

# Sefton Support Directory



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# Riverside Support Services



## **ASB, hate crime and domestic abuse**

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit <https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

## **Money and benefit welfare advice**

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

## **Energy and heating**

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

## **Employment and Training**

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help! We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>  
or email

## **Safety and Support**

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>

# Food Support Services in Sefton



## Sefton - Food Banks

### **Lakeside Church**

Marine Drive, Southport, PR8 1RY

Open Friday 1 pm to 3 pm

**01704 544419** [reception@lakesidechurch.uk](mailto:reception@lakesidechurch.uk)

### **Ainsdale Methodist Church**

Liverpool Road, Ainsdale, PR8 3NQ

Open Thursday 1 pm to 3 pm

**07813 211501** [patrick.evans@methodist.org.uk](mailto:patrick.evans@methodist.org.uk)

### **St Peter's Birkdale**

St Peter's Road, Birkdale, PR8 4BY

Open Tuesday 10 am to 12 pm

**01704 550027** [stpetersbirkdale@hotmail.com](mailto:stpetersbirkdale@hotmail.com)

### **The Salvation Army**

65 Shakespeare Street, Southport, PR8 5AJ

Open Thursday 3.30 pm to 5.30 pm

**01704 547805** [southport@salvationarmy.org.uk](mailto:southport@salvationarmy.org.uk)

### **Canning Road Evangelical Church**

Canning Road, Southport, PR9 7SS

Open Monday 1 pm to 3 pm

**01704 227755**

### **Victoria Centre**

197a Sussex Road, Southport, PR8 6DG

Open Saturday 10 am to 11.30 am

**01704264505**

### **Waterloo Town Hall**

Great Georges Road (access from Town Hall car park) L22 1RB

Open Monday, Thursday and Friday 1 pm to 3 pm

**0151 933 1300**

### **Litherland Youth and Community Centre (Boysie)**

41 Sefton Road, Litherland, L21 9HD

Open Wednesday 11 am to 2 pm

**0151 933 1300**

### **St Oswald's Church Centre**

Ronald Ross Avenue, Netherton, L30 5RD

Thursday 11 am to 2 pm

**0151 933 1300**

### **St Leonard's Youth & Community Centre**

60 Peel Road, Bootle, L20 4RW

Open Friday 10.30 am to 2.30 pm

**0151 933 1300**

### **Linacre Mission**

123-129 Linacre Road, Litherland, L21 8NS

Open Friday 11 am to 2 pm

**0151 933 1300**

### **Foodbank Warehouse**

unit 7 DBR business park, Dunning's bridge road  
L30 6AA

Open Monday to Friday 9 am to 3 pm

**0151 933 1300 or 07535856241**

### **Christ Church**

1 Breeze Hill, Bootle L20 9EY

Thursday 10 am to 12 pm

**07745458523**

### **Caradoc Mission**

165 Seaforth Rd, Bootle, Liverpool L21 4LB

Tuesday 11 am to 2 pm

**secretary@caradocmission.org**

### **Maghull Foodbank**

St George's Church, 59, Northway, Maghull. L31 5LJ

Open Tuesday 10 am to 12 pm

**0151526 7913** [chris\\_walker88@hotmail.com](mailto:chris_walker88@hotmail.com)

# Riverside

## Food Support Services in Sefton



### **Scarisbrick New Road Baptist Church**

Scarisbrick New Road, Southport PR8 6PU  
Open Wednesday 1 pm to 3 pm  
**01704 501 673**  
[office@southportbaptist.org.uk](mailto:office@southportbaptist.org.uk)

### **Shoreline Church**

9 Mornington Road, Southport, PR9 0TS  
Open Monday to Friday 5 pm to 6.30 pm  
**01704 535 989** [office@shorelinechurch.co.uk](mailto:office@shorelinechurch.co.uk)

### **Sefton Pantries**

#### **St Leonard's Y & C C Pantry**

Peel Road, Bootle, Merseyside, L20 54RW  
Weekly Fee £3.50  
Open Thursday 11.30 pm to 2.30 pm  
**0151 933 1300**

