



# Other Centres

## Coffee4Craig (The Meanwhile)

The Meanwhile, Unit 5, Great Ducie Street, Manchester, M3 1FB

OPEN Mon-Fri 18.00-20.00;

Sat-Sun 17.00-19.00

- hot food, snacks, hot drinks and a water refill point,
- showers, haircuts and toiletries
- clean clothing,
- conversation with staff and volunteers
- medical support, emergency crisis intervention and advice.

## Mustard Tree

0161 850 2282; 110 Oldham Street, Ancoats, M4 6AG.

OPEN Mon-Fri 10am-2pm

- Food Club
- Classes such as ESOL, job club
- Narcotics anonymous,
- Social activities such as art, textiles etc.
- Offers low-cost furniture and clothes
- Free clothes, sleeping bags and more (based on need and availability)

## Cornerstone

0161 232 8888

info@cornerstone.org.uk

104b Denmark Road, M15 6JS

Offers:

- free clothes, and a laundry service
- Homeless Prevention Drop-in 10am-12pm.
- Showers 10am-2.30pm.
- Free lunch 12pm-1.30pm.

## On the Out - by and for ex-prisoners.

07387 704 603 / 07943 775 526;

admin@ontheout.org

31 Robert Street, M31 3EX, Mon-Fri 10am-1pm.

Supports you to return to the community. Can help with:

- housing
- benefits
- sorting out a script
- going to probation
- getting ID/a bank account
- attending other appointments for more specialist help.

## Barnabus

0161 237 3223

admin@barnabusmanchester.co.uk

Support Office, 61 Bloom Street, Manchester, M1 3LY

A Range of activities and support services such as:

- art groups,
- domestic abuse support,
- housing,
- meals
- Showers Mon-Fri 9.00-12.00 at The Beacon, 45 Bloom Street, Manchester, M1 3LY.

## Centrepoint (16-25 only)

0161 228 7654

Support people with the goal of living independently and moving on.

Can help with:

- housing
- health,
- substance misuse,
- education
- social activities such as sports