@bt.com)

**B&CE Benefit Scheme (Builders)**: *Improving the financial welfare of all those working in the construction industry and providing workplace pensions for employers of all sizes and from all sectors.*

**Tel**: 08457 41 41 42

**Web**: [www.bandce.co.uk](http://www.bandce.co.uk) -

**The Chartered Institution of Building Service Engineers**: *To help CIBSE members, former members and their dependants who are in need, whether through sickness, bereavement or financial hardship.*

**Tel**: 020 8675 5211

**Email**: [benevolent@cibse.org](mailto:benevolent@cibse.org)

**Web**: [www.cibse.org](http://www.cibse.org)

**The Margaret Champney Rest & Holiday Fund**: *Provision of grants, via professional agencies, to carers seeking recuperative breaks.*

**Tel**: 01394 388 746

**Email**: [ogilviecharities@btconnect.com](mailto:ogilviecharities@btconnect.com)

**Web**: <http://ogilviecharities.org.uk>

**Chartered Accountants Benevolent Association**: *Helps past and present ICAEW members, current ACA students, ICAEW staff and their families and carers. They provide emotional support, health and carer support, financial assistance, debt advice, career development and legal advice.*

**Tel**: 01788 556366

**Email**: [enquiries@caba.org.uk](mailto:enquiries@caba.org.uk)

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

**Civil Service Benevolent Fund**: *Services for civil servants providing support and advice when experiencing financial difficulties because of an unexpected need. You could access money and debt advice or some financial assistance.*

**Tel**: 0800 056 2424

**Email**: [info@csbf.org.uk](mailto:info@csbf.org.uk)

**Web**: [www.csbf.org.uk](http://www.csbf.org.uk) -

**Family Fund**: *Provide items and services to low-income families in the UK raising disabled or seriously ill children to help improve their quality of life. Provide grants for a wide range of items such as sensory toys, family breaks, and furniture amongst other things.*

**Tel**: 0845 130 4542

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

**Officers Association**: *Provides confidential, impartial advice and financial support to former officers, their families and dependents. They look at your situation holistically and provide support where it is needed most, or direct you to other services that may better help you.*

**Tel**: 020 7080 4175

**Email**: [bensec@oaed.org.uk](mailto:bensec@oaed.org.uk)

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

**Barchester Healthcare Foundation**: *Provides support and grants to individuals and small community groups/charities to improve independence, mobility and quality of life.*

**Tel**: 0800 328 3328

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

**Retail Trust**: *Provides a range of services for those in the retail industry, including emotional, physical, vocational and financial support.*

**Tel**: 0808 801 0808

**Email**: [helpline@retailtrust.org.uk](mailto:helpline@retailtrust.org.uk)

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

**Rowland Hill Fund**: *Provide help for those employed by Royal Mail and have completed 6 months service, either on a part-time or full-time basis, and their dependents.*

**Tel**: 0800 688 8777

**Email**: [rowland\_hill\_fund@royalmail.com](mailto:rowland_hill_fund@royalmail.com)

**Web**: [www.rowlandhillfund.org](http://www.rowlandhillfund.org)