#### **Welcome to Waterloo Pantry**

Crosby Town Hall, Great Georges Road  
Waterloo, L22 1RB  
Weekly Fee £3.50  
Open Tuesday 1 pm to 3 pm  
**07841 567 165** [waterloopantry@gmail.com](mailto:waterloopantry@gmail.com)

#### **Linacre Mission Pantry**

Linacre Mission, Linacre Road, L21 8NS.  
Weekly Fee £3.50  
Open Thursday 12.30 pm to 3.30 pm  
**07841 567 165**

#### **Caradoc Mission Pantry**

Seaforth Road, Seaforth, Liverpool, L21 4LB  
Weekly Fee £3.50  
Open Wednesday 10 am to 1 pm  
[secretary@caradocmission.org](mailto:secretary@caradocmission.org)

#### **Sefton Community Pantry CIC**

39 Thornton Rd, Bootle L20 5AE  
**07724239036**  
<https://seftoncommunitypantrycic.org.uk>

### **Old Community Centre Food Pantry**

Banks Community Centre, 44 Hoole Lane  
Banks, PR9 8BD  
Open Tuesday & Thursday 9 am to 12 pm  
**01704 264 505**

### **Community Food Stores**

#### **Irenaeus Project - Food cupboard**

The Irenaeus Centre, 32 Great Georges Road  
Waterloo, L22 1RD  
Open Monday to Thursday 10 am to 4 pm  
**0151 949 1199** [jenny@irenaeus.co.uk](mailto:jenny@irenaeus.co.uk)

#### **Netherton Community Grocery**

Emmanuel Baptist Church, Fleetwoods Lane  
Netherton, L30 0QG  
Open Monday and Tuesday 10 am to 3 pm  
Wednesday to Friday 9 am to 2 pm  
**0151 660 6511**  
[netherton@communitygrocery.org.uk](mailto:netherton@communitygrocery.org.uk)

### **Community Cafes**

#### **Crossroads Café**

The Crossroads Centre, 71a Liverpool Road  
Crosby, L23 5SE  
The Crossroads Café is run by all the churches in  
Crosby. A variety of drinks, snacks and lunches  
are available.  
**0151 931 5082/ 0151 931 3119**

#### **Emmanuel C Of E Church**

Cambridge Road, Southport PR9 9PR Southport  
Luncheon club provided 3rd Wednesday of each  
month, 2 course meal for £3  
**07540 344870/ 01704 532745**

# Food Support Services in Sefton



## **Ainsdale Methodist Church**

Liverpool Road, Ainsdale, PR8 3NQ  
Open Monday to Friday 10 am to 2 pm  
**01704 574 838**

## **The King's Church**

2 Drummond Road, Crosby, L23 9YP  
Luncheon Club Open Thursday 12 pm to 2 pm  
**0151 932 1595 07504 132 121**  
[admin@thekingschurchmerseyside.org](mailto:admin@thekingschurchmerseyside.org)

## **Sycamore Cafe**

Scarisbrick New Road, Southport PR8 6PU  
Open Friday 10 am to 12 pm  
**01704 501 673 office@southportbaptist.org.uk**

## **Brighter Living Partnership Community Café**

Tuesday mornings community café serving  
tea/coffee for 50p and bacon sandwiches/cheese  
on toast for £1  
Southport Community Centre, Norwood Road  
PR8 6HQ  
**01704 517 810/ 07712 443 735**

## **Ainsdale Lunch and Leisure Club**

Ainsdale Methodist Church,  
688 Liverpool Road, Southport, PR8 3NQ  
Community Cafe Open Monday, Wednesday &  
Friday 10 am to 2 pm  
**01704 574 838**

## **Crossens Community Association**

Crossens Community Park, Rufford Road  
Southport PR9 8HT  
Snack Lunch Wednesday 12 pm to 2 pm  
**01704 2275 / 0707931 520219**

