












Directory Of Services










Created December 2024
By The Early Help Partnership Officers

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









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|  Health and Wellbeing |  Substance Misuse |  Youth Services |
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
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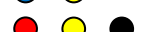
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Action Together

Action together is an organisation that supports the voluntary, community, faith and social enterprise sectors in Oldham, Rochdale, and Tameside by connecting communities, fostering development, encouraging partnership and collaboration, and offering investment and support to enhance local organizations and volunteerism. The membership is free for VCSE organisations in those areas.

Phone: 0161 339 2345

Email: info@actiontogether.org.uk

Website: <https://www.actiontogether.org.uk/oldham>

Acts 435

Acts 435 puts people who want to help in touch with people who are in need, through a network of churches and local charities. Acts 435 enables virtual, online giving for specific needs.

100% of individual's donations go directly to the person or people donors choose to support. All administration costs are covered by Gift Aid. Acts 435 provides direct giving and seeks to provide fast, financial help to the people in need.

Phone: 07878013882 (Mon-Fri 9am-12pm)

Email: admin@acts435.org.uk

Website: <https://www.acts435.org.uk/>

Adult Referral Contact Centre (ARCC)

The Adult Referral Contact Centre (ARCC) in Oldham is a service provided by the Oldham Council to support adults in the community. It acts as the main point of contact for adult social care services, helping residents access the right support and resources at the right time. The ARCC team includes specialists in social work, occupational therapy, sensory and carer support, and partners from the voluntary sector.

The ARCC aims to maximize independence and prevent the need for long-term or crisis care by providing clear advice and guidance to residents, families, and professionals.

Phone: 0161 770 7777

Email: ARCC@oldham.gov.uk

Website: [Request support from Adult Social Care | Request support from Adult Social Care | Oldham Council](#)

Ancora

Ancora is a free service for anyone in Oldham. They can help you in a crisis with access to food and support with housing issues. They can also provide support in with finances and debt, income/benefit maximisation and building your life skills.

Phone: 0161 669 5868

Email: ancora@keyring.org

Website: [Ancora – Crisis support for Oldham residents](#)

Andy's Mans Club Oldham

Andy's Man Club in Oldham is part of a nationwide initiative aimed at supporting men's mental health. The club provides a safe, non-judgmental space where men can come together to talk about their experiences and challenges.

Website: [Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club\(andymanclub.co.uk\)](#)

Alcoholics Anonymous

AA supports the recovery and continue sobriety of individuals. Members come together to share their experience, strength, and hope to support each other to stay sober and recover from alcoholism. Meetings are available online and in person.

Phone: 08009177650

Email: help@aamail.org

Website: [Find a Meeting - Alcoholics Anonymous \(alcoholics-anonymous.org.uk\)](#)

Autism Youth Group (AYC)

AYC Youth Group is for children and young people in Oldham who are on the autism spectrum, with a formal diagnosis. AYC allows children the opportunity to socialize, spend time with their peers, develop friendship and develop social skills. Staff at AYC will work through the transition with parent and child.

Opening times: Monday 6pm to 8pm (age 6 – 11/12), Thursday 6pm to 8pm (age 12 - 18)

Phone: 07738 044 049

Email: sharon.salt@oldham.gov.uk

Referral: [Health and Social Services | Oldham Council](#)

B

Beacon Counselling Trust – Gambling Support

BCT is a charity that works with mild mental health issues which are gambling related harms across the Northwest of England for people aged 16+. The therapists deliver a variety of interventions across the programmes such as advice and guidance, person centred and psychosocial interventions, transactional analysis, trauma informed interventions, CBT, couples therapy and more. Offer support to the person impacted by gambling and affected others.

Phone: 080 880 201 33

Email: support@beaconcounsellingtrust.co.uk

Website: [Gambling-Related Harms - Beacon Counselling Trust](#)

Bee Connected App for Care Leavers

Care leavers in Greater Manchester will be able to use a new app to help them find and access support, offers and opportunities that are available to them, all in one place. The 'Bee Connected' app has been developed by Greater Manchester Combined Authority (GMCA) and digital agency Focus group following feedback from care leavers that support available to them wasn't always easy to find.

App: Find on app stores

Bee in the Loop

Stay connected and informed with Bee in the Loop, the free community messaging service from Greater Manchester Police.

Designed to strengthen our partnership with you, Bee in the Loop offers a simple and convenient way to keep up to date with what's happening in your area. Whether it's crime updates, local incidents, or information from your neighbourhood police officers, you choose what matters most to you.

Website: <https://beeintheloop.co.uk/>

Between Us App

The Between Us app is designed to help couples improve their relationships. It provides individuals and couples with a range of exercises, tips, videos, and information to enable them to reflect on their relationship to better understand their difficulties and work more constructively to resolve issues.

Website: <https://www.betweenus-app.com/>

Boaz Trust

The Boaz Trust, based in Manchester, supports people facing homelessness after seeking asylum by providing safe accommodation and holistic support. Their mission is to offer hospitality and challenge unjust systems causing destitution. Their activities include offering safe shared housing, comprehensive support, advocacy against unjust policies, and homelessness prevention for at-risk refugees.

Phone: 0161 202 1056

Email: info@boaztrust.org.uk

Website: [Boaz Trust | Home](#)

Breaking the Waves Foundation

The Breaking the Waves Foundation, founded by Gemma Blackhurst, is dedicated to supporting individuals and families facing financial difficulties. Initially started during the COVID-19 pandemic to provide food parcels, the foundation has expanded its services to include clothing, toys, and small household items. They aim to "ride the storm together" by offering weekly food parcels and other essential items to those in need

Website: [Breaking the waves foundation – Riding the storm together](#)

Breathe Parent and Carer Support Group

A safe space for parents and carers of youths with mental health and emotional issues to connect, share experiences, and seek support and advice.

First Wednesday of every month - 7.00pm to 9.00pm

Phone: 07759599134

Email: saddleworthcommunityprojects@gmail.com

Address: The Satellite Centre, Wellington Road, Greenfield, OL3 7AL

British Red Cross

The British Red Cross helps refugees and asylum seekers access essential services and adapt to life in a new country. Other services include emergency response, first aid, short term support for independent living, mobility aids, and international family tracing.

Phone: 0161 888 8932

Email: GMRS@Redcross.org.uk

C

CAMHS Child and Adolescent Mental Health Service Oldham

They offer specialist services to children and young people who are experiencing mental health and emotional wellbeing difficulties. They help children and young people up to the age of 18 years and provide support to their families/carers. Some of the problems that they can help with include Anxiety, Depression, Psychosis, Post-Traumatic Stress Disorder (PTSD) Self-harm, ADHD (Attention Deficit Hyperactivity Disorder), ASD (Autistic Spectrum Disorder) and more complex psychological difficulties

Phone: 0161 770 8332

Website: [Oldham CAMHS :: Pennine Care NHS Foundation Trust](#)

Referrals: Professionals making a referral, self-referrals or referrals made by parents on behalf of a young person can use this online form.

Career Connect

Career Connect is a charity that provides independent careers advice and a wide range of career management services. They work with young people and adults to help them achieve their career goals through personalised guidance and support.

Phone: 0161 232 7863

Email: eet@careerconnect.org.uk

Centre of Wellbeing, Training and Culture

The Centre of Wellbeing, Training & Culture (CWTC) is a non-profit organization based in Oldham. Their mission is to enhance the quality of life for local residents by providing educational opportunities and promoting health and wellbeing. They offer a variety of services, Including:

Educational Programs: Accredited courses and employability skills training.

Health Awareness: Initiatives to raise awareness about health and wellbeing.

Community Engagement: Activities that build relationships across communities, such as arts for wellbeing and community podcasts.

Phone: 07930 306933

Email: admin@cw-tc.co.uk

Website: <https://cw-tc.co.uk/>

Chat Health

Chat Health provides a safe way for parents and young people to anonymously text a qualified school nurse, allowing evidence-based health and wellbeing advice to be sought in a safe, discreet, and confidential way.

Chat Health is available 9am to 5pm Monday to Friday and is not an emergency service.

Parent's & Carers of under 5s text: 07480 635990

Parents & Carers of school age children can text: 07507330499

Young people aged 11 – 19 can text: 07480635992.

Chatty Café

The Chatty Cafe Scheme, which aims to reduce loneliness and social isolation by creating spaces for people to connect and converse.

Three services:

1. Face to face meet ups where venues offer 'Chatter & Natter' tables, where customers can get together and chat.
2. Online Chatty Cafe Sessions held every Tuesday and Thursday from 1pm – 1:30pm. Anyone over 18 can join, simply to chat to others.
3. Telephone Friendship Service for anyone over 18 who is experiencing loneliness and could benefit from a weekly chat on the phone.

