Oldham Council

Directory Of Services

Updated November 2026
By The Family Help Engagement Officers

Family Help Engagement Officers

Family Help Engagement Officers (FHEO)(Formerly known as Early Help Partnership Officers) are dedicated professionals who provide advice, guidance, and support to professionals and their families. Our aim is to connect families with support services and interventions when issues arise. By addressing low-level needs promptly, we work towards reducing the necessity for referrals into Family Help (Formerly known as Targeted Early Help)



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- Health & Wellbeing
- Substance Misuse
- Children & Young People
- Domestic Abuse
- Relationship Support
- Housing and Homelessness
- Asylum Seekers, Refugees & NRPF
- LGBTQA+ & Gender identity
- Culturally Specific Support
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Directory

A

Aces Youth Group

ACES Youth Club is a self-funded youth club for autistic children aged 6–11 years. The club offers a safe, welcoming and inclusive environment where autistic children can develop friendships, build confidence, communicate in ways that work for them, and enjoy social activities without pressure or judgement.

The club aims to create a space where children can be themselves, feel accepted, and connect with peers who share similar experiences. Through regular sessions, ACES Youth support social development, inclusion, wellbeing, and positive community connections for autistic children and their families.

Sessions take place weekly from 6:00pm to 8:00pm at Crossley Community Centre. As a constitution group, ACES Youth is committed to growing and developing its offer, with the long-term goal of providing sustainable support and opportunities for autistic children and young people across Oldham.

Email: Acesyouthcic@gmail.com

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 organisations 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

Advice Now

Advice Now is a trusted online resource run by the legal charity Law for Life, offering clear, practical guidance to help people understand and deal with common legal issues. The website provides accessible information on topics such as family matters, housing, debt, benefits and employment rights, with step-by-step guides, template letters and tools to support people into taking action. It is particularly useful for individuals who may not have access to legal advice, as well as professionals supporting others, helping users to make informed decisions and navigate challenging situations with confidence.
Website: https://www.advicenow.org.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)

Alternative Provision Specialist Task Force (ASPT)

The Alternative Provision Specialist Task Force (ASPT) is a multi-agency advisory service that builds capacity and skills within schools by delivering integrated, child-centred support across five key areas: improving mental health and wellbeing, attendance, reintegration, reducing the risk of NEET, and reducing the risk of serious youth violence.

The team is made up of co-located specialists, including an APST Co-ordinator and Behaviour Manager, Social Worker, Speech and Language Therapist, Counsellor, Careers Advisor, Youth Justice Service Case Manager and Engagement Officer, and a Local Authority Attendance Officer. Working collaboratively, the APST provides a rapid response to the needs of children, families, and schools, enabling earlier intervention and reducing waiting times for support.

Any professional working in a school in Oldham may refer for APST support.

Email: APST@oldham.gov.uk

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(andysmanclub.co.uk)

B

BBC Children In Need Essentials Programme

Provides funding for essential household items for families with children experiencing severe poverty or crisis situations, helping meet basic needs such as beds, cookers, clothing and other essential items that support a child's wellbeing.

A referrer-only programme for families with children facing significant financial hardship. Applications must be submitted by registered professionals or agencies through the Emergency Essentials programme managed by Family Fund Business Services.

Phone: 01904 550011 between 9.30am and 3.00pm, Monday to Friday
Email: emergencyessentials@familyfundservices.co.uk
Website: Emergency Essentials - BBC Children in Need

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

Beat

Beat provides support, information and advice for anyone affected by an eating disorder, including children, young people, adults, families, carers and professionals. Services include a confidential helpline, webchat, online support, self-help resources and guidance on accessing treatment. Support is available through self-referral and no professional referral is required.

Phone: 0808 801 0677
Email: help@beateatingdisorders.org.uk
Website: Beat Eating Disorders

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: The app can be downloaded free of charge from the Google Play Store and Apple App Store by searching"BeeConnected GMCA

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

Phone: 07882 150025
Email: breakingthewavesfoundation@gmail.com

Breathe – Wellbeing through Creativity

Breathe – Wellbeing Through Creativity is a community-based wellbeing group offering a safe, welcoming space where adults can connect, talk, and improve their emotional wellbeing through creative activities. The group uses arts, crafts, mindfulness, discussion, and creative expression to help people build confidence, reduce isolation, manage stress, and support positive mental health. Sessions are relaxed, inclusive, and suitable for people of all abilities, with a focus on creativity, connection, and peer support in a non-judgemental environment. Breathe welcomes anyone looking to improve their wellbeing, meet others, and explore creative ways to support their mental health.

Website/Facebook: Search "Breathe – wellbeing through Creativity"

British Red Cross

The British Red Cross - Oldham Hub provides practical and emotional support to refugees, asylum seekers, and vulnerable migrants living in Oldham. The weekly drop-in service offers a welcoming social space with a hot meal alongside one-to-one casework, ESOL support, health and wellbeing activities, arts and crafts, employability support, and signposting to other local services. The British Red Cross also provides emergency assistance, information, advice, and support to help people adapt to life in the UK and access essential services.

Phone: 07709 532 064 (Oldham Hub) / 0161 888 8932 (Greater Manchester Refugee Service)
Email: gmrs@redcross.org.uk
Website: https://www.redcross.org.uk/get-help/get-help-as-a-refugee
Location: Oldham Baptist Church, Chaucer Street, Oldham, OL1 1BA
Drop-in: Wednesdays, 10:00am-2:00pm (term time)

Buttle UK

Buttle UK is a national children's charity that provides grants to children and young people experiencing poverty, crisis, trauma, instability, or multiple disadvantages. Its aim is to ensure that children have access to the essential items and opportunities needed for a safe, healthy, and positive childhood.
Rather than providing direct services, Buttle UK offers individual grants tailored to a child's specific needs. These grants help remove barriers to wellbeing, education, and development by funding items and activities that many families would otherwise be unable to afford.

Funding can be used to purchase essential household items, educational resources, technology, clothing, and activities that improve wellbeing, educational engagement, and life opportunities.

Applications cannot be made directly by families. Referrals must be submitted by a frontline professional.

Phone: 020 7828 7311
Email: info@buttleuk.org
Website: https://buttleuk.org/

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: Referral: 0161 770 8332 Queries: 0161 716 2020

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 the 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

Catch 22

Catch22 County Lines Support and Rescue supports young people under 25 affected by county lines exploitation. The service provides one-to-one support for young people and their families, helping them exit exploitation, improve wellbeing and reduce risk, alongside a safe return service for young people identified away from home.

Support service Referral form : this referral form

Rescue service Referral form: this referral form

This service is available for referrals from 9am – 10pm 7 days per week:

- All referrals sent within this time will receive a call back within **one hour**.
- All referrals sent outside of these hours will be actioned **the next morning**.

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/

Cerebra

Cerebra is a UK-based charity dedicated to improving the lives of children with brain conditions and their families. They provide specialist information, advice and practical support on a wide range of topics, including sleep, behaviour, education and legal rights, helping families better understand and manage the challenges they face. Cerebra also funds research to advance knowledge of neurological conditions and offers resources such as equipment, guides and tailored services to support children's development and wellbeing. Their work aims to empower families, reduce stress and improve quality of life.

Phone: 01267 244200
Email: info@cerebra.org.uk
Website: https://www.cerebra.org.uk/

Cerebra - Sleep Advice Service

Cerebra's Sleep Advice Service offers free, specialist support to families and carers of children with neurological conditions who are experiencing sleep difficulties. The service provides tailored, evidence-based guidance to help improve sleep patterns, including one-to-one advice, personalised sleep plans and practical strategies to manage common sleep issues. Support is delivered by trained sleep practitioners who understand the challenges faced by families, helping to improve both the child's wellbeing and overall family life. Referrals can be made by parents, carers or professionals.