## **Waterloo Community Association**

Old School Building, Great Georges Road  
Waterloo L22 1RD  
Waterloo Community Kitchen / Lunch Club each  
Thursday - 3 courses for £3.50 or 2 courses for  
£3.00. They also offer free cookery courses.  
**0151-920 2708**  
[helen.cain@waterloocommunityassociation.co.uk](mailto:helen.cain@waterloocommunityassociation.co.uk)

## **Christ Church (Southport) CE- Cafe 1821**

Our café doors are open every Wednesday,  
Thursday, Friday and Saturday 11 am to 3pm  
**01704 531 756 churchinfo@btconnect.com**

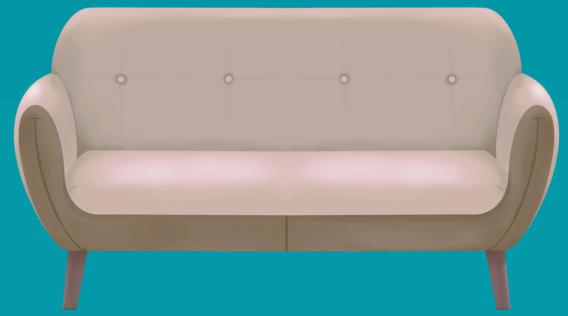
## **Leyland Road Methodist Church**

Methodist Church, Leyland Road PR9 9JQ  
The Luncheon club meets on the first and third  
Wednesday of the month at 12.30 pm  
please book a place by contacting the office by  
the Monday prior to the meal.  
**01704 536648**

## **Leyland Road Methodist Church**

Methodist Church, Leyland Road PR9 9JQ  
The Luncheon club meets on the first and third  
Wednesday of the month at 12.30 pm  
please book a place by contacting the office by  
the Monday prior to the meal.  
**01704 536648**

# Furniture Support in Sefton



## Charities

### **Bulky Bobs Furniture World**

129-139 London Road, Liverpool, L3 8 JA  
**0151 305 5200**

### **Big Help Project**

Offers a wide range of support  
212 Boaler Street Liverpool L6 6AE  
Free Phone 0808 275 9925  
**Hello@bighelpproject.com**

### **Recipro (UK) Ltd**

Work with suppliers and contractors, who donate unwanted, surplus building materials to which they can sell on at hugely discounted rates  
Unit 2 Britannia House, Dock Road, CH41 1DF  
**0151 639 0651**

## Furniture Charity Shops

### **Emmaus Merseyside**

2-44 Sandy Road, Seaforth, Sefton L21 3TW  
Opening times: Monday to Saturday 9 am to 4.30 pm  
Sunday 10 am to 4 pm  
**0151 928 1588**

### **British Heart Foundation**

#### **Bootle Store**

132-133 The Palatine, Strand Shopping Centre, Bootle L20 4SU  
**0151 922 4269**

#### **Formby Store**

1 The Cloisters, Halsall Lane, Formby L37 3PX  
**01704 831884**

#### **Southport Furniture & Electrical Store**

116 Lord Street, Southport PR8 1AA  
**01704 741455**

### **Southport BHF Shop**

14 Eastbank Street, Southport PR8 1DT  
**01704 536710**

### **Help The Aged**

3 Moor Lane Liverpool L23 2SE  
**0151 924443**

### **Marie Curie Cancer Care**

34 Marian Square Bootle L30 5QA  
**0151 525 9004**

### **Oxfam**

4 The Cloisters Formby Liverpool L37 3PX  
**01704 831422**

### **Oxfam**

14 Central Square Liverpool L31 0AE  
**0151 527 2154**

### **Scope**

124 Mariners Way New Strand Bootle  
**0151 933 2166**

### **Sue Ryder Care**

156 College Road Liverpool L23 3DP  
**0151 9329170**

### **Age UK**

31-33 Brows Lane Liverpool L37 4HS  
**01704 871343**

### **Big Help Trading Shop**

Bootle Strand, 73 The Hexagon L20 4SZ  
**info@bighelp**

# Cost of Living Support in Sefton



## Council Support - Sefton

### **Emergency Limited Assistance Scheme**

The Emergency Limited Assistance Scheme supports local residents who are experiencing severe hardship, a disaster or emergency. It is there to meet one-off needs by providing things like - Paypoint Credit - travel warrants - essential household goods - referrals to a support service. **For support call 0151 934 3377, Monday to Friday, 9 am to 4 pm.**