Website: Chatty Cafe Scheme UK – Chatty Cafe Scheme UK (thechattycafescheme.co.uk)

Child Bereavement UK

This organisation provides support to children, young people, parents, and families who are dealing with grief and loss. They help families rebuild their lives when a child grieves or when a child dies.

Phone: Call 0800 02 888 40 for confidential support, information, and guidance. The helpline is available Monday to Friday, 9am to 5pm (except bank holidays)

Email: helpline@childbereavementuk.org

Website: [Child Bereavement UK](http://ChildBereavementUK.org)

Children and Family Court Advisory and Support Service (CAFCASS)

Children and Family Court Advisory and Support Service, is an independent organisation in England that looks after the interests of children involved in family court proceedings. They Provide information and resources for parents, families, and professionals, including divorce and separation and improving.

child contact arrangements. Resources are available for young people around adoption, parental separation, and other support services.

Website: <https://www.cafcass.gov.uk/>

Children and Young People's Independent Specialist Domestic Violence Advisor (CHIDVA)

In Oldham, CHIDVAs are part of the support services provided to children and young people who have experienced or are currently exposed to domestic violence and abuse¹. These advocates work to ensure the safety and well-being of young victims, providing them with the necessary support and resources to cope with their experiences.

Phone: 07841235011 or 0161 770 1572

Email: nicola.field@oldham.gov.uk idaa.service@oldham.gov.uk

Children's Learning Disabilities Team Oldham

They support children with a diagnosed learning disability, their families, and carers. The team consists of qualified community learning disability nurses.

They provide an assessment prior to undertaking interventions alongside your family. This is enhanced by the use of specific behaviour assessments, health assessments, and risk assessments.

They can also provide a package of training workshops for parents which cover behaviour management and sleep management.

They offer support to other services around individual children, including advice on health, behavioural and care issues. We can also provide parenting advice and family work.

Phone: 0161 770 3770

Email: pcn-tr.oldhamchildrenslteamreferrals@nhs.net **Website:** [Oldham children's learning disabilities team: Pennine Care NHS Foundation Trust](#)

Children's Occupational Therapy

The team is based within the Integrated Care Centre in Oldham Centre, assessments are carried out here as well as in the community such as schools and at home, depending on the child's age and reason for referral. Their services are related to specialist equipment for daily living and promoting function, fine & gross motor skills, sensory processing and self-care skills.

Phone: 0161 357 5124

Email: nca.procurement@nca.nhs.uk

Website: <https://www.northerncarealliance.nhs.uk/our-services/childrens-occupational-therapy-1?q=/our-services>

Christians Against Poverty (CAP) Oldham

They provide free, professional debt help and support to individuals and families struggling with financial difficulties. Partnering with local churches, CAP Oldham offers a range of services to help people manage their debts and improve their financial situation.

Key services include:

Debt Counselling: CAP steps in to negotiate with creditors on behalf of clients, helping to create manageable repayment plans.

Budgeting Advice: They provide practical advice on budgeting and managing finances to prevent future debt.

Community Support: CAP Oldham also runs community groups and activities to support overall well-being.

Phone: 0800 328 0006 for immediate assistance

Email: info@capuk.org

Website: [Home](#) | [CAP UK](#)

Citizens Advice

Citizens Advice is a network of independent charities in the UK that provides free, confidential, and impartial advice to help people around a wide range of issues including finances, housing, immigration, health and family matters (including separation).

Phone: 0808 2787803

Website: <https://www.casort.org>

Drop-in Services: <https://www.casort.org/citizens-advice-oldham/face-to-face>

Community Helpline Language Service

The CHLS is a confidential service provided by independent choices Greater Manchester (GM) and runs alongside the GM Domestic Abuse helpline. It is an inclusive and diverse service able to help and support BAME victims and survivors who may have previously been unable to talk to anyone about their experience in their own language. This service is open to anyone over the age of 16 who is experiencing or has previously experienced domestic abuse and violence in any form and who needs to access advice and support in Urdu and Punjabi. Independent choices Greater Manchester can access language line for callers who speak other languages aside from those listed.

Phone: 0800 254 0909

Community Safety and Cohesion Partnership Oldham

One Safer Oldham is a group of organisations working together to tackle difficult problems that can affect individuals and communities, including providing support to victims and assisting with personal safety advice and premises surveying, work with Schools to reduce incidents of violence and promote respectful relationships and support for people experiencing domestic violence or hate crimes.

Phone: 0161 770 1573

D

Dad Matters

Dad Matters Oldham exists to support dads to have the best possible relationship with their families. They work closely with other professionals within Greater Manchester and nationally to better support dads in the first 1001 days of their parenting journey. They can offer one to one listening space, guidance around attachment and bonding, signposting and support for your mental health etc.

Referrals: [Dad Matters Self-referral Form \(office.com\)](#)

Website: [Oldham – Dad Matters](#) (for up-to-date courses and groups)

Drinkline

Drinkline is a confidential helpline in the UK for people who are concerned about their own or someone else's drinking. It provides advice, information, and support, and can connect you with local alcohol services.

Phone: 0300 123 1110. The helpline operates on weekdays from 9am to 8pm and on weekends from 11am to 4pm.

E

Early Attachment Service

Oldham early attachment service is a specialist parent infant mental health service under CAMHS and works to understand and support the relationship between parents and babies. The team is made up of clinical psychologists, specialist parent infant health visitors, child psychotherapists, therapeutic social workers, and a Speech and Language Therapist who have expertise in supporting parent-infant relationships.

They work in the community and see families in children's Centres, family hubs and in their homes across Oldham. The service includes enhanced specialist assessments, a range of therapeutic interventions with parents and babies, and can work directly with other professionals (such as midwives, Health Visitors and Social workers) to support the network around you. This is offered through consultation, supervision, and training.

Phone: 0161 716 2085

Email: pcn-tr.oldhameas@nhs.net

Website: <https://www.penninecare.nhs.uk/oldhameas>

Early Break

Early Break Oldham is a charity offering person-centred support services for children and young people. Their main services include support for substance misuse, emotional health, and wellbeing. They take a holistic approach, addressing various needs of young people and their families. Additionally, Early Break provides specialized services for sexual health and substance misuse for young people under 19, or up to 25 for those with special educational needs or 'looked after child' status.

Phone: 0161 723 3880

Email: info@earlybreak.co.uk

Website: [Home - Early Break - Early Break](#)

Early Break – Advocacy

The Advocacy service offers short or long-term one-to-one support, education, and advice to young people with substance misuse. Creating a care plan to offer harm reduction intervention. For young people under 21 years old with substance misuse. Support can be joint with sexual health support and guidance.

Website: [Advocacy - Early Break - Early Break](#)

Early Break – Holding families/Holding families +

Holding Families - Whole family support for children (under 18) and family members affected by parental substance misuse. Interventions are centred around voice of the child and gives families the chance to talk about problems caused by drug/alcohol use with the aim of making positive changes. Group and one-to-one sessions with parents and dedicated one-to-one sessions with children.

Holding Families+ - Whole family support for children (under 18) and family members affected by parental substance misuse with a parent in the prison system/probation, with a focus on the impact of parental substance use on the family. One-to-one sessions for parents, children, and adult carers

Website: <https://earlybreak.co.uk/what-we-do/family-services/holding-families-programme-2/>

Early Break – Emotional Health & Wellbeing

Emotional Health and Wellbeing for Children Looked After - Goal focused interventions which help manage trauma emotional health and wellbeing for young people aged 5-25. Trauma informed approach with mindfulness, talking therapies, bereavement counselling and access to peer-led group support.

Website: <https://earlybreak.co.uk/what-we-do/emotional-health-wellbeing-services/>

Early Break – Pathfinder

Pathfinder - Homeless prevention programme to support young people aged 18-25 with sustainable housing. With aims to empower young people to create long-term maintainable changes, physically, mentally, and physically. Reasons for referral can include financial instability, strained relationship with parents/who they are living with, unsuitable accommodation (e.g. overcrowding, sofa surfing).

Email: path-finder@earlybreak.co.uk

Emotional Wellbeing Specialists Nurses

They work between CAMHS, School Nursing and Schools providing support and advice around Mental Health. Their services include consultations to school staff, therapeutic group work for young people around issues such as anxiety and exam stress (tailored to meet the needs of the school and the young people), brief intervention suggestions and resources and signposting, whole school assemblies, parent sessions.

Phone: 0161 7701395

Website: <https://www.penninecare.nhs.uk/hymoldham>

Referrals: Access to the service is usually via schools, academies, or other educational establishments.