Phone: 01267 244200
Email: sleep@cerebra.org.uk
Website: https://www.cerebra.org.uk/service/sleep-advice-service
Referral form: Contact the Sleep Team- Cerebra

Chat Autism and ADHD

Chat Autism & ADHD is a free, confidential text messaging service for children and young people under 18, as well as parents and carers seeking advice about a child or young person. The service provides information, guidance, and emotional support around autism and ADHD, including questions about diagnosis, behaviours, education, and accessing local support services. A formal diagnosis is not required to access the service. The service is delivered by Barnardo's and aims to respond within 48 hours during working hours.

Phone/Text: 07507 329954

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: https://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

Child Employment & Entertainment

Child Employment and Entertainment (Oldham Council) supports the licensing and safeguarding of children involved in employment, performances, and entertainment activities. The service issues child performance licences for activities such as theatre, modelling, TV, film, dance shows, and musical performances, as well as child employment licences for school-aged children undertaking permitted work. The team also administers chaperone licences to ensure children participating in performances are appropriately safeguarded and supported. Children, employers, performance organisers, and chaperones can access advice, guidance, and licensing support to ensure legal and safe participation in work and entertainment activities.

Phone: 0161 770 6627
Email: child.licensing@oldham.gov.uk
Website: https://www.olscb.org/professionals/licensing/

Further guidance and examples of best practice can be found on the National Network for Children in Employment and Entertainment (NNCEE) website: www.nncee.org.uk

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 Provides 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 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

Christians Against Poverty (CAP) is a national charity that provides free, confidential debt advice and practical financial support to people experiencing financial difficulties. CAP helps individuals and families manage unmanageable debt by offering personalised budgeting support, negotiating with creditors, and identifying the most appropriate route towards becoming debt free. Services are available regardless of faith, background, or circumstances.

CAP's trained advisers provide one-to-one support throughout the debt recovery process, helping people understand their options and sustain long-term financial stability. In addition to debt advice, CAP also offers services such as money coaching, life skills groups, and job clubs designed to build financial confidence, improve budgeting skills, and support people into employment. Services are delivered through partnerships with local churches, providing community-based support across the UK.

Phone: 0800 328 0006 for immediate assistance
Email: info@capuk.org
Website: Home | CAP UK

Citizen's Advice Sort

Citizens Advice Sort (Stockport, Oldham, Rochdale & Tameside) provides free, independent, confidential, and impartial advice on a wide range of issues including benefits, debt, money management, housing, employment, energy costs, consumer rights, and family matters. The service supports people experiencing financial hardship or homelessness and can provide information, advice, and signposting for individuals with immigration-related concerns, including those with No Recourse to Public Funds (NRPF), referring to specialist services where appropriate. Through a network of community locations across Oldham, residents can access drop-in sessions, appointments, and specialist advice to help them understand their rights, resolve problems, and access the support they need.

Phone: 0808 278 7803 **WhatsApp**: 07401315053
Email: https://citizensadvicesort.org.uk/advice
Website: https://citizensadvicesort.org.uk/

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

Crisis Payments (Oldham Council)

Crisis Payments provide quick, short-term financial support to Oldham residents who are experiencing an unexpected crisis and are unable to afford essential items or meet immediate basic needs. The scheme is designed to help people whose health, safety, or ability to remain in their home is at risk due to a sudden change in circumstances. Applicants do not need to be claiming benefits and may be working, self-employed, on a low income, or experiencing financial hardship.

Support is tailored to individual circumstances and may include help with:

- Food and toiletries
- Baby essentials
- Beds, bedding and essential furniture
- White goods such as fridges, cookers and washing machines
- Fuel and energy top-ups
- Essential travel costs for work, education or healthcare appointments

Examples of crises that may qualify include domestic abuse, fire or flood damage, leaving care, prison or hospital, bereavement, relationship breakdown, sudden illness, or other emergencies that create immediate hardship. Applications can be made by individuals or by professionals on their behalf with consent.

Phone: 0161 770 5468
Email: CrisisPaymentSupport@Oldham.gov.uk
Website: https://www.oldham.gov.uk/info/100001/help_with_benefits_and_money/1837/crisis_payments

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: https://dadmatters.org.uk/DMHOST/ (for up-to-date courses and groups)

Depaul UK

Depaul provides a range of services across Greater Manchester to support young people aged 16–25 who are experiencing, or at risk of, homelessness. The service takes a preventative and holistic approach, working with young people at different stages—from early intervention through to crisis support and independent living.

Phone: 0161 507 3414

Email: depaul@depaulcharity.org.uk

Website: https://www.depaul.org.uk

Depaul UK – Nightstop

Nightstop Greater Manchester supports young people aged 16-25 who are at risk of homelessness.

Trained and vetted hosts in the community provide a safe place to stay, washing facilities, a meal and a friendly listening ear. It is a night-by-night, same day emergency service. While the young person stays with a host, Nightstop Greater Manchester will support them to find a longer-term solution.

Nightstop Greater Manchester is part of a UK-wide network accredited by Depaul UK. The service is delivered by Depaul UK in Greater Manchester.

Phone: 01615073414 (9am-5pm, Monday to Friday)

Email: Nightstop.Referrals@depaulcharity.org.uk

Website: https://www.depaul.org.uk/nightstop/nightstop-greater-manchester

Depaul UK – Reconnect

Reconnect is a family mediation and support service for young people aged 11 to 25, and their families, parents or carers. The service works with families experiencing conflict, relationship breakdown, communication difficulties and other challenges that may be affecting family relationships and stability.

The service takes a bespoke approach by combining:

Family mediation, One-to-one practical support, Emotional support for young people and family members, Help to rebuild relationships and improve communication, Support to reduce conflict and prevent family breakdown where possible.

Phone: 0333 335 7343
Email: reconnect@depaulcharity.org.uk
Website: Reconnect Service | UK Family Mediation by Depaul UK (professional referral)

Domestic Abuse Prevention Team(DAPT)

The Domestic Abuse Prevention Team (DAPT) provides domestic abuse consultation, advice, guidance and training to professionals working with children, families and adults across Oldham.

The service has been established to strengthen the early support offer for families affected by **standard and medium-risk domestic abuse**, ensuring professionals have access to specialist domestic abuse knowledge and support at the earliest opportunity.

The team works alongside Family Help, Family Hubs and district-based multi-agency teams to embed domestic abuse expertise within local practice and improve outcomes for children and families.

The team can support professionals with:

- Domestic abuse consultation and advice.
- DASH risk assessments.
- Safety planning.
- Identifying appropriate support and intervention pathways.
- Signposting and referrals to specialist and community services.
- Case discussions and professional guidance.
- Domestic abuse awareness and training.
- One-to-one consultation sessions for practitioners.

The service supports practitioners to build confidence in identifying, assessing and responding to domestic abuse, helping to ensure families receive the right support at the right time.

District Contacts

North District
Sajida.Jabeen@oldham.gov.uk

South District
jamie-leigh.simms@oldham.gov.uk

East District
Mollie.Mcardle@oldham.gov.uk

West District
Khalda.Hamid@oldham.gov.uk

Central District
jade.woods@oldham.gov.uk

Team Manager
Nicola.Field@oldham.gov.uk

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.