### Help with Council Tax debt and managing money.

**Citizens Advice Liverpool** - 0300 330 1196 or WhatsApp and SMS: 07468 533492

**Money Advice Service** - 0300 500 5000

**National Debt Line** - or call 0808 808 4000

### **Welfare Rights Team**

Help to ensure you are receiving all the benefits you are entitled to. The Welfare Rights Advice Line is available on Monday, Tuesday, Thursday and Friday from 10 am to 12.30 pm

**For more information or to book a face to face appointment call 0151 934 3660 or email [welfarerights.advice@sefton.gov.uk](mailto:welfarerights.advice@sefton.gov.uk)**

### **Emergency credit**

If you are on a pre-payment meter you may qualify for an emergency top up voucher **contact 0151 934 2222**

### **Energy Advice Freephone line**

Open 9 am to 5 pm Monday to Friday  
**0800 043 0151**

### **Council's Affordable Warmth Service**

**0151 934 2222**

## Libraries

### **Bootle Library**

220 Stanley Road, Bootle, L20 3EN  
**0151 934 5781 [bootle.library@sefton.gov.uk](mailto:bootle.library@sefton.gov.uk)**

### **Crosby Library**

Crosby Road North, Waterloo, L22 0LQ  
**0151 257 6400 [crosby.library@sefton.gov.uk](mailto:crosby.library@sefton.gov.uk)**

### **Formby Library**

Duke Street, Formby, L37 4AN  
**01704 874 177 [Formby.library@sefton.gov.uk](mailto:Formby.library@sefton.gov.uk)**

### **Meadows (Maghull) Library**

Hall Lane, Maghull, L31 7BB  
**0151 288 6731 [maghull.library@sefton.gov.uk](mailto:maghull.library@sefton.gov.uk)**

### **Netherton Library**

Glover's Lane, Netherton, L30 3TL  
**0151 525 0607 [netherton.library@sefton.gov.uk](mailto:netherton.library@sefton.gov.uk)**

### **Southport Library**

Lord Street, Southport, PR8 1DJ  
**0151 934 2118 [southport.library@sefton.gov.uk](mailto:southport.library@sefton.gov.uk)**

## Debt Support Services

### **IVAorg CIC**

IVAorg CIC specialises in providing confidential, free and impartial advice to anyone experiencing problems with their unsecured debts.

**0800 856 8569 [enquiries@iva.org](mailto:enquiries@iva.org)**  
**<https://www.iva.org>**

### **Christians Against Poverty (Southport)**

**0800 328 0006 [Southport@capuk.org](mailto:Southport@capuk.org)**

### **Merseyside Welfare Rights**

**[cath.mcgivern@mwr.uk.com](mailto:cath.mcgivern@mwr.uk.com)**

## **Raise**

RAISE is a specialist benefits and debt advice team which offers home visiting and a telephone service providing casework in debt and welfare benefits for tenants of local housing associations / registered social landlords.

**0151 459 1556 admin@raiseadvice.org.uk**

## **Households into Work**

Help into employment

**hiw@liverpoolcityregion-ca.gov.uk**

## **Legal Services Commission**

Community Legal Services provides advice on a range of issues including: Employment, Family & Personal, Benefits and Tax Credit, Debt, Money & Tax, Housing & Homelessness

Liverpool Law Society, Helix, Edmund Street  
L3 9NY

**0151 236 6998**

**Liverpool@legalservices.gsi.gov.uk**

## **Credit Unions**

### **Central Liverpool Credit Union**

141 Park Street, Liverpool, L8 6QF  
centralcu.co.uk

**0151 708 5515 enquiries@clcu.co.uk**

### **Partners Credit Union**

2nd Floor, LCVS, 151 Dale Street, L2 2AH  
partnerscreditunion.co.uk

**0151 258 1014**

**enquiries@partnerscreditunion.co.uk**

### **Riverside Credit Union**

Garston Business Centre, 2 – 4 St Mary's Road  
Garston, Liverpool, L19 2RY  
riversidecreditunion.co.uk