F

First Choice Homes

Housing association in Oldham. First Choice Homes also offer support with a range of other areas, such as finances, food, independent living, jobs/skills.

Phone: 0161 393 7117

Email: websiteenquiries@fcho.co.uk

Website: [Home - First Choice Homes Oldham](#)

First Choice Homes – Bread & Butter

First Choice Homes have partnered with 'The Bread and Butter Thing' (TBBT) to provide an affordable food offer for our customers in need.

For just £8.50 per week, you receive three full bags of shopping worth an average of £35 – one of fridge goods, one of cupboard goods and one full of fruit and veg. Or you can double up and get six bags, worth approximately £70, for £17.

Contact the Community Impact team to be considered.

Phone: 0161 393 5488

Email: CommunityImpact@fcho.co.uk

Website: [The Bread and Butter Thing - First Choice Homes Oldham](#)

G

Get Oldham Working

Get Oldham Working (GOW) is a Council service that aims to help people find work and training opportunities. GOW can support you with writing CVs, job applications and preparing you for interviews.

They Support with clothes and accessories for job interviews. Help to improve your health and wellbeing. Help with money management and work skills.

Sign up to the register if you are looking for work:

Phone: 0161 770 4674

Email: getoldhamworking@oldham.gov.uk

Website: [Get Oldham Working registration form - Oldham Council](#)

Groundworks Oldham TEAM Project – Employability and Skill building

The Team Programme is a full time, 12-week, personal development programme and is open to any 16–25-year old's who are currently unemployed.

Throughout the course participants work together as a team to complete tasks, and in doing so work towards gaining a nationally recognised qualification in The Prince's Trust Certificate in Employment, Teamwork and Community Skills. The course is run 3x a year.

Participants will also have the opportunity to gain qualifications in: First Aid, including defibrillator training, Money & budget management, and Carbon Literacy

Phone: 07739 978 791

Email: Joanne.shaw@groundwork.org.uk

Website: <https://www.groundwork.org.uk/greatermanchester/>

Address: 14 Church Lane, Oldham, OL1 3BP

Groundworks Oldham - Energy Advice

Groundworks Oldham offer a number of energy saving services to Greater Manchester residents enabling them to be warmer, healthier, and better off in their homes.

When visiting your home, the Energy works team will go through a simple questionnaire which allows them to gain a better understanding of how they can improve your household's energy efficiency.

They may recommend some small measures which can be fitted by the team for free as well as onward referrals to external partners for large energy efficiency measures such as boiler replacement etc, and referrals to other agencies for further support.

Phone: 0800 090 3638

Email: energyworks@groundwork.org.uk

Website: [Energyworks](#) | [Free Energy Advice](#) | [Greater Manchester](#)

Home Improvements

Providing the family meet the criteria there is an opportunity to get free or reduced cost energy saving measures. Such as new windows, insulation, or replacement heating systems.

Website: [Make My Home Warmer](#) | [Energy Saving Measures](#) | [Groundwork](#)

Referral: Apply online and check eligibility criteria [Make My Home Warmer](#) | [Energy Saving Measures](#) | [Groundwork](#)

H

Happy Days Children's Charity

They provide vital respite breaks for individuals, families and groups who support children with a wide range of additional needs aged 3-17 years. Either day trips or holidays. We offer help to those with learning difficulties, physical or mental disabilities, emotional challenges, and those with acute, chronic or life limiting illnesses. They can also help young people who have been abused or neglected, witnessed domestic violence, been bereaved or act as carers for a parent or a sibling.

Application forms can be found on the website.

Phone: 01462 530710

Email: enquiries@happydayscharity.org

Website: [Happy Days Children's Charity UK](#) | [National Charity](#) | [Hertfordshire](#)

Health and Wellbeing College

The Health and Wellbeing College provides something very different for local people. Instead of a clinical focus, they offer an educational approach designed to empower individuals to take control of their own health and wellbeing.

The college is open to anyone aged over 18 years who lives in: Heywood, Middleton, or Rochdale, Bury, Oldham, Stockport, Tameside, or Glossop

You are welcome regardless of whether you have an existing health condition or challenge, or you simply want to improve your health and wellbeing.

Phone: 0161 716 2666

Email: hwcollege.penninecare@nhs.net

Website: [Home Page - The Health and Wellbeing College](#)

Address: 225 Old Street, Ashton-Under-Lyne OL6 7SR

Health Watch

Healthwatch is your health and social care champion. If you use health services or need care, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We can also help you to find reliable and trustworthy advice and information.

Phone: 0161 6225700

Email: info@healthwatcholdham.co.uk

Website: <http://www.healthwatcholdham.co.uk>

Homestart

Home-Start HOST is a local charity of trained volunteers and dedicated, experienced staff. We help families with young children flourish during the years of early childhood, supporting parents across Tameside, Oldham, Stockport, Bolton & Glossop.

Phone: 0161 344 0669

Email: info@homestarthost.org.uk

Website: <https://home-starthost.org.uk/>

Home Start – Baby Bank

Home-Start HOST's Baby Bank (formally known as Cascade Baby Bundles) is committed to supporting families in financial hardship across Greater Manchester by providing clothing and essential items for babies and children up to 10 years old.

Referral Form: [Home-Start HOST Baby Bank Referrals Form \(office.com\)](#)

Homestart – Family Support Befriending Service

This is where a family is 'matched' with a volunteer who visits them in their home every week and supports the family with a variety of situations that they may be struggling with, including, but not exclusive to- bonding with their baby, mental health struggles, feelings of isolation, lack of local friends/support, financial difficulties.

Referral Criteria: Families must have at least one child under the age of five (under 2 in Glossop).

Families must be resident in Tameside, Oldham, Stockport, Bolton, or Glossop (They can support families in Glossop with children under 2)

Referral Form: [Making a family support referral | Home-Start HOST](#)

Home Start – Peer Support

They have regular groups at local venues Parents and children can attend to meet other families. Children get a chance to play, learn and have fun with other. Parents get the chance to meet, talk and discover they are going through the same kinds of experiences and feel less alone.

The groups are a great place for parents to pick up advice, tips and help from Home-Start staff and volunteers and other parents.

Website: [Peer Group Support | Home-Start HOST](#)

Home Start – Play Learn Grow

An 8-week coaching programme helping parents with children aged 2-5 years to support their child's learning and development at home. Promotes speech and language development, gross motor development and encourages learning through play.

Referral Form: [Play, Learn, Grow Self-Referral Form \(office.com\)](#)

Hub of Hope

The Hub of Hope is a mental health support database. It is provided by national mental health charity and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place. You can search by using your postcode.

Website: [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)



Independent Domestic Violence Advisors (IDVA) (including Honour Based Violence) Service Oldham

Oldham has a team of specialist independent Domestic Violence Advisors in addition to a specialist officer who deals with cases of so-called honour-based violence including forced marriage and FGM. The team offer emotional and practical support to victims and survivors, including outreach, support at point of crisis, assessment of risk level and development of safety plans, support with civil and criminal justice matters and advocating on behalf of individuals. The service works with high-risk victims or survivors of domestic violence referred into Multi Agency Risk Assessment Conference (MARAC). This includes male victims, those in same sex relationships and those with No Recourse to Public Funds (NRPF). The IDVA service will only accept referrals for those victims/survivors that meet MARAC threshold criteria.

Phone: 0161 770 1572 (Monday – Friday 9am – 4.30pm)

Email: idaa.service@oldham.gov.uk

Referrals: Professionals/organisations making a referral should complete a Domestic Abuse Stalking and Honour Based Violence (DASH) checklist with the victim and uploaded this to SharePoint. If you do not have access to SharePoint the please contact the IDVA service on the number/email below for advice.

Ingeus

Ingeus provides a range of services aimed at improving employability and supporting individuals in their career development. They offer one-on-one career guidance, job search assistance, CV writing, interview preparation, and access to training and education opportunities. Their goal is to help individuals achieve their career aspirations and improve their employability

Phone: 0207 265 3000

Website: [Supporting You, Your Health, And Into Work | Ingeus](#)

Contact: Via Enquiry form - [Contact our Team | Ingeus](#)

Address: 70-76 Brunswick Street, OL1 1BT

Ingeus – Working well

The programme provides support for unemployed people with health conditions or disabilities. It is also designed to help those individuals who have been out of work for a long time as well as those who might need some specialist support.

Website: <https://ingeus.co.uk/services/employment/work-and-health-programme-whp>

Contact: Via Enquiry form - [Contact our Team | Ingeus](#)

K

Keeping Our Girls Safe (KOGS)

Keeping Our Girls Safe (KOGS) is a registered charity based in Oldham, dedicated to educating children and young people about unhealthy relationships, child sexual exploitation (CSE), grooming, and associated risks. Established in 2011, KOGS aims to empower young people with confidence and self-esteem, inspiring them to make positive life choices.