Website: Support lines | Drinkaware

E

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: Emotional Health and Wellbeing Support | Early Break

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

Website :https://earlybreak.co.uk/pathfinder

East European Resource Centre (EERC)

The East European Resource Centre (EERC) is a charity that provides information, advice, advocacy, and practical support to people from Central and Eastern European communities living in the UK. EERC helps individuals and families access support with issues including welfare benefits, housing, employment, debt, immigration, education, and health. The service aims to reduce poverty, social exclusion, discrimination, and exploitation, while helping people understand their rights and make informed choices about their lives.

Phone:

- Polish/English: 07521 857 415
- Romanian/English: 07730 021 986
- Ukrainian/Russian/English: 07718 612 218
- Landline: 020 8741 1288

Email: info@eerc.org.uk

Website **https://www.eerc.org.uk/contact-us**

Essential Parenting App

The Essential Parent app is designed to support parents and families by providing a wide range of health, mental health, and parenting resources, including over 2,000 articles and videos on topics such as pregnancy, child sleep, potty training, speech and communication, behaviour, and teenage mental health Content is tailored to the child's age and development stage, starting from pregnancy and continuing until the child reaches 19 years

In Greater Manchester, Family Hubs and 0–19 teams in locations including Oldham collaborate with Essential Parent to provide the app as part of public health support, allowing parents to access local service information, events, workshops, and activities in addition to general parenting guidance

You can access the Essential Parent app by downloading it from the Apple App Store or Google Play Store, then registering with your email and password, or accessing content provided via your health professional.

F

Family Fund

Family Fund is the UK's largest charity providing grants and support to families raising a disabled or seriously ill child or young person on a low income. The charity offers financial grants to help families access essential items and services, alongside a wide range of practical support including information on benefits, household costs, digital inclusion, activities and learning opportunities, workshops, events, and resources to support day-to-day family life. Family Fund also helps families access additional sources of support and guidance, helping to reduce financial pressure and improve the wellbeing of disabled children and their families across the UK, including Oldham.

Phone: 01904 550055
Website: https://www.familyfund.org.uk/

Family Information Service

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).

Email: familyinfo@oldham.gov.uk
Website: Family Information Service | Oldham Council

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 | Oldham Council

Greater Manchester Bereavement Service

The Greater Manchester Bereavement Service (GMBS) is a free support and signposting service for anyone living in Greater Manchester who has been bereaved or affected by a death, regardless of when the death occurred or the cause of death. The service aims to ensure that nobody has to face grief alone by providing emotional support, information, and help to access appropriate local bereavement services.

Bereavement practitioners offer a compassionate listening ear and help people understand the support available to them, whether they need emotional support, counselling, peer support groups, or practical advice following a bereavement.

The service includes dedicated suicide bereavement practitioners who provide specialist support to people affected by suicide. These practitioners understand the unique challenges associated with suicide bereavement and can help individuals access appropriate services and resources.

Phone: 0161 983 0902 (Monday to Friday 9.00am to 5.00pm)
Email: gmicb-sal.gm.bs@nhs.net
Website: Home - Greater Manchester Bereavement Service

Greater Manchester Domestic Abuse Helpline

Greater Manchester Domestic Abuse Helpline is a confidential support service for anyone aged 16 and over who is experiencing, or has previously experienced, domestic abuse in any form. The helpline provides emotional support, safety planning, information on legal and housing options, refuge referrals, and signposting to specialist services. Support is also available for professionals, family members, and friends seeking advice on how to help someone affected by domestic abuse.
Phone: 0800 254 0909
Email: helpline@independentchoices.org.uk
Website: www.domesticabusehelpline.co.uk

Greater Manchester Rape Crisis

Greater Manchester Rape Crisis (GMRC) is a specialist women-led support service for women and girls who have experienced rape, sexual violence, or sexual abuse at any point in their lives. The service provides confidential emotional support, counselling, Independent Sexual Violence Advisor (ISVA) support, advocacy, stabilisation support, group work, and information to help survivors understand their options and access appropriate services. Support is also available for family members and friends affected by a loved one's experience of sexual violence. Services are available to residents across Greater Manchester,

Phone: 0161 273 4500 (Open Monday to Friday 10 am to 4 pm. Wednesday and Thursday evenings 6pm to 9pm)
Email:help@manchesterrapecrisis.co.uk
Website: Greater Manchester Rape Crisis Website

Groundwork 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 can gain qualifications in: First Aid, including defibrillator training, Money & budget management, and Carbon Literacy

Website: https://www.groundwork.org.uk/greatermanchester/gm-get-support/join-the-team-programme/

Groundwork - Energy Advice

Groundwork offers 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

Groundwork – Green Doctor

Groundwork Green Doctor is a free and impartial energy advice service that helps residents reduce energy costs, stay warm, and improve the energy efficiency of their homes. Green Doctors provide practical support with reducing energy and water use, managing fuel and water debt, resolving billing issues, accessing grants and discounts, and identifying problems such as damp, mould, and heat loss. Support is available through home visits and telephone appointments, with referrals to other services where additional help is needed.

Phone: 0121 236 8565
Email: greendoctor@groundwork.org.uk
Website: www.groundwork.org.uk/greendoctor/

H

Happy Days Children's Charity

Happy Days Children's Charity is a national charity that helps children and young people aged 3–17 who are living with additional needs, disabilities, long-term health conditions, trauma, abuse, bereavement, or other challenging circumstances. The charity provides funded opportunities for children and families to enjoy memorable experiences, build confidence, develop new skills, and take a break from the pressures of everyday life.

Support includes family day trips, family holiday breaks, group activity holidays, educational visits, theatre trips, and other recreational experiences. The charity also works with schools, SEND groups, young carers' services, women's refuges, hospitals, and community organisations to fund activities that improve wellbeing and create positive memories for children and young people.

Applications can be made by parents, carers, family members, and professionals on behalf of eligible children. The charity aims to reduce barriers to participation and provide respite opportunities that enhance emotional wellbeing, social inclusion, and family resilience

Phone: 01462 530710
Email: enquiries@happydayscharity.org
Website: https://www.happydayscharity.org/

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, They want to hear about your experiences. They have the power to make sure NHS leaders and other decision makers listen to people's feedback and improve standards of care. They can also help residents to find reliable and trustworthy advice and information.

Phone: 0161 6225700
Email: info@healthwatcholdham.co.uk
Website: http://www.healthwatcholdham.co.uk

Holiday Activities and Food Programme (HAF)

The Holiday Activities and Food (HAF) Programme in Oldham, funded by the Department for Education, provides free holiday activities and meals for children aged 5 to 16 who receive benefits-related free school meals, helping them to eat more healthily, stay active, remain safe and socially connected, improve their understanding of health and nutrition, and stay engaged with school. Children are eligible if they receive benefits-related free school meals based on the following criteria:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit (without Working Tax Credit and with an annual gross income under £16,190)
- Guaranteed element of State Pension Credit
- Working Tax Credit run-on (paid for four weeks after stopping qualification)
- Universal Credit with annual net earned income under £7,400

Children in Reception, Year 1 and Year 2 who receive universal free school meals are not automatically eligible unless they also meet the benefits-related criteria.

Email: OldhamHAF@oldham.gov.uk
Website: **https://www.oldham.gov.uk/haf**

Homestart

Home-Start HOST is a family support charity that helps parents with young children who may be experiencing challenges such as isolation, poor mental health, financial difficulties, bereavement, relationship issues, or the pressures of parenting. Through trained volunteers and family support workers, Home-Start provides practical and emotional support, helping parents build confidence, strengthen family relationships, and improve outcomes for their children. Support is tailored to each family's needs and may include home visiting, parenting support, group activities, and help to access local services.