**0151 448 0565 info@riversidecreditunion.co.uk**

### **Sefton Credit Union Ltd**

Town Hall, Oriel Road Bootle, L20 7AE  
Bootle Office - Monday to Friday 10.30 am to 4.45 pm  
**0151 363 7300**

Crosby Office - Monday to Friday 10 am to 3.30 pm

**0151 363 7299**

**<https://www.seftoncreditunion.org/>**

### **ALAN Credit Union Ltd - Aintree, Litherland & Netherton**

**0151 291 8013 trendnec@yahoo.co.uk**



# Welcoming Spaces in Sefton



## Welcoming Spaces

### **Coffee and Crochet**

St John and St James Church and Community Centre, 71 Bailey Drive, Bootle, L20 6EX  
Friday Coffee Morning/Coffee and Crochet  
Friday 10 am to 12pm  
**0151 933 2116**  
[enquiries@stjohnandstjames.org](mailto:enquiries@stjohnandstjames.org)

### **Formby Library**

Duke Street, Formby, L37 4AN  
Monday to Friday 10 am to 5 pm, Saturday 10 am to 2 pm  
**01704 874 177**

### **Leyland Road Methodist Church**

Leyland Road, Southport, PR9 9JQ  
Monday 10 am to 2 pm  
**01704 536 648**

### **Southport Library (The Atkinson)**

Lord Street, Southport, PR8 1DJ  
Monday to Friday 10 am to 5 pm, Saturday 10 am to 2 pm  
**0151 934 2118**

### **Woodvale and Ainsdale Community Association Brew Bunch**

Woodvale and Ainsdale Community Association, Meadow Lane, Southport, PR8 3RS  
Wednesday 1 pm –to 3 pm \*Except last Wednesday of the month - 12 pm –to 1 pm  
**01704 573 084**

### **Birkdale Community Hub & Library Warm Welcome**

The Station Master's House, 2 Liverpool Road, Birkdale, PR8 4AR  
Thursday 10 am to 4 pm  
**01704 566 992**

### **Brighter Living Partnership Cosy Café**

Community Centre, Norwood Road, Southport, PR8 6HQ  
Last Thursday of every month 10am – 2pm  
**01704 517 810**

### **Bootle Library**

220 Stanley Road, Bootle, L20 3EN  
Monday 10 am to 5 pm Saturday 10 am to 2 pm  
**0151 934 5781**

### **Crosby Library**

Crosby Road North, Waterloo, L22 0LG  
Monday 10 am to 5 pm Saturday 10 am to 2 pm  
**0151 257 6400**

### **Kindfulness Coffee Club**

160-164 Knowsley Road, Bootle, L20 4NR  
Monday to Friday 12 pm to 2 pm  
**0151 287 2704**

### **L30 Centre**

4 Stonyfield, Bootle, L30 0QS  
Monday 10am - 2pm  
**0151 924 0122**

### **Maghull (Meadows) Library**

Meadows Complex, Hall Lane, Maghull, L31 7BB  
Monday to Friday 10 am to 5 pm, Saturday 10 am to 1 pm  
**0151 288 6731**

### **Netherton Library**

Glover's Lane, Netherton, L30 3TL  
Monday to Friday 10 am to 5 pm, Saturday 10 am to 1 pm  
**0151 525 0607**

# Welcoming Spaces in Sefton



## Welcoming Spaces

### **Netherton Park Community Centre**

Netherton Park Neighbourhood Centre, Chester Avenue, Bootle, Liverpool, L30 1QW  
Monday, Tuesday and Friday 9am – 12pm  
**0151 285 5211**

### **Sefton Opera Meet and Eat at OPERA` s Hub**

St. Matthews, Bootle Community 200, 410 Stanley Road, Bootle, L20 5AE  
Tuesday, Wednesday and Thursday 9 am to 11.30 am  
**0151 330 0479**