KOGS offers various programs and workshops in schools, colleges, youth centres, and communities across Greater Manchester. They use arts such as dance, drama, film, photography, craft, music, and poetry to explore sensitive issues, build confidence, and provide therapeutic engagement. Their work focuses on prevention and early intervention, supporting young people in a holistic way.

Website: [K.O.G. S – Keeping Our Girls Safe](#)

Keyring

KeyRing is a charity that provides social care support in England and Wales. KeyRing connects people and inspires them to build the life they want. They offer support from a trained team at a time and in a place that works for the individual. The amount of support can adapt too to fit in with life's successes and challenges.

They can connect with other people and opportunities to get the most out of their local area. Online networks and support expand this even further.

They will create a step by step plan to get you to your goals. All while trying new things, learning new skills, and pushing them to become more independent, better connected and need less support.

Phone: Jane Dodgson: 07415 273 555

Donna Calverley: 07825 426 850

Email: oldhamreferrals@keyring.org or cap@oldham.gov.uk

Website: [KeyRing - Northwest services](#)

Kings Trust

The Kings Trust formerly known as the prince's trust is a UK-based charity The organisation aims to help vulnerable young people aged 11 to 30 who are unemployed or struggling at school. It provides support through various programs focused on education, employment, and enterprise, helping them build a better future.

Phone: 0800 842 842

Email: greatermanchesteroutreach@kingstrust.org.uk

Website: <https://www.kingstrust.org.uk/>

Kooth

Kooth is an online mental health support service designed to provide accessible and anonymous assistance to individuals facing mental health challenges with no waitlist.

Kooth is primarily for children and young adults aged 11 to 25.

Services Offered: Peer Support Communities: Users can join online communities. Self-Help Materials: Access to relevant content. One-to-One Online Chat Sessions: Engage with experienced counsellors.

Website: <https://www.kooth.com/signup/>

L

Local Welfare Provision

Local Welfare Provision (LWP) in Oldham offers support to residents facing financial crises or emergencies. The scheme helps with short-term needs such as food, heating, and essential household items. It also assists vulnerable individuals in establishing or maintaining a home in the community.

Phone: 0161 770 5468

Website: [Emergency support - Local Welfare Provision | Emergency support - Local Welfare Provision | Oldham Council](#)

M

Mahdlo

Mahdlo is a registered charity and state-of-the-art Youth Zone in the heart of Oldham for 8- to 19-year-olds (up to 25 for young people with a disability). Open 7 days a week, 52 weeks of the year, they offer a range of activities and opportunities that all young people from across Oldham can access as a member. Their work falls within six key themes: get active (sports); get creative (arts); get sorted (personal development, crime prevention and health and wellbeing); get outdoors (outward bound and environmental activities); get connected (leadership, volunteering, and citizenship); Get Ahead (employment and enterprise)

Age Range: 8- to 19-year-olds (up to 25 for young people with a disability).

Phone: 0161 624 0111

Email: info@mahdloyz.org

Website: <https://www.mahdloyz.org/>

Maggie's Oldham

Maggie's Oldham provides a range of free services to support people with cancer and their families. These services include psychological support, benefits advice, nutrition workshops, and stress management sessions. The centre offers a welcoming environment where individuals can receive professional advice from cancer support specialists, many of whom are NHS-trained. They also host various activities and support groups to help people connect with others in similar situations and improve their well-being

Phone: 0161 9890 550

Email: oldham@maggies.org

Website: [Maggie's | Everyone's home of cancer care](#)

Migrant Help UK

Migrant Help UK is a national charity dedicated to supporting migrants, asylum seekers, refugees, and victims of modern slavery and human trafficking. They provide essential services such as legal advice, housing assistance, financial support, and access to healthcare. Additionally, they run specialized programs for refugee resettlement, support for victims of modern slavery, and the EU Settlement Scheme.

Phone: 0808 801 0503 - Monday to Friday, 8am to 8pm (24hrs for emergencies)

Website: [Migrant Help](#)

MyHappyMind

myHappymind is a science-backed, NHS-backed mental health and wellbeing programme available for children aged 3-11. myHappymind supports schools to develop a whole school culture of mental well-being through fun and interactive lessons and resources.

The programme is delivered by teachers using pre-made digital lessons projected onto the interactive whiteboard and is supported by journals for every child, soft toys and other physical resources.

myHappymind also comes with a staff wellbeing programme and an app for parents for to support their child's journey.

Phone: 01625 447547

Email hello@myHappymind.org

Website: <https://myhappymind.org/>

N

National Centre For Domestic Violence (NCDV)

NCDV is a Charity that specialise in providing support to survivors of domestic abuse in obtaining legal orders. This is a free service provided to everyone.

Phone Referral: 0800 970 2070 or 0207 186 8270 and select option 1

Referral link: <https://www.ncdv.org.uk/third-party-injunction-referral/>

Text: NCDV to 60777

National Debtline

National Debtline is a free, independent debt advice charity in the UK. They offer confidential and impartial advice to help people manage their debts. You can access their services through phone, webchat, Online Digital Advice Tool. They are available Monday to Friday from 9am to 8pm, and Saturday from 9:30am to 1pm.

Phone: Call them at **0808 808 4000**.

Website: [Debt advice](#) | [Free debt advice](#) | [National Debtline](#)

NHS Live Well

The NHS Live Well program provides comprehensive advice on maintaining a healthy lifestyle, covering areas such as healthy eating, weight management, exercise, mental wellbeing, and addiction support. It offers guidance on reducing alcohol intake, quitting smoking, and managing pain, as well as tips for dental and bone health. The program also includes information on sexual health and seasonal health advice to help you stay healthy throughout the year. For more details, you can visit the NHS Live Well website.

Website: [Live Well - NHS \(www.nhs.uk\)](https://www.nhs.uk/live-well/)

NHS Oldham Talking Therapies

They offer adults support and treatment if you're experiencing low mood, anxiety, obsessive compulsive disorder, panic, phobias, post-traumatic stress disorder, grief, and sleep difficulties.

They can help you deal with the effects of a long-term health condition, chronic pain, or post-natal depression; We also offer couples therapy if you are struggling in your relationships, and psychosexual therapy for any intimacy difficulties.

Everyone who wishes to access the service will be invited to seminars to introduce the service and explain what we can offer, as well as learning strategies and techniques to use while waiting for treatment.

Phone: 0161 716 2777

Website: [NHS Oldham Talking Therapies :: Pennine Care NHS Foundation Trust](#)

Referrals: [Self-referral form](#) | [NHS Oldham Talking Therapies](#) | - GP and Health Professionals can also use this link

O

Off The Record

Off the Record counselling service has been commissioned for young people aged 10 -19 years living in Chadderton or Werneth. They have a free confidential counsellor based at Chadderton Wellbeing Centre.

Phone: 07917 042930

Email: webmail@otr-tameside.org

Website: [Off the Record – A FREE, confidential counselling service for young people 13-25 living in Tameside and Oldham](#)

Oldham Food Bank

Emergency food for local people in crisis. Care professionals such as doctors, health visitors, social workers, CAB and police identify people in crisis and issue them with a foodbank voucher. Foodbank clients bring their voucher to a foodbank Centre where it can be redeemed for three days emergency food. Volunteers meet clients over a cup of tea or free hot meal and can signpost people to agencies able to solve the longer-term problem.

Phone: 0161 770 7007

Email: info@oldham.foodbank.org.uk

Website: <https://oldham.foodbank.org.uk/>

Oldham Hospital Bereavement Service

Bereavement counselling service works with children, adolescents (up to age 18 years) and their parents in Oldham.

Phone: 0161 834 6069

Email: info@gaddum.co.uk oldhambereavement@hotmail.co.uk

Website: <https://directory.childbereavementuk.org/organisation/oldham-bereavement-support-service/>

Oldham Play Action Group (OPAG)

OPAG offer a range of sessions for children and families to attend. OPAG Sessions are open access, that children are free to join in with activities as they choose and leave when they wish. The sessions are targeted at 8 - 13 year olds. Under eights are welcome but must be accompanied by a responsible adult.

Phone: 0161 678 9662

Email: playactiongroup@hotmail.com

Website: [Home | Oldham Play Action Group](#)

Oldham School Nursing Team

Oldham school nursing 5-19 Universal Health Service works with children and young people aged 5-19 years and their parents and carers. This is inclusive of individuals who attend a school in Oldham and are home educated living in Oldham. Providing expert health information, advice, support, assessments, and interventions based on the Healthy Child Programme. Ensuring they experience the very best health and wellbeing advice enabling them to reach their full potential.