Home-Start works with families with young children, including expectant parents, offering compassionate, confidential, and non-judgemental support during difficult times

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: https://forms.office.com/e/tjZgUevKM3

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

Hourglass

Hourglass is the UK's only charity dedicated to ending the abuse, harm, and neglect of older people. The organisation provides a free and confidential 24/7 helpline for older people, their families, carers, and professionals, offering information, advice, advocacy, emotional support, and signposting for concerns relating to abuse, exploitation, neglect, and safer ageing.

Phone: 0808 808 8141
Email: enquiries@wearehourglass.org
Website: www.wearehourglass.org

Housing Payments

Housing Payments are discretionary payments provided by Oldham Council to help residents who are struggling to meet their housing costs and are at risk of financial hardship or homelessness. The scheme can offer additional support to people receiving Housing Benefit or the housing element of Universal Credit when their benefits do not cover their full rent. Housing Payments may help with rent shortfalls, rent in advance, deposits, removal costs, or other housing-related expenses, depending on individual circumstances. The service aims to help residents maintain stable accommodation and prevent homelessness**.**

Phone: 0161 770 6654
Email: benefits@oldham.gov.uk
Website: Housing Payments - Oldham Council

I

Income Maximisation Team (Oldham Council)

Income Maximisation Team (Oldham Council) helps residents identify and access benefits, grants, and financial support they may be entitled to but are not currently receiving. The service supports people who are experiencing financial difficulties, have had a change in circumstances, or simply want to check they are claiming their full entitlement. The team can provide benefit entitlement checks, support with benefit applications, and advice to help maximise household income. Working as part of the Financial Inclusion Service, the team works closely with Welfare Rights and other support services to improve residents' financial wellbeing.

Phone: 0161 770 3434
Email: IMT@oldham.gov.uk

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.

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.

Phone: 0161 770 1572 (Monday – Friday 9am – 4.30pm)
Email: idaa.service@oldham.gov.uk

Independent Choices Greater Manchester

A free and confidential helpline, providing support to anyone over the age of 16 who is experiencing/has previously experienced domestic abuse/violence in any form. Our helpline can not only be accessed by victims, but by professionals, as well as friends and family who want to support loved ones. We also run the Community Helpline Language Service (CHLS), offering advice and support in Urdu and Punjabi. We have a wide knowledge around cultural issues and barriers facing BAME communities, such as Honour Based Violence/Abuse, Forced Marriage, FGM, immigration issues, no recourse to public funds, Sharia divorce, domestic work/slavery. We're able to access Language Line, for callers who speak other languages.

Phone: 0800 254 0909 (Open Monday to Friday 10am-4pm)
Email: Helpline@independentchoices.org.uk
Website: Independent Choices website

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

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

KarmaNirvana

Karma Nirvana provides specialist support for anyone affected by honour-based abuse, forced marriage and related forms of domestic abuse. The service offers confidential emotional and practical support, safety planning, information, advice and signposting for victims, survivors, professionals and those concerned about someone else. Support is available regardless of age, gender, sexuality or faith, and referrals are not required as individuals and professionals can contact the helpline directly.

Phone: 0800 5999 247 (Monday-Friday, 9am-5pm)
Email: info@karmanirvana.org.uk
Website: Karma Nirvana Helpline

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: Donna Calverley: 07825 426 850
Email: oldhamreferrals@keyring.org
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/

Kompasi

KOMPASI is an online directory designed to help asylum seekers, refugees, migrants, and the professionals supporting them find relevant services and support. The platform brings together information on organisations offering advice and assistance with immigration, housing, health and wellbeing, education, employment, English language learning, financial support, community activities, volunteering, and legal services, making it easier to access appropriate support in local areas.
Website: https://www.kompasi.org/

L

LGBT Foundation

LGBT Foundation is a national charity that provides advice, support, and wellbeing services for lesbian, gay, bisexual and trans (LGBT+) people. The organisation offers confidential support on issues including mental health, sexual health, domestic abuse, relationships, community wellbeing, discrimination, and social isolation. Services include a helpline, advocacy, information, support groups, and signposting to specialist services, helping LGBT+ people improve their health, wellbeing, and access to support.

Phone: 0345 330 3030
Email: helpline@lgbt.foundation
Website: www.lgbt.foundation

Local Authority Designated Officer (LADO)

The LADO oversees allegations made against professionals, volunteers, or anyone working with children where there are concerns, they may have harmed a child, committed an offence against a child, posed a risk of harm, or may be unsuitable to work with children. The LADO provides advice and guidance, liaises with partner agencies, and monitors cases to ensure they are managed fairly and promptly. The LADO does not investigate allegations. All allegations or concerns must be reported to the LADO on the same working day.

Website: https://www.olscb.org/professionals/lado/

Contacts:

Colette Morris (LADO)
Phone: 0161 770 8870 / 07583 101 863
Email: colette.morris@oldham.gov.uk

Wendy Nicholls (LADO)
Phone: 0161 770 0008 / 07974 619094
Email: wendy.nicholls@oldham.gov.uk

Catherine Leach (Allegation Management Co-ordinator)
Phone: 0161 770 8081
Email: catherine.leach@oldham.gov.uk

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

Men's Advice Line

Men's Advice Line is a national confidential helpline and webchat service for men experiencing domestic abuse, including those who identify as trans or non-binary. The service provides emotional support, practical advice, safety planning, information about domestic abuse, and signposting to specialist services that can help keep individuals and their children safe.

Phone: 0808 801 0327
Email: info@mensadviceline.org.uk
Website: www.mensadviceline.org.uk

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

Migrant Support

Migrant Support is a Manchester-based charity that supports vulnerable migrants across Greater Manchester and promotes social inclusion and a fair approach to migration. The organisation delivers a range of projects designed to help people settle into their communities, develop skills, improve wellbeing, and access opportunities. Support includes employment and work-related activities through its Work Club, language and integration programmes, wellbeing projects, support for transnational families, and community-based activities that help migrants build confidence, connections, and independence

Phone:0161 237 1427
Email: info@migrantsupport.org.uk
Website: https://www.migrantsupport.org.uk/

Mindshift

Mindshift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. The app lists symptoms of anxiety, offers strategies to manage worry, panic, conflict, ordinary anxiety and three specialised categories of anxiety:

- test anxiety
- social anxiety
- perfectionism

It also contains relaxation exercises.

App: The app can be downloaded free of charge from the Google Play Store and Apple App Store by searching Mindshift CBT

Mustard Tree

Mustard Tree is a Greater Manchester charity that works to combat poverty and prevent homelessness by providing practical support, opportunities, and community connections for people experiencing hardship. The charity offers access to food, clothing, furniture, one-to-one support, advice and advocacy, as well as education, training, work placements, and creative activities designed to help people build confidence, skills, and independence. Mustard Tree supports individuals facing financial difficulties, homelessness, unemployment, and social isolation, helping them access the resources and opportunities they need to improve their circumstances.

Phone: 0161 850 2282 (Help Desk)
Email: information@mustardtree.org.uk
Website: https://mustardtree.org.uk/

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)

National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service for individuals experiencing domestic abuse. The service helps people obtain legal protection, including Non-Molestation Orders and other emergency injunctions, regardless of their financial circumstances, gender, ethnicity, or sexual orientation. NCDV works closely with the police, solicitors, and support agencies to secure swift legal protection and can also signpost individuals to additional support services.

Phone: 0800 970 2070

Email: office@ncdv.org.uk
Website: www.ncdv.org.uk

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

National Society for the Prevention of Cruelty to Children (NSPCC)

NSPCC is the UK's leading child protection charity, working to prevent abuse and neglect and help keep children safe. The NSPCC provides advice, support, and safeguarding services for children, young people, families, and professionals. Services available to Oldham residents include the NSPCC Helpline for adults and professionals concerned about a child's welfare, Childline for children and young people under 19, safeguarding advice, online safety resources, parenting support, and specialist guidance on issues such as abuse, neglect, exploitation, and online harm.