### **Community by Nature**

40-42 Hertford Road, Bootle, L20 7DH  
Wednesday 1 pm to 3pm  
**0151 933 2363**

### **Linacre Methodist Mission & Neighbourhood Centre**

123-129 Linacre Road, Litherland, L21 8NS  
Thursday 12 pm to 4pm  
**0151 933 1707**

### **Café Thursday at The Orrell Trust**

St John & St James Church and Community Centre, 71 Bailey Drive, Bootle, L20 6EX  
Thursday 10am – 1pm  
**0151 933 2116**

### **Crosby Housing Association - Warm Welcome Waterloo**

Waterloo Community Centre, 26 Great Georges Road, Waterloo, Liverpool, L22 1RD  
Friday 11 am to 2 pm  
**0151 920 2708**

## Libraries

### **Bootle Library**

220 Stanley Road, Bootle, L20 3EN  
**0151 934 5781 bootle.library@sefton.gov.uk**

### **Crosby Library**

Crosby Road North, Waterloo, L22 0LQ  
**0151 257 6400 crosby.library@sefton.gov.uk**

### **Formby Library**

Duke Street, Formby, L37 4AN  
**01704 874 177 Formby.library@sefton.gov.uk**

### **Meadows (Maghull) Library)**

Hall Lane, Maghull, L31 7BB  
**0151 288 6731 maghull.library@sefton.gov.uk**

### **Netherton Library**

Glover's Lane, Netherton, L30 3TL  
**0151 525 0607**  
**netherton.library@sefton.gov.uk**

### **Southport Library**

Lord Street, Southport, PR8 1DJ  
**0151 934 2118 southport.library@sefton.gov.uk**

## **Welcome Spaces**

Welcome Spaces are places where people can gather for free in a safe, welcoming place to connect with others and maybe enjoy a hot drink and food.

**To find out more visit -**

**<https://seftoncvcs.org.uk/welcomespaces/>**

# Riverside

## Digital Inclusion Support in Sefton



### Learning

#### **Learn My Way**

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

[www.learnmyway.com](http://www.learnmyway.com)

#### **Barclays Digital Wings**

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

#### **FutureLearn**

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

[www.futurelearn.com](http://www.futurelearn.com)

### Libraries

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources.

#### **Bootle Library**

220 Stanley Road, Bootle, L20 3EN

**0151 934 5781** [bootle.library@sefton.gov.uk](mailto:bootle.library@sefton.gov.uk)

#### **Crosby Library**

Crosby Road North, Waterloo, L22 0LQ

**0151 257 6400** [crosby.library@sefton.gov.uk](mailto:crosby.library@sefton.gov.uk)

#### **Formby Library**

Duke Street, Formby, L37 4AN

**01704 874 177** [Formby.library@sefton.gov.uk](mailto:Formby.library@sefton.gov.uk)

#### **Meadows (Maghull) Library**

Hall Lane, Maghull, L31 7BB

**0151 288 6731** [maghull.library@sefton.gov.uk](mailto:maghull.library@sefton.gov.uk)

#### **Netherton Library**

Glover's Lane, Netherton, L30 3TL

**0151 525 0607** [netherton.library@sefton.gov.uk](mailto:netherton.library@sefton.gov.uk)

#### **Southport Library**

Lord Street, Southport, PR8 1DJ

**0151 934 2118** [southport.library@sefton.gov.uk](mailto:southport.library@sefton.gov.uk)

### Organisations and Groups

#### **Helping to get you online**

#### **Include-IT Mersey**

Include-IT Mersey is a Digital Inclusion project helping people to get online across the Liverpool City Region.

<https://includeitmersey.org.uk/>

#### **UK Safer Internet Centre**

The UK Safer Centre promotes the safe and responsible use of technology for young people.