Email: oldhamschoolnurseduty@nca.nhs.uk

Oldham Youth Service

Oldham Youth Service provides a wide range of programmes and activities aimed at supporting the personal, social, and educational development of young people aged 11-25. The service includes detached youth work, district youth work, and borough-wide initiatives, all designed to meet the diverse needs of young people in the area. Key objectives include raising aspirations, providing informal education, and ensuring young people have a voice in matters that affect their lives.

Phone: 0161 7701 3116

Email: oldham.youthservice@oldham.gov.uk

Website: [Oldham Youth Services | Oldham Council](#)

Oldham Youth Service - Children in Care Council

The Oldham Children in Care Council (CICC) is a group of young people who are either currently in care or are care leavers. They meet regularly to discuss issues that matter to them and work to shape the services provided to young people in care

Website: [Oldham Children in Care Council – A Voice for Oldham's Care Experienced](#)

Oldham Youth Service - Youth Council

The Oldham Youth Council is a democratic body that gives young people in Oldham a voice in local decision-making, allowing them to influence policies and initiatives that affect their lives

Email: oldhamyouthcouncil@oldham.gov.uk

Website: [Oldham Youth Council – A democratic voice of young people in Oldham](#)

Once upon a smile

Once Upon a Smile can provide you with emotional and practical support at your time of need to enable you to adjust to a new life without your loved one. They provide bereavement support opportunities for children to understand and express their emotions in a fun and safe environment. Self-referrals can be made online.

Phone: 0161 711 0339

Email: info@onceuponasmile.org.uk

Website: [Home - Once Upon a Smile](#)

Operation Encompass Teachers Helpline

The Operation Encompass Teachers' Helpline is a valuable resource for education staff. It provides free advice from educational or clinical psychologists on how best to support children experiencing domestic abuse. The helpline is available from 8am to 1pm, Monday to Friday, during term time.

Phone: 0204 513 9990 (Monday- Friday 8am – 1pm)

Website: [Teachers' Helpline : Operation Encompass](#)

P

Paladin National Stalking Advocacy Service (NSAS)

Paladin NSAS is a trauma-informed service established in 2013, to assist high risk victims of stalking in England and Wales. Their unique trained team of accredited Independent Stalking Advocacy Caseworkers (ISACs) ensure that high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe. Advisors can provide help and support by giving information and guidance on topics including the law in relation to stalking and harassment in the UK, reporting stalking and harassment, effective gathering of evidence, ensuring your personal safety and that of your friends and family and practical steps to reduce the risks.

Phone: 020 3866 4107 (Phone lines open 9am- 3pm weekdays except Wednesdays when it is open 10 am – 5pm)

If unable to call within these hours, please use email below and they will try and arrange for a call at a convenient time.

Email: info@paladinservice.co.uk

Website: [Paladin – National Stalking Advocacy Service](#)

Papyrus

PAPYRUS is a leading UK charity focused on the prevention of young suicide, established in 1997 by bereaved parents. With a mission to reduce suicides among those under 35, The charity offers a range of services, including the HOPELINE247 helpline, providing free, confidential support 24/7 to young people and those concerned about them. PAPYRUS has expanded across the UK, engaging communities through resources, training, and advocacy for legislative changes in suicide prevention.

Phone: 01925 388 428

Email: pat@papyrus-uk.org or admin@papyrus-uk.org

Website: <https://www.papyrus-uk.org/>

Parenting Team Oldham

The programmes are part of the 0-19 Right Start Service and help parents and carers to understand the different behavioural and developmental stages of their baby, child or teenager and support parents and carers to become more confident in their parenting role. Services are based on evidence to make a positive difference for parents. They are delivered by experienced, trained practitioners who can provide support, advice, and guidance to parents to help them find ways to deal with challenging behaviours, reduce stress and have strengthened relationships with their children. Parenting programmes are delivered throughout the year, across Oldham with morning, afternoon, and evening sessions available.

Email: parentsupporthub@oldham.gov.uk

Website: <https://familyhubs.oldham.gov.uk/parenting-support-programmes/>

Parental Education Growth Support (PEGS)

The Parental Education Growth Support (PEGS) service is a social enterprise that supports parents, carers, and guardians experiencing Child to Parent Abuse (CPA).

Website: [Child to parent abuse | Parental Education Growth Support \(PEGS\)](#)

Self-Referral: <https://www.pegssupport.co.uk/self-referral-form>

Professional Referral: [Professional Referral Form](#)

Partners of Prisoners (POPs)

Partners of Prisoners (POPS) is a user-led organisation that provides support to families affected by the criminal justice system. POPS aims to help individuals overcome stigma, build self-confidence, and contribute to a more cohesive society.

Phone: 0161 702 1000

Email: mail@partnersofprisoners.co.uk

Website: [Partners of Prisoners - POPS provide information and support for offenders' families from the point of arrest through to release and beyond.](#)

Address: POPS, 1079 Rochdale Road, Blackley, Manchester, M9 8AJ

Partners of Prisoners (POPs) -Farida Women's Centre

Farida Women's Centre is a women-only community-based space in Oldham, part of the Partners of Prisoners (POPS) organisation. The centre provides a safe environment where women can receive specialised support, advice, and participate in various activities, regardless of their involvement with the criminal justice system

Phone: 07825 799 560 / 07469 696 936

Email: fayd@partnersofprisoners.co.uk

Website: [Farida Women's Centre - Partners of Prisoners](#)

Peaceful Minds CIC

Peaceful Minds CIC provides a Multi-Lingual Counselling, Coaching and Training service that Empowers Positive Mental and Physical Healing to all communities in the Northwest Region. They have a keen interest in alleviating the stigma surrounding Mental Health amongst the BAME community.

There current services include One to one Counselling, Coaching, Family Therapy, Group Therapy, Training workshops regarding Mental and Physical well-being via Online Virtual sessions, face to face or Telephone sessions.

Email: peacefulmindscic@outlook.com / skinahussain@gmail.com

Place2be

Place2Be is a leading children's mental health charity in the UK, dedicated to improving the emotional well-being of pupils, families, and school staff. With over 30 years of experience, they provide in-school counselling and mental health support through one-to-one and group sessions. Place2Be also offers professional training and qualifications for those interested in child counselling. Their evidence-based approach ensures effective support for children's mental health needs.

Phone: 020 7923 5500

Email: enquiries@place2be.org.uk

Website: <https://www.place2be.org.uk/>

POINT

POINT is a charity based in Oldham that provides invaluable support to children and young people with additional needs and disabilities, as well as their families. Their mission is to deliver person-centred support, promote an inclusive society, and empower parents, children, and young people by developing their confidence, resilience, and knowledge

Phone: 0161 503 1547

Email: admin@point-send.co.uk

Website: [POINT – SEND Oldham](https://www.point-send.co.uk/)

POINT - Parent Carer Forum

The independent voice of parents and carers of children and young people with Special Educational Needs and Disabilities in Oldham. Their missions are to ensure that parents and carers had access to meaningful information, consultation and co-production opportunities enabling their voices to be heard to drive change and shape better services to improve the lives and outcomes of children and young people with additional needs and/or disabilities aged 0-25.

Phone: 0161 503 1547

Email: admin@point-send.co.uk

Website: <https://www.point-send.co.uk/Pages/Category/oldham-pcf>

POINT – SEND Activities and Short Breaks

They offer a comprehensive range of age-appropriate activities which focus on developing your child or young person's confidence, improve socialising, develop opportunities to make new friends and support life skills. Short Breaks Play and Leisure activities follow Oldham School term dates featuring separate term-time and school holiday program. Age Range: 0 - 19 years.

Phone: 0161 503 1543

Email: activities@point-send.co.uk

Website: <https://www.point-send.co.uk/point-activities>

Referrals: Self-referral by booking.

POINT - SENDIASS

This service ensures that parents/carers of children and young people with special educational needs and/or disabilities; and young people themselves, have access to high quality Information, advice, and support services. These services are widely respected as an impartial source of information and support in relation to education, health, or social care provision. Their role is to enable children, young people, and their families to support themselves. Providing access to a range of information on their website which will help to understand local policy and the SEN legal framework enabling you to support your child or young person more effectively. SEND is part of the National IAS network who engage strategically with the Department of Education (DfE) on key issues arising for SEND IAS Services.

Phone: 0161 503 1540

Email: iassoldham@point-send.co.uk

Website: [Oldham SENDIASS – POINT](#)

POINT - SEND Mediation

SEND Mediation and Disagreement Resolution is FREE service providing opportunities to resolve disagreements at the earliest opportunity.