NSPCC Helpline: 0808 800 5000
Email: help@nspcc.org.uk
Website: www.nspcc.org.uk

Childline (Under 19s): 0800 1111
Website: www.childline.org.uk

New Step For African Community

New Step for African Community (NESTAC) is a Greater Manchester-based charity that supports refugees, asylum seekers, migrant communities, women, and girls affected by domestic abuse, gender-based violence, female genital mutilation (FGM), forced marriage, honour-based abuse, and other harmful cultural practices. The organisation provides culturally sensitive advocacy, emotional wellbeing support, counselling, safeguarding services, community programmes, and specialist support to help individuals improve their safety, wellbeing, and access to services.
Phone: 0161 975 6009/ 07426894361
Email: enquiries@nestac.org.uk
Website: www.nestac.org.uk

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)

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: Referral form | NHS Oldham Talking Therapies | Patient Portal - GP and Health Professionals can also use this link

North West Regional Strategic Migration Partnership (RSMP)

The Northwest Regional Strategic Migration Partnership (RSMP**)** is hosted by Manchester City Council and works across the Northwest of England to support positive local responses to migration. The partnership works with local authorities, health services, voluntary and community organisations, the Home Office, and other partners to improve support for migrants, refugees, asylum seekers, and people seeking sanctuary. RSMP provides strategic leadership, guidance, training, information sharing, and regional networking across a range of areas including asylum, resettlement, migrant health, employment, ESOL, social care, Ukraine schemes, Hong Kong BN(O) support, and unaccompanied asylum-seeking children. It also facilitates regional forums and partnership meetings that enable professionals to share best practice, address emerging issues, and improve outcomes for migrant communities.

Email: RSMP@manchester.gov.uk
Website: https://northwestrsmp.org.uk/

NRPF Network

The NRPF Network is a national organisation that supports local authorities and partner agencies working with people who have **No Recourse to Public Funds (NRPF)**. The network provides guidance, training, resources, policy information, and best practice advice to help professionals support destitute families, adults, and care leavers who are unable to access mainstream benefits due to their immigration status. It also works with councils and government departments to improve outcomes, prevent homelessness, and promote consistent service delivery across the UK. The NRPF Network also coordinates regional networks and regular regional meetings, allowing practitioners to share good practice, receive updates on legal and policy changes, discuss local issues, and contribute to national policy and strategic work. Membership is open to local authority staff and, in some areas, partner organisations working with people affected by NRPF

Website: https://www.nrpfnetwork.org.uk/information-and-resources

O

Oak Community Development

Oak Community Development (OAK CD) is a community-focused organisation based in Oldham that works to support residents, particularly Black, Asian and Minority Ethnic (BAME) communities, through wellbeing, education, youth, and community development programmes.

Phone: 0844 504 7111
Email: info@oakcd.org.uk
Website: https://oakcd.org.uk/

Oak Community Development – Bame Connect

BAME Connect (OAK Community Development) supports people from diverse backgrounds to improve their health, wellbeing and sense of belonging within their community. The programme aims to reduce isolation, tackle inequalities and empower individuals and families through social connection, health and wellbeing workshops, community gardening, exercise activities, and cultural events. Participants can build confidence, develop new skills, improve physical and mental wellbeing, strengthen community relationships, and access opportunities to become more active and connected within their local area.

Website and referral form: https://oakcd.org.uk/rt-portfolios/bame-connect/

Oak Community Development – Career Coaching

Career Coaching (OAK Community Development) provides personalised one-to-one support for people who feel unsure about their career, education or future direction. The service helps individuals identify their strengths, skills and interests, build confidence and self-belief, explore employment, training and volunteering opportunities, and develop realistic goals and action plans. Support includes career planning, motivation and resilience coaching, CV and interview support, and connections to further learning, training and employment opportunities. Ideal for people who are unemployed, considering a career change, or feeling stuck and uncertain about their next steps.

Website and referral form: https://oakcd.org.uk/rt-portfolios/career-coaching/

Oak Community Development – My Skillset

My Skillset (OAK Community Development) helps adults develop the practical skills, confidence and knowledge needed to access employment, further learning and everyday opportunities. The programme provides personalised support to overcome barriers to work and build essential life and employability skills through workshops, coaching and one-to-one guidance.

Support includes CV writing, job applications, interview preparation, workplace communication, digital skills training, career coaching, job search support, goal setting, confidence building, time management and problem-solving skills. Participants are also supported to explore career options, develop realistic plans for employment or training, and build the confidence needed to succeed in both their professional and personal lives.

Website and referral form: https://oakcd.org.uk/rt-portfolios/my-skillset/

Oak Community Development – Positive Parenting

Positive Parenting (OAK Community Development) helps parents build stronger, more positive relationships with their children through confidence, connection and practical parenting strategies. The programme supports parents to understand and manage behaviour without shouting, punishment or rewards, while promoting mutual respect, self-discipline and emotional wellbeing within the family. Support is available through group workshops and one-to-one coaching, helping parents develop effective parenting techniques, improve communication, reduce conflict and create a calmer, more connected home environment. Suitable for parents of children of all ages, from toddlers to teenagers. Workshops are available in English and community languages to ensure inclusive access.

Website and referral form: https://oakcd.org.uk/rt-portfolios/positive-parenting/

Oak Community Development – Raising Achievements & Aspirations for Young People

Raising Achievement & Aspirations for Young People (RAP) – OAK Community Development supports young people aged 10-18 to improve their educational attainment, build confidence and develop the skills needed for future success. The programme provides personalised tutoring in subjects such as Maths, English and Science, alongside mentoring, career guidance and life coaching to help young people overcome barriers to learning and achievement. Young people are supported to explore career pathways, gain job-readiness skills, set realistic goals, build resilience, improve communication and decision-making skills, and develop the confidence to make positive choices about their future. Suitable for young people who would benefit from additional academic support, increased aspirations, or support to achieve their education, training and employment goals**.**

Phone: 07434 442 786

Website and referral form: https://oakcd.org.uk/rt-portfolios/raising-aspirations-achievement-for-young-people-rap/

Oak Community Development - Together We Begin

A free early years family support programme for expectant mothers and families with children aged 0-5, particularly from BAME communities. The service provides culturally sensitive home-based support to help parents build confidence, strengthen parenting skills and family relationships, establish positive routines around sleep, play and daily life, support children's communication and development, improve wellbeing, and connect with local services and community support. Suitable for families requiring additional support, or those feeling isolated, stressed or lacking confidence.

Website: https://oakcd.org.uk/rt-portfolios/together-we-begin/

Referral Form:https://forms.office.com/e/0kzcYdDFWR

Oasis – Parent and Care Support (PACS)

Oasis Parent and Carer Support (PACS) is a Greater Manchester service supporting parents and carers who are concerned about their child's behaviour or worried they may be at risk of violence, exploitation, or harmful activity.

The service offers non-judgemental, tailored support including one-to-one sessions, advice and guidance, advocacy, and signposting to wider services. PACS works alongside families to strengthen relationships, improve communication, and help parents feel more confident in managing challenging situations.

Support also includes group-based interventions such as workshops, peer support networks, and structured programmes like the 'Encounter' course. These provide practical tools and a safe space for parents and carers to connect with others facing similar challenges.

The service typically supports parents and carers of children aged 8+, with referrals accepted from professionals or via self-referral.