The POINT SEND Mediation and Disagreement Resolution service is available to:

Parents and Carers of children and young people (Aged 0-25) who have or may have Special Educational Needs and/ or Disabilities; and Young people aged 16+ who have Special Educational Needs and or Disabilities.

Phone: 0161 503 1558

Email: mediation@point-send.co.uk

Website: [SEND Mediation – POINT](#)

POINT – SEND Workshops and Training

The POINT SEND Workshops and Training service currently provides FREE support to parents and carers in the form of workshops & training. The offer of support includes a rolling programme of themed training workshops which aim to inform and equip parents and carers with a better understanding of their children's needs, and strategies to help support their children's areas of difficulty.

Information marketplace events, designed to enable parents and carers to access information and advice quickly and easily from a range of services and providers.

One-to-one follow up sessions offered where needed, following attendance at workshops, to further support parents and carers develop their understanding.

Signposting to other appropriate support services.

Support and advice from service co-ordinators in person, over the phone, or via email.

Phone: 0161 503 1551

Email: workshops@point-send.co.uk

Website: [SEND Workshops & Training – POINT](#)

Positive Steps Career Guidance

They work with young people in schools to help them choose options, decide on their careers, and apply for opportunities for when they complete year 11. and help them to have a plan for their next step. Also, work with young people who are not in education, employment, or training to help them to decide on their futures and find opportunities.

Phone: 0161 621 9300

Email: info@positive-steps.org.uk

Website: <https://positive-steps.org.uk/oldham-careers-information-and-resources/>

Q

Qwell

Qwell is a valuable mental health support services designed to provide accessible and anonymous assistance to individuals facing mental health challenges with no waitlist.

Qwell is designed for adults aged 18 and above.

Services Offered: Online Peer Support Communities, Self-Help Materials, One-to-One Online Chat Sessions with Experienced Counsellors.

Website: [Before you join Qwell – Qwell](#)

R

REEL CIC (Real Education Empowering Lives)

REEL CIC is a community interest company based in Oldham, UK, dedicated to empowering individuals and communities through education and support. They offer a range of services, including emergency clothing provision, educational programs, and volunteering opportunities. Recognized for their impactful work, REEL CIC aims to engage, encourage, and empower people to achieve their full potential.

Email: rack@reelcic.co.uk

Website: [Real Education Empowering Lives REEL CIC](#)

Refugee Action

Support to asylum seekers going through the asylum process, including people thinking about making further representations.

Phone: 0161 831 5448.

Email: info@refugee-action.org.uk

Website: [Home - Refugee Action](#)

S

SafeNet

SafeNet can support you with information, support & safe accommodation for anyone affected by domestic abuse, stalking & honour-based abuse in Oldham.

They offer 24 hr emergency refuge accommodation, provisions for women and children, dedicated services for children, resettlement support and group Domestic Abuse Interventions.

Referring to SafeNet is easy & survivors can contact SafeNet directly or a referral can be made by someone who is supporting them.

Phone: 03003033581

Email: contact@safenet.org.uk

Website: [Domestic Abuse Services and Refuge in the North West - SafeNet](#)

SAWN (Support and Action for Women's Network)

Support and Action for Women's Network (SAWN) in Oldham, established in 2007, promotes the welfare of Black African women and their families, especially first-generation immigrants. SAWN offers various services, including a support hub for self-sufficiency, a furniture hub with affordable pre-loved items, a growing space for food cultivation and climate action, and the Island of Sanctuary for single women to recharge. They also have the Sisters of the Yam Choir, which fosters well-being through singing in African languages. SAWN collaborates with other organisations to provide culturally appropriate support and promote inclusion and equity.

Phone: 07960501088

Email: sawn.org@gmail.com

Website: [SAWN - Support & Action Women's Network - SAWN](#)

Separating Better App

The Separating Better app is designed to support parents going through separation. Developed by OnePlus One, a leading relationship research and innovation charity in the UK, this app offers a range of features to help parents navigate the challenges of separation and co-parenting effectively

The app is available for free and aims to reduce the impact of parental conflict on children by providing accessible resources and support.

Website: www.oneplusone.org.uk/separating-better

Sexual Health Oldham

They provide free and confidential sexual health services in Oldham including information and advice on all types of contraception and STI testing and treatment. Our service is confidential, non-judgmental and for people of all ages, genders, and orientations.

The young people services support ages 13-19 adults with special educational needs and looked after children up to the age of 25.

Phone: 0300 303 8565

Website: [Sexual Health & STI Clinics in and near Oldham | HCRG Care Group \(thesexualhealthhub.co.uk\)](#)

Book appointment: [book an appointment online 24/7](#)

Shelter

Shelter provides essential support and advice to individuals and families facing housing issues in the Oldham area. They offer services such as legal advice, assistance with finding temporary accommodation, and support for tenants facing eviction. Additionally, they provide emergency help, including access to food, clothing, and temporary shelter, while also working to influence local housing policies and raise awareness about housing issues in the community. For immediate assistance, you can contact their helpline at 0808 800 4444.

Phone: 0808 800 4444. (Emergency Helpline)

Webchat: [Webchat with a Shelter adviser - Shelter England](#)

Website: [Home - Shelter England](#)

Sidekick

Sidekick is an anonymous and confidential text service for young carers aged 13-18 in the UK. Young people can message any time, about anything that's bothering them. Our friendly team will find the answer and reply within 24 hours.

Text: 07888868059

Email: Sidekick@actionforchildren.org.uk

Website: [Sidekick | Helpline for Young People | Action for Children](#)

Smart Works

Smart Works Greater Manchester support women aged 16+ who are unemployed or working on a 0-hour contract.

They provide free, high-quality interview clothing and coaching services to enable our clients to gain the skills and confidence needed to succeed at their upcoming interviews.

They deliver in person appointments at our Centres in Manchester City Centre and Stockport, as well as offering remote appointments (where we post clothing parcels directly to our clients and can deliver coaching online).

If you would like an appointment at Smart Works Greater Manchester, please ask your Work Coach or an organisation supporting you to contact the team to refer you for an appointment.

Phone: 0161 974 0669

Email: greatermanchester@smartworks.org.uk

Website: smartworks.org.uk

Referral: [Make a referral to Smart Works Greater Manchester - Smart Works](#)

Social Prescribing

Social prescribing is free and confidential. It connects you to information, support and activities that could help you feel healthy, supported, and connected in your community to help you live well.

Social prescribing can help you if you are: Struggling with finances and need some advice, Feeling low, stressed or down, Feeling lonely or isolated, Want to improve your management of a new or long-term health condition, Need help getting housing or employment advice, Want to get more active, Experiencing a change, for example a job loss, relationship breakdown or bereavement, Needing to talk through multiple things affecting your wellbeing.

Phone: 0161 339 2345, then Option 1

Email: gmicb-old.socialprescribing@nhs.net

Website: [Oldham Social Prescribing | Action Together](#)

Referrals: accepted through GPs or self-referral form. [Oldham Registration \(elementalsoftware.co.uk\)](#)

Solihull Online Parenting

Solihull online courses give you the opportunity to learn about building relationships with your child from the time when you first become a parent through to understanding your child up to 19 years old.

The courses available include everything from Understanding your pregnancy, labour, birth, and your baby, to Understanding your teenager's brain.

The courses are free for all parents living in Oldham using the access code **DAISY**.

Website: [Solihull Parenting](#)

Spark Oldham – Young Leaders Programme

The **Spark Oldham Young Leaders Programme** is designed to empower young people by providing them with valuable skills and experiences. Here are some key aspects of the programme. The programme aims to build confidence, enhance communication skills, and prepare young people for future education, employment, and training opportunities.

Email: info@sparkoldham.co.uk

Phone: 07879468845

Website: [spark Oldham](#)

Speech and Language Therapy (SALT)

The program offers care and support specifically tailored for children and young individuals in Oldham facing speech, language, and communication difficulties that cannot be adequately addressed by health visiting, educational placements, or other support services. They also provide a service for adults who stammer, making this an all-age pathway. The children they see sometimes have other health services/professionals involved in their care. They work collaboratively with parents, health and social care staff and schools/ settings.

Phone: 0161 357 5119

Email: chidsaltoldham@nca.nhs.uk

Website: <https://www.northernalliance.nhs.uk/our-services/childrens-speech-and-language-therapy-service?q=%2Four-services>

Referral: GP, health professional, social care professional, patient or parent/carer, education professional

Support and Inclusion Team

The Support and Inclusion Team in Oldham offers a range of services to help residents with various needs. They provide practical support for managing finances, including budgeting, benefit entitlements, debt advice, and help with council tax.