Email: mft.gm.navigators@nhs.net
Website: https://oasis-gm.org/pacs

Oasis – Navigator Service

The Oasis Navigator Service is a youth-focused violence reduction programme supporting young people aged 10–25 who have been affected by, or are at risk of, violence. Delivered across Greater Manchester, the service works in hospital settings, community locations, and alongside partner agencies to engage vulnerable young people at critical moments.

Navigators provide trusted, one-to-one support, helping young people to process traumatic experiences, reduce risk, and access appropriate local services. The support is voluntary, confidential, and tailored to individual needs, with a strong focus on building positive relationships and improving long-term outcomes. Referrals can be made by professionals, families, or young people themselves.

Email: mft.gm.navigators@nhs.net
Website: **https://oasis-gm.org/navigator**

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 Advice Service

Oldham Advice Service is a free, confidential and impartial advice service for Oldham residents, delivered by Citizens Advice on behalf of Oldham Council. The service provides support with money, debt, benefits, housing, employment, and financial wellbeing, helping residents access the advice and practical support they need before problems reach crisis point. Advisers will assess individual circumstances and connect people with the most appropriate support services. The service is available Monday to Friday from 9am to 9pm, making it easier for residents to access help when they need it. Support is available by phone, WhatsApp and through face to face appointments at locations across Oldham.

Phone: 0800 033 4602 (9am-6pm Monday-Friday)
Phone (Out of hours): 0161 850 5053 (6pm-9pm Monday-Sunday)
Whats app: +447401315053
Website: https://citizensadvicesort.org.uk/offices/oldham

Oldham Children's Learning Disabilities Team

The **Oldham Children's Learning Disabilities Team** provides specialist support for children and young people with a diagnosed learning disability, as well as their families and carers. The service is delivered by qualified community learning disability nurses who work with families to assess needs and provide tailored support to improve health, wellbeing, behaviour, and daily living outcomes.

The team carries out comprehensive assessments before offering interventions, including behavioural, health, and risk assessments where appropriate. Support may include advice and guidance for families, parenting and family work, and training workshops covering topics such as behaviour management and sleep management. The team also works alongside other professionals and services, providing specialist advice on health, behavioural, and care-related issues to support children and young people effectively.

Phone: 0161 716 5444
Email: pcn-tr.oldhamchildrensldteamreferrals@nhs.net
Website: Oldham children's learning disabilities team: Pennine Care NHS Foundation Trust

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

The Oldham Bereavement Support Service (OBSS) is a local registered charity providing free, confidential emotional support to adults, children and young people who have experienced the death of a loved one. Through one-to-one bereavement support, trained volunteers and qualified counsellors help individuals explore their feelings of grief, develop coping strategies, and adjust to life after loss, regardless of how long ago the bereavement occurred. The service aims to provide a safe, supportive environment where people can talk openly and come to terms with their loss at their own pace.

OBSS offers support by appointment at its centre and accepts referrals from GPs, schools, social care, healthcare professionals, families, and self-referrals. The service includes dedicated support for children and young people aged 6+, delivered by counsellors with specialist knowledge of child bereavement. The service is free to access, although donations are welcomed.

Phone: 0161 627 8207
Email: oldhambereavement@hotmail.co.uk
Website: https://oldhambereavement.wixsite.com/website

Oldham Parent Infant Mental Health Service (PIMHS)

The Oldham Parent-Infant Mental Health Service (PIMHS) supports parents and carers during pregnancy and until their child reaches two years of age. The service focuses on strengthening the parent-infant relationship and helping families where factors such as anxiety, depression, birth trauma, past experiences, or complex family circumstances may be affecting bonding and attachment. Support is tailored to each family's needs and may include therapeutic interventions to promote healthy emotional development and positive relationships between parents and babies.

The multidisciplinary team includes clinical psychologists, child psychotherapists, specialist health visitors, therapeutic social workers, and speech and language therapists. Support is delivered in family hubs, children's centres, and family homes across Oldham. Referrals can be made by a midwife, health visitor, GP, or social worker.

Phone: 0161 716 2085
Email: pcn-tr.PIMHSOldham@nhs.net
Website: https://www.penninecare.nhs.uk/oldham-pimhs

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
Website: School Nursing Service :: Northern Care Alliance

Oldham SEND Local Offer

The Oldham SEND Local Offer (OSLO) is a free online information and guidance resource for children and young people aged 0 to 25 with special educational needs and disabilities (SEND), their parents and carers, and professionals working with them. The Local Offer brings together information about services, support, activities, and advice available across Oldham, helping families understand and access education, health, social care, leisure, transport, and community support services.

Email: info@oldhamsendlocaloffer.co.uk
Website: Oldham SEND Local Offer

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
Email: oldhamyouthcouncil@oldham.gov.uk
Phone: 0161 770 3116

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
Phone: 0161 770 3116

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

Our Community Wardrobe

Our Community Wardrobe Oldham is a community-led project dedicated to tackling clothing poverty across Oldham. The service collects new and good-quality pre-loved clothing and redistributes it free of charge to children, families, and individuals experiencing financial hardship. Working alongside Family Hubs, schools, social workers, charities, and other referral partners, the project also helps provide essential items such as coats, school clothing, baby equipment, toiletries, nappies, and seasonal items. By reusing donated items, Our Community Wardrobe supports local families while reducing waste and promoting community generosity.

Phone: 07759 139 930
Email: ocwoldham@outlook.com

P

PAC-UK

PAC-UK, part of Family Action, provides specialist, trauma-informed support for all those affected by adoption and special guardianship, including adopted children and adults, birth parents and relatives, adoptive parents, prospective adopters, special guardians, and permanent carers. Services include advice and information, counselling, therapeutic support, family interventions, peer and group support, intermediary services for reconnecting with birth families, and specialist support for issues such as child-to-parent violence. PAC-UK also offers training and resources for professionals working with adopted children, young people and families.

Phone: PAC-UK Advice Line: 0300 1800 090

Email: advice@pac-uk.org

Website: PAC-UK Adoption & Special Guardianship Support

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

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.pegsupport.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: Women's Services - POPS

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: Improving children's and young peoples mental health – Place2Be

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

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 1555
Email: forum@point-send.co.uk
Website: https://point-send.co.uk/oldhampcf/

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://point-send.co.uk/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

POINT - Oldham SEND Neurodiversity Support Hub

Oldham SEND Neurodiversity Support Hub provides support, advice and practical workshops for children, young people (aged 0-25) and their families with Autism and ADHD-related needs. **A diagnosis is not required to access the service**, making support available at any stage of a family's journey. The service offers workshops for parents, carers, children and young people, alongside tailored guidance to help families understand neurodiversity, build confidence and access the right support.

Phone: 0161 503 1549
Email: ndservice@point-send.co.uk
Website: https://point-send.co.uk/

Positive Steps

Positive Steps is a charitable organisation that supports children, young people, adults, and families across Oldham and Greater Manchester. The service provides a range of programmes designed to improve life opportunities, raise aspirations, and help people achieve positive outcomes in education, employment, training, health, and wellbeing. Through an integrated approach, Positive Steps works with individuals and communities to build confidence, develop skills, and access the support they need to thrive.
Phone: 0161 621 9400
Email: Info@positive-steps.org.uk
Website: https://positive-steps.org.uk

Positive Steps – Education & Careers

Positive Steps provides education, careers, employment and training support to young people and adults, helping them make informed decisions about their future and progress into education, apprenticeships, training or employment. The service offers impartial careers information, advice and guidance tailored to an individual's aspirations, skills, interests and circumstances. It aims to raise aspirations, improve employability, and support people to achieve positive educational and employment outcomes.