Phone: 0161 770 7007

Supporting Families Employment

The Supporting family's employment advisors support families that are/or have received support through the Targeted Early Help Service and are on benefits.

Phone: Joanne 07831410627 | Michelle 07407894301

Email: Joanne.long1@dwp.gov.uk michelle.mills1@dwp.gov.uk

T

Talk Listen Change (TLC)

Talk, Listen, Change is a relationships charity based in the North of England. They offer a variety of services aimed at promoting safe, healthy, and happy relationships. Their support includes individual and group counselling, family mediation, separation support, domestic abuse services, and behaviour change programs.

Phone: 0161 872 1100

Email: enquiries@talklistenchange.org.uk

Website: [TLC: Talk, Listen, Change - A Relationships Charity](#)

Referral: [Book or Refer - TLC: Talk, Listen, Change](#)

Talk Listen Change - Individual Behaviour Change

This programme is open to individuals who are in a same sex relationship, does not speak English as a first language or has additional needs that could make group sessions inaccessible, with the aim being to address unhealthy behaviours. The Sessions are delivered on a one to one basis with a qualified and experienced practitioner and an interpreter is used if necessary.

Talk Listen Change – Partner support

This Programme Offers tailored, individual support for the partners and ex-partners of anyone attending the behaviour change programmes. Support is offered on a one-to-one basis with a professional support worker for the duration of time that their partner or ex-partner is on the programme and for up to 6 months after. Support can also be provided to any children involved, whose parent, carer, sibling, or partner is taking part on one of the behaviours change programmes.

Talk Listen Change – Men’s behaviour Change Programme

This Programme supports men to address unhealthy behaviours in intimate partner relationships. Sessions are delivered in both groups and on a one-to-one basis and course length may vary dependant on the Local authority.

Talk Listen Change - Women’s Behaviour Change Programme

They deliver a behaviour change programme, specifically tailored to women who have caused harm to an intimate partner or worry they may be hurting their significant other. The programme comes with integrated support for partners or ex-partner.

For all Behaviour change programmes self-referrals can be accepted if clients are not currently in family court proceedings and have not been for a 12-month period or longer. If clients are in family court or have been within the last 12 months, then the referral needs to be completed by a Social Worker.

Phone: 0161 872 1100

Email: bridgingtochange@talklistenchange.org

Referral: <https://talklistenchange.org.uk/make-an-appointment/>

Talk Listen Change - Young People's Programmes

young people to end unhealthy behaviours in their relationships. This service offers two separate programmes that help young people develop a better understanding of safe, happy, and healthy relationships.

Encouraging Healthy Relationships Programme

A service aimed at young people aged 13-19 years who are displaying harmful behaviours towards siblings or intimate partners. Children and Young people aged 10-12 and 20-21 years can be considered for the programme, however this will be on a case-by-case basis. The programme runs for 12 weeks and is delivered on a 1-1. Partners or siblings of young people attending the programme are supported via the children and young people's support programme.

Website: <https://talklistenchange.org.uk/project/young-peoples-programmes/>

Respect Programme

A service for young people who are displaying harmful behaviours towards parents or carers. It is designed for young people aged 13-19 years, but young people aged 10-12 and 20-21 years can be considered for the programme on a case-by-case basis. Harmful behaviours can include verbal aggression, physical abuse, sexualisation, emotional or psychological abuse. The programme aims to improve relationships between young people and their parents/carers and lasts for 12 weeks.

Website: <https://talklistenchange.org.uk/project/young-peoples-programmes/>

Talk To Frank

A support service that provides information about drugs, plus advice for people who use drugs, and their parents or carers.

Phone: 0300 123 6600 or **online chat 2pm-6pm.**

Website: [Honest information about drugs | FRANK \(talktofrank.com\)](https://www.talktofrank.com/)

Tameside Oldham and Glossop Mind

Tameside, Oldham, and Glossop Mind are part of a partnership of five local minds; working together to achieve the best mental health for the community, and to ensure people are sufficiently supported with their mental health and wellbeing.

Phone: 0161 330 9223

Email: office@togmind.org

Website: Tameside Oldham and Glossop Mind ([togmind.org](https://www.togmind.org))

Tameside Oldham and Glossop Mind – Families in Mind

A mental and wellbeing service for the whole family, with the aim being to support families to work together to overcome moderate conflict and/or challenges. Families can be provided with tools and knowledge to enhance communication, strengthen relationships, reduce conflicts, and increase family connections.

Phone: 0161 330 9223

Email: familiesinmind@togmind.org

Website: [Families in Mind | Tameside Oldham and Glossop Mind](#)

Tameside Oldham and Glossop Mind - Listening Space

The Listening Spaces are available for anyone who would like support with their mental health and wellbeing.

This service provides an informal comfortable setting and is a free confidential space for adults aged 18 and over who feel they need someone to talk to and to get some early support.

Phone: 0161 330 9223 with the extension 2169.

Email: office@togmind.org

Website: [The Listening Space | Tameside Oldham and Glossop Mind](#)

Tameside Oldham and Glossop Mind - Peer Support Group

Peer Support is a safe space for 15 - 18-year-olds to talk openly and support one another. This can help with:

Opening up about feelings and experiences, Boosting self-esteem and confidence, Introducing ideas and approaches that others have found beneficial, Helping you to connect with others and to learn to value your strengths. Come up to reception and ask for: "Peer Support Group"

When: Wednesdays, 5pm - 6pm

Tameside Oldham and Glossop Mind – Take 5

Safe and Confidential space for all children and young people aged -18 years old who live, attend school or who are registered to a GP in Oldham to talk about how they feel. Practitioners will help explore there feeling and what appropriate support they have available.

Phone: 0161 330 9223

Email: take5@togmind.org.

Website: [Take 5 | Tameside Oldham and Glossop Mind](#)

Tameside Oldham and Glossop Mind – Take 5 and Create

Take 5 and Create is our weekly art workshop run by one of our practitioners at Take 5. Young people do not need to book an appointment to attend this, just show up and get creative! Young people can drop in without an appointment.

Come up to reception desk and ask for: “Take 5 and Create”

Phone: 0161 330 9223

Email: take5@togmind.org.

Website: [Take 5 | Tameside Oldham and Glossop Mind](#)

Tameside Oldham and Glossop Mind Oldham -Talking Therapy Counselling Service

This service is funded by the NHS Greater Manchester Integrated Care Board. It is delivered by our counsellors trained in Person-Centred Experiential Counselling for Depression. Clients in this service are offered up to 8, weekly, 50-minute counselling appointments. Before starting in this service there is a 30-minute Initial Discussion appointment to assess suitability. This is for people 16 years and above, who are registered with an Oldham GP, other criteria apply. There are limited spaces available on this funded service.

Phone: 0161 330 9223

Website: [Counselling | Tameside Oldham and Glossop Mind](#)

The Children’s Society

The organisation provides specialist support that empowers young people to envision and work towards a hopeful future, committing to work with young individuals, their families, and communities until a society that supports all children's needs and well-being is achieved, with a goal to significantly improve children's lives by 2030.

Phone: 03003037000

Email: supportercare@childrenssociety.org.uk

Website: <https://www.childrenssociety.org.uk/>

The Crib

The Crib is a crisis response service in Oldham and Darn hill & Heywood in Rochdale for families who are homeless or at risk of homelessness. They currently support families who have babies in nappies and/or who are pregnant. Their holistic service offers a range of additional support services, including Therapeutic Coaching, Raising Young Humans workshops and appointments with a GP Trainee and/ or a Sexual Health Nurse.

Phone: 07487506192

Email: thecrib.johnst@sharedhealth.org.uk

Website: The Crib - Shared Health Foundation

The Family Information Service

The Family Information Service (FIS) in Oldham provides a range of support and advice for parents and carers of children aged 0-20 years old (up to 25 years if the child has a disability). They offer information on:

Childcare options and early years provision, Family Support Services, Activities and Leisure opportunities, children and family benefits, Support for children and young people with special educational needs and disabilities (SEND).

Phone : 0800 731 1518.

Email: familyinfo@oldham.gov.uk.

Website: [Family Information Service | Oldham Council](#)

The Guardian Project

The Guardian Project, run by NESTAC New Step for African Community), is a service that coordinates care and support for girls and young women up to the age of 18 affected by or at risk of Female Genital Mutilation (FGM) across Greater Manchester.

They provide support for young women worried about or at risk of forced marriage and so-called honour-based violence. The project can offer Referrals for FGM examinations, risk/needs assessment on FGM, provision of specialist, individual culturally appropriate services for children and young people, support for professionals with FGM cases where children and young girls are to be safeguarded and culturally relevant and age-appropriate counselling and emotional support services.

Phone: 0161 975 6009 or 07449651677

Email: guardiansafeguard@nestac.org.uk

Website: www.nestac.org.uk

The NHS Children and Young People's Gender Service

Commissioned by NHS England to provide specialist gender-related care and support for children and young people.

To make a referral to the service please visit NHS Arden and GEM CSU's National Referral Support Service website.

Phone: 01522 857799

Email: agem.cyp-gnrss@nhs.net

The National Associates for Children of Alcoholics (NACOA)

NACOA is a national charity who offer information, advice and support for children affected by a parent drinking.

There are helpful resources available to download to explain parents drinking to children and concerns others. Resources can be accessed by children, adults or professionals supporting families.

Phone: 0800 358 3456

Email: admin@nacoa.org.uk

Website: [Nacoa: Helping everyone affected by their parent's drinking - Nacoa](#)

The Oldham Job Centre Plus

The Oldham Jobcentre Plus is a local office of the Department for Work and Pensions (DWP) that provides a range of services to help individuals find employment and access benefits. The Jobcentre offers support to job seekers, including recent graduates, those looking for a career change, and individuals who have been out of work for a while

Phone: 08456043719

Text Phone: 08456088551

Website: <https://www.jobcentreplusoffices.co.uk/jobcentre-plus-offices/england/north-west/oldham-jobcentre-plus-office>

The Proud Trust

The Proud Trust is an LGBT+ organisation based in Manchester that supports LGBT+ young people through various services and programmes. Their mission is to empower LGBT+ youth, promote equality, and create a supportive community

Website: [Referring to The Proud Trust - The Proud Trust](#)

The Proud Trust - Proud Connections:

Mentors Programme

This programme pairs LGBT+ young people with trained LGBT+ adult mentors for regular online support sessions. The programme is open to LGBT+ young people aged 16 – 19 (up to 25 with additional needs) across the UK.

1:1 Support:

Their experienced staff work with LGBT+ young people to build individualised programmes of support based on their situation and their needs. They work with the young person to help them feel better equipped to deal with life challenges.

Parents & Carers:

This is an online peer support group for the parents and carers of LGBT+ young people facilitated by experienced members of staff from The Proud Trust.

Website: [Proud Connections - The Proud Trust](#)

Referrals: [Referring to The Proud Trust - The Proud Trust](#)

The Proud Trust - Youth Out Oldham

A weekly group for LGBT+ young people and those questioning their gender or sexuality aged 13-18 who live or spend time in Oldham. It's a supportive space to meet other local LGBT+ young people, explore a wide range of activities, and be proud of who you are.

Email: youthgroups@theproudsttrust.org

Website: [Youth Out - The Proud Trust](#)

Referral: [Referring to The Proud Trust - The Proud Trust](#)

The Sleep Charity

The Sleep Charity is a UK-based organisation dedicated to improving sleep for everyone. They provide expert advice, education, and support to help individuals achieve better sleep, recognising the significant impact sleep has on physical, mental, and emotional health.

They have a helpline which is open 3 nights a week (Monday, Tuesday and Thursday) 7pm – 9pm. Mondays and Wednesdays will now also be open 9am - 11am. The Helpline number is 03303 530 541. Please follow the link for further information on our website [National Sleep Helpline - The Sleep Charity](#). This helpline is manned by fully trained Sleep Practitioners.

You can also visit their website general advice and resources on sleep hygiene, guidance around routine, regular hours, and the bedroom environment.

Website: <https://thesleepcharity.org.uk/>

Turning Point

Turning Point Oldham is part of a broader initiative that provides integrated health and social care services. Specifically, the Rochdale and Oldham Drug and Alcohol Service (ROAR) offers support for individuals dealing with substance use issues. This includes a medically assisted recovery program, access to detoxification and rehabilitation, and support for employment through their IPS employment support team¹. The service aims to help individuals regain control of their lives by offering personalized treatment plans and a range of community support options

Phone: 0300 555 0234

Website: Rochdale and Oldham Drug and Alcohol Service (ROAR) | Turning Point (turning-point.co.uk)

U

UK Education and Faith Foundation

UKEFF provide food parcels, advice, and signposting service. We are also able to provide household items and furniture. Asylum seekers and refugees are supported during applications and when refugee status has been granted, and assistance is required with housing, and household items and whilst benefit applications are pending.

Phone: 0161 660 6818

Email: enquiries@ukeff.org

Website: [UK Education & Faith Foundation – UK Education & Faith Foundation](#)

V

Victim Support

We're here to help anyone affected by crime. Not only those who experience it directly, but also their friends, family and any other people involved. It doesn't matter when the crime took place, or whether you've reported it to the police. You can get our help at any time, 24 hours a day, seven days a week. We're independent from the police, and our support is free and confidential.

Phone:

Email:

Website:

Visit from the Stork

Visit from the Stork is a charity based in Salford, Greater Manchester. They support families by offering baby and household essentials, breast feeding support, peer support groups. They are the support network for parents and their children who have no one else to turn to; a tribe of parents and professionals alike who encourage, empower, and connect each other.

Phone: 07402630671

Email: Kim@visitfromthestork.co.uk

Website: Home new - Visit from the Stork

W

Warm Homes

The Warm Homes Oldham program helps residents reduce energy bills and stay warm during winter. It offers free home visits to assess energy use, provides advice on using heating controls effectively, and assists with switching energy suppliers. The program also includes small energy-saving measures like draught-proofing and LED light bulbs and offers emergency support such as oil-filled radiators. Additionally, it can refer residents to other services for further assistance, including furniture, emergency credit vouchers, and food parcels

Phone: 0800 019 1084

E-mail: warmhomes@oldham.gov.uk

Welfare Rights Service

The Welfare Rights Service in Oldham provides free, independent, and impartial advice and support to residents regarding benefits and entitlements. They assist with benefit entitlement advice, help in completing benefit forms, and offer support with mandatory reconsiderations and appeals. The service

aims to ensure that residents are aware of their rights and do not miss out on their entitlements. They also provide advice on complex benefit issues and can represent individuals at tribunals if necessary

Phone: 0161 770 6655

Email:

Online Referral form: [Welfare Rights Service Contact Form - Oldham Council](#)

Y

Young Carers Service

The Young Carer Service by Positive Steps supports young carers aged 8-18 in Oldham. They provide one-to-one support, respite, and information to help young carers manage their responsibilities and improve their well-being. The service offers a variety of activities and programmes, including enrichment sessions, holiday programmes, and bespoke support tailored to individual needs¹. They also work with schools and other providers to identify young carers and ensure they receive the necessary support. The aim is to reduce social isolation, improve mental and physical health, and give young carers the same opportunities as their peers

Phone: 0161 621 9400

Email: info@positive-steps.org.uk

Website: <https://positivesteps.org.uk/services/young-carers/>

Young Minds

Young Minds is the UK's leading charity dedicated to the mental health and well-being of children and young people. They empower adults to be the best support they can be to the young people in their lives. Provide to young people the space and confidence to get their voices heard and change the world we live in.

Phone: 0808 802 5544 (Parent Helpline)

Enquiry: [How To Contact YoungMinds | YoungMinds](#)

Website: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Your Health Oldham

Your Health Oldham is a health and wellbeing service that supports residents in Oldham to lead healthier lives. They offer personalised health plans through their "My Story" service, which tailors support to individual health goals such as weight loss, stopping smoking, and improving mental health. The service includes a variety of programmes and resources, including online and in-person classes, family-based health initiatives, and alcohol advice. Your Health Oldham aims to reduce health inequalities and build

community capacity by working closely with local partners and providing targeted support to vulnerable groups.

Phone: 0161 960 0255

Email: yourhealth.oldham@nhs.net

Website: [Home - Your Health Oldham](#)

Youth Justice Service

The Youth Justice Service in Oldham, commissioned by Positive Steps, aims to prevent offending and reoffending by young people. It adopts a multi-agency approach, involving the police, social services, health services, and education providers, to address the needs of young offenders and support their rehabilitation. The service is trauma-informed and follows a "Child First" principle, ensuring that young people are treated with respect and their individual needs are considered. Key services include community service, educational programmes, mental health support, and restorative justice initiatives. The goal is to reduce the number of first-time entrants into the criminal justice system, lower reoffending rates, and minimise the use of custody.

Phone: 0161 621 9292

Email: info@positive-steps.org.uk

Website: [Youth Justice Service - Positive Steps](#)

For Any Queries
Please Email
Casey.Stewart@oldham.gov.uk or
Lauren.Shaw@oldham.gov.uk