Specialist careers advisers and coaches can support with career planning, exploring post-16 and post-18 options, college and university applications, apprenticeships, CV writing, interview preparation, job searching, and progression into work. The service also provides targeted support for young people who are not in education, employment or training (NEET), as well as young people with Education, Health and Care Plans (EHCPs), helping them successfully transition into further education, training and employment.

Support is available through face-to-face appointments, telephone, email and online contact, allowing individuals to access guidance in a way that suits their needs.

Phone: 0161 621 9400
Email: info@positive-steps.org.uk
Website: Career Guidance - Positive Steps

Positive Steps – Empower Oldham

Empower Oldham is an intensive mentoring support programme for young people aged 16 – 19 who are not in education, employment or training. Young people will be offered mentoring support along with a variety of 1:1 and group activities to help them build their employability skills and remove barriers to accessing work or training. They can also access well-being support and personal development opportunities.
Phone: 0161 621 9300
Email: empoweroldham@positive-steps.org.uk
Website: https://positive-steps.org.uk/services/young-people-engagement-projects/

Positive Steps – Family Help Drop Ins

Available Mon – Friday 1-4pm at Medtia Place, Union Street Oldham
Duty Drop in available for adults with dependent children
Early Help Engagement Worker available to offer signposting and brief intervention support in person or via telephone
Website:https://positive-steps.org.uk/services/early-intervention/

Positive Steps – Hoarding Helping Hoarders

This peer led group supports adults where hoarding has been identified a need in a non-judgemental or stigmatising way.
The hoarding peer support group runs fortnightly on Mondays 1-2 at Positive Steps

Email: SandraAlmeida@positive-steps.org.uk
Website: https://hoardershelpinghoarders.com/manchester/

Positive Steps - Oldham Young Carers Service

The Oldham Young Carers Service, delivered by Positive Steps, supports young people aged 8–18 who provide unpaid care for a parent, sibling or other family member affected by illness, disability, mental health difficulties, substance misuse, or age-related needs. The service helps young carers balance their caring responsibilities with education, friendships and everyday life, while promoting their emotional wellbeing and personal development.

The service offers practical and emotional support, information and advice, social activities, group sessions, day trips, residential experiences and opportunities for young carers to take a break from their caring role. It aims to reduce social isolation, improve mental health and wellbeing, and ensure young carers have the same opportunities as their peers.

Phone: 0161 621 9400
Email: info@positive-steps.org.uk
Website: Young Carers – Get Support & Help Now - Positive Steps

Positive Steps – 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 he 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

Positive Steps - Parent's Toolkit

The **Positive Steps Parent Toolkit** is an online Padlet resource designed to provide parents, carer and expectant parents with easy access to information, advice and practical tools to support family life. The toolkit brings together a range of trusted resources covering topics such as child development, emotional wellbeing, behaviour, relationships, education, mental health, SEND, online safety, and local support services.

The resource can be accessed at any time, allowing parents and carers to explore information at their own pace and find guidance relevant to their family's needs. It acts as a central hub of signposting, self-help materials and useful links to local and national support services.

It's updated weekly by the Best Start Family Hubs' Parent Voice Co-ordinator and shaped by your feedback, so you'll always see what's new, available, and important to you. Each section reflects key topics you've raised, like dads' groups, Best Start Family Hubs, and parenting support, making it easy to find what matters most.

Website: Parents' Toolkit

Praxis

Praxis is a charity that supports migrants, refugees, and people with insecure immigration status who are experiencing poverty, homelessness, or social exclusion. The organisation provides free immigration advice, advocacy, welfare support, information, and community-based activities, helping people to understand their rights and access support. Praxis also develops resources for people affected by No Recourse to Public Funds (NRPF) and works to improve policies and systems that impact migrant communities.

Phone: 020 7749 7605

Email: admin@praxis.org.uk

Website: http://praxis.org.uk/

Project 17

Project 17 is a charity that works to end destitution among people with **No Recourse to Public Funds (NRPF)**. The organisation provides advice, advocacy, and practical support to families with children and adults with care needs who are experiencing homelessness or severe poverty because they are unable to access welfare benefits. Project 17 helps people understand their rights, access local authority support, and secure housing and financial assistance where eligible. The charity also provides training and guidance for professionals working with families affected by NRPF.

Phone: 07963 509 044

Email: info@project17.org.uk

Website: https://www.project17.org.uk/

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

Rainbow Haven

Rainbow Haven is a community hub in East Manchester providing a welcoming and supportive environment for refugees, asylum seekers, and vulnerable migrants from Manchester and surrounding areas, including Greater Manchester boroughs such as Oldham. The service offers advice and advocacy, benefits support, health and wellbeing activities, ESOL and conversation classes, digital skills training, employment support, family reunion advice, and family support services. Visitors can also access community activities including arts and crafts, gardening, computer sessions, choir, and parent and baby groups, helping to reduce isolation, build confidence, develop skills, and support integration into local communities.
Email: info@rainbowhaven.org.uk
Website: https://www.rainbowhaven.org.uk/

Rape Crisis England & Wales

Rape Crisis England & Wales provides free, confidential emotional support and information for anyone aged 16 and over affected by rape, sexual assault, sexual abuse, sexual harassment, or any other form of sexual violence. Trained specialists offer a safe, non-judgemental space to talk, provide emotional support, answer questions, and signpost to appropriate services. Support is available 24 hours a day via telephone and online chat.

Phone: 0808 500 2222

Website: https://rapecrisis.org.uk/get-help/want-to-talk/

Online Chat: Available via the website 24/7

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. Recognised 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

Relate

Relate provides confidential counselling, support and relationship advice for individuals, couples, families, children and young people. The service helps people strengthen relationships, work through challenges and improve communication, offering support for a wide range of issues including family relationships, parenting, separation, conflict, wellbeing and life changes. Support is available through counselling sessions, online resources and practical self-help tools.

Phone: 033 100 1234
Email: bookings@relate.org.uk
Website: Home | Relate

Revive UK

Revive UK is an independent charity providing free practical support, services, and advocacy for refugees and people seeking asylum. Based in Greater Manchester, the organisation offers a person-centred approach that helps individuals and families overcome challenges, build confidence, and integrate into their local communities. Through drop-in centres, advice, advocacy, and community support, Revive works alongside refugees and asylum seekers with compassion, respect, and dignity, helping them access services, develop skills, and participate fully in community life. The service supports people regardless of race, religion, gender, sexuality, disability, age, or beliefs.

Phone: 0161 223 5668
Email: info@revive-uk.org
Website: https://www.revive-uk.org/

Rights of Women

Rights of Women is a national charity that provides free, confidential legal advice and information to women in England and Wales. The service supports women affected by domestic abuse, sexual violence, family law issues, immigration and asylum matters, criminal law, and employment rights, helping them understand their legal options and access justice. Advice is available through specialist legal helplines, online resources, and legal guidance services.

The women solicitors and barristers who advise on the evening sessions are all volunteers. This means that occasionally they have to close the line, sometimes at short notice.

Opening hours for the advice line:

- Tuesday, Wednesday and Thursday: 7pm – 9pm
- Friday 12pm – 2pm

Phone: 020 7251 6577

Email: info@row.org.uk

Website: www.rightsofwomen.org.uk

Right to Remain

Right to Remain is a migrant-led charity that provides information, resources, training, and legal education to help people understand the UK immigration and asylum system. Its free online Right to Remain Toolkit offers step-by-step guidance on asylum and immigration processes, helping people understand their rights, options, and the legal procedures they may encounter. The organisation also works with community groups and people with lived experience to build knowledge, confidence, and access to support for migrants, refugees, and people seeking asylum across the UK.

Toolkit: https://righttoremain.org.uk/toolkit/
Website: https://righttoremain.org.uk/

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

Safety4Sisters

Safety4Sisters is a specialist Greater Manchester charity supporting migrant women experiencing domestic abuse, gender-based violence, and immigration-related abuse. The service provides advocacy, safety planning, emotional and practical support, help accessing legal advice, refuge accommodation, and support with issues such as No Recourse to Public Funds (NRPF), forced marriage, honour-based abuse, trafficking, and coercive control. Safety4Sisters works to help women understand their rights, improve their safety, and access appropriate services and protection.

Phone: 0161 464 9505
Email: info@safety4sisters.org
Website: www.safety4sisters.org

Saint Mary's Sexual Assault Referral Centre (SARC)

Saint Mary's Sexual Assault Referral Centre (SARC) provides free, confidential support for children, young people, and adults who have experienced rape or sexual assault, whether recently or in the past. The service offers crisis support, forensic medical examinations, sexual health advice, counselling, emotional support, and ongoing advocacy through the criminal justice process. Individuals can access support directly without reporting to the police, or alongside a police investigation. The service is available 24 hours a day, 7 days a week.
Phone: 0161 276 6515 (24/7)
Email: stmarys.sarc@mft.nhs.uk
Website: www.stmaryscentre.org

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 in Oldham, Bury and Rochdale | Sexual Health Hub
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

Shout

Shout provides free, confidential, 24/7 text message support for anyone struggling to cope and anyone in crisis. Visit the website where there is a range of mental health support resources for English and non-English speakers.

Text SHOUT to 85258

Website: Shout

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)

Soluna By Kooth

Soluna by Kooth is a free, confidential online mental health and wellbeing service for young people. It provides early intervention and emotional wellbeing support for issues such as anxiety, low mood, stress, relationships, school or college pressures, and general life challenges. The platform allows young people to access one-to-one support from qualified mental health practitioners, self-help tools, wellbeing activities, moderated peer support, and trusted mental health information, all within a safe digital environment. Available year-round with no waiting lists, Soluna aims to help young people build resilience, improve wellbeing, and access support when they need it most.
Website: https://solunaapp.com/uk

Southall Black Sisters

Southall Black Sisters (SBS) is a national specialist charity supporting Black, minoritised, migrant, and refugee women experiencing domestic abuse, sexual violence, harmful practices, and other forms of gender-based violence. SBS provides free and confidential advice, advocacy, legal and immigration support, and specialist assistance for women with insecure immigration status or No Recourse to Public Funds (NRPF). Through its helpline, casework, and No Recourse Fund, the organisation helps women access safety, accommodation, financial support, and justice, regardless of where they live in the UK.
Phone: 020 8571 0800
Email: info@southallblacksisters.co.uk
Website: Southall Black Sisters

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. 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: childsaltoldham@nca.nhs.uk
Website: Children's Speech and Language Therapy Service :: Northern Care Alliance
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 helps young people develop a better understanding of safe, happy, and healthy relationships.

Talk Listen Change - 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 between 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 attended the programme are supported via the children and young people's support programme.

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

Talk Listen Change - 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)

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

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:

Talking 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 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 Mix

The Mix is a free support service for young people aged under 25, offering information, advice and support on a wide range of issues including mental health, relationships, housing, money, employment, substance use, sexuality and wellbeing. Young people can access one-to-one support, counselling, peer support groups, online community forums and self-help resources. Services are free, confidential and can be accessed directly without a professional referral.

Email: info@themix.org.uk
Website: The Mix

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 LGBTQ+ youth charity that supports LGBTQ+ young people through youth groups, one-to-one support, mentoring, peer support, and information services. The organisation works across Greater Manchester and nationally to help young people explore their identity, improve their wellbeing, build confidence, and access safe, inclusive spaces. The Proud Trust also provides support and training for parents, carers, schools, and professionals to help create positive and supportive environments for LGBTQ+ young people.
Website: Referring to The Proud Trust - The Proud Trust

The Proud Trust - Proud Connections:

Proud Connections is a national support programme for LGBTQ+ young people aged 13-19 (up to 25 for young people with additional needs) and the adults who support them. The service offers free, confidential online support through live chat, providing advice, information, emotional support, and guidance on sexuality, gender identity, wellbeing, relationships, and coming out. Proud Connections also offers a mentoring programme that matches LGBTQ+ young people with trained LGBTQ+ adult mentors for one-to-one support.

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@theproudtrust.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/

Togetherness

Togetherness a free online emotional wellbeing and resilience programme available to families in Oldham through support from Oldham Council. The service provides evidence-based learning resources created by NHS clinical psychologists and practitioners, helping parents, carers, grandparents, teenagers and young people better understand emotions, behaviour, relationships, and mental wellbeing.

The online learning pathways cover a range of topics including child development, parenting, emotional regulation, anxiety, sleep, school transitions, adolescent development, and family relationships. The programme aims to build emotional resilience, strengthen family relationships, and provide practical strategies that support positive mental health and wellbeing in everyday life.

Togetherness can be accessed at any time and allows users to learn at their own pace through interactive courses, videos, and resources. Separate pathways are available for parents and carers, grandparents, and teenagers, ensuring support is tailored to different stages of family life

Website: Oldham | Togetherness - Togetherness
Access Code: DAISY

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: http://wellbeing.turning-point.co.uk/rochdale-and-oldham/

U

Ucan North West

UCAN North West is a community organisation that supports children, young people, parents, and families through early intervention, mentoring, coaching, and family support programmes. The service works with families experiencing conflict at home, young people at risk of anti-social behaviour, criminal exploitation, county lines involvement, gangs, violence, or school-related difficulties. UCAN provides trauma-informed support, parenting programmes, mentoring, behaviour interventions, and workshops designed to strengthen family relationships, improve resilience, and create positive outcomes for young people.

Phone: 07376 087510
Email: steve@ucannorthwest.org
Website: **Ucan Northwest - Early Interventions, Anti-Social Behaviour**

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: Call Support line on 0808 168 9111
Website: Home - Victim Support

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 hello@visitfromthestork.co.uk
Website: Home - Visit from the Stork

W

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
Online Referral form: Welfare Rights Service Contact Form - Oldham Council

Werneth & Freehold Community Development Project (WFCDP)

Werneth & Freehold Community Development Project (WFCDP) is a community-based charity that supports residents in Werneth, Freehold, and surrounding areas through a range of advice, wellbeing, training, and community services. The project provides advice and information on welfare benefits, housing, employment, education, and other local support services, alongside health and wellbeing activities, training opportunities, community groups, and family support. WFCDP aims to reduce isolation, build community connections, and help local people access the support, skills, and opportunities they need to improve their wellbeing and quality of life.

Website: https://wfcdp.com/contact/

Y

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

Z

Zarach – The Children's Bed Charity

Available in Oldham from 9 November 2026

Zarach aims to end child bed poverty by ensuring every child has a safe, comfortable place to sleep, giving them the opportunity to thrive at home and in education.

The charity provides a **new bed bundle** for children and young people aged **4-17 years** who are experiencing bed poverty. Depending on need, this may include a **single bed or bunk bed frame, mattress, duvet, pillow, bedding and pyjamas**, ensuring children have everything they need for a good night's sleep.

Schools and professionals can register with Zarach and submit referrals through the online portal. Following a referral, Zarach contacts the family directly, completes an assessment of need and arranges delivery of the appropriate bed bundle.

Referral Route: Schools and professionals must register with Zarach before submitting referrals via the online portal.

Website and registration link: Zarach online referral process

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