<https://saferinternet.org.uk/>

#### **Sefton CVS**

Support with equipment

73 The Hexagon, L20 4SZ

**0151 920 0726**

#### **Independence Initiative Limited**

Basic introductory IT training

64-68, Balliol Road, Bootle, L20 7EJ

**0151 345 6639**

# Riverside

## Digital Inclusion Support in Sefton



### **The Life Rooms**

Basic introductory IT training  
The Life Rooms Bootle 68 Merton Rd, L20 7AT  
**0151 330 6461**

### **The Life Rooms**

Basic introductory IT training  
23-25 Scarisbrick Ave, Southport PR8 1NW  
**01704 383198**

### **Merseyside Youth Association**

Access to computers for those attending services  
SPACE, 106 Marsh Lane, L20 4QJ  
**0151 702 0700**

### **Sefton Opera**

Basic introductory IT training  
410 Stanley Road, L20 5AE  
**0151 330 0479**

### **Sefton Community Learning Service**

Basic introductory IT training and qualifications  
53 Cambridge Road, Seaforth, L21 1EZ  
**0151 934 4546**

### **Sefton Carers Centre**

Basic introductory IT training  
Sefton Carers Centre 27-37 South Road, L22 5PE  
**0151 288 6060**

### **Parenting 2000**

Open to anyone - appointment needed  
Crosby YCC, 58 Coronation Road, L23 5RQ  
**0151 920 7137**

### **Parenting 2000**

For Young people using Alchemy Youth Clubs.  
WIFI free to anyone else attending  
The Lodge, Morningson Road, PR9 0TS  
**01704 380 047**

### **Woodvale and Ainsdale Community Association**

Access to computers, membership/appointment  
Woodvale & Ainsdale Community Centre, Meadow  
Lane, PR8 3RS  
**01704 573 084**

### **Birkdale Community Hub and Library**

Access to computers, membership/appointment  
2 Liverpool Road, Birkdale, Southport, PR8 4AR  
**01704 566992**

### **Compassion Acts**

Access to computers  
Victoria Centre, 197A Sussex Road, PR8 6DG  
**01704 264505**

**WEA** Basic introductory IT training  
Southport Community Centre, PR8 6HQ  
**0300 303 3464**

# Riverside

## Youth Provision in Sefton



### Children's Centres

**Linaker Family Wellbeing Centre**  
Linaker Street, Southport, PR8 5DQ  
**0151 288 6765**

**First Steps Family Wellbeing Centre**  
Farnborough Road Birkdale PR8 3DF  
**01704 572579**

**Meadow Lane**  
Ainsdale, Southport, PR8 3RS  
**01704 571606**

**Talbot Street Family Wellbeing Centre**  
St Andrews Place, Southport, PR8 1HR  
**01704 534975**

**Formby Library and Family Wellbeing Centre**  
Duke Street, Formby, L37 4AN  
**01704 534975**

**Netherton Family Wellbeing Centre**  
Magdalen Square, Netherton, Bootle, L30 5QH  
**0151 282 1405**

**Hudson Family Wellbeing Centre**  
Moorhey Road, Maghull, L31 5LE  
**0151 531 0117**

### Youth Support Services

**Leyland Road Methodist Church**  
Leyland Road, Southport, PR9 9JQ  
**01704 536 648** [leyland.road@btopenworld.com](mailto:leyland.road@btopenworld.com)

**Monday:** 9.30 am to 10.30am Baby Boogie £1 0-4 yrs  
**Tuesday:** 6 pm to 7.30 pm Power station Youth Group's 7-11yrs  
**Wednesday:** (every other week). From 7.00 pm Neo's Youth Group's food, games & chat - 12+  
**Thursday:** 10 am to 12 pm Parent & Toddler Group £1 0-4 yrs

**Linacre Mission Youth Centre**  
Run by Sefton Youth Services  
Tuesday 6 pm to 8 pm Youth Club (11-16 years)  
Thursday 6 pm to 8 pm Youth Club (11-16 years)  
Linacre Road, Litherland, Merseyside, L21 8NS  
**07967 309 304** [leanne.doolin@sefton.gov.uk](mailto:leanne.doolin@sefton.gov.uk)

**Gordon Youth Centre**  
Brecon Avenue, Netherton, L30 1RQ  
**0151 523 9971**

**Formby Youth Centre (11 to 19 years)**  
Redgate, Formby, L37 4EW  
**01704 878770**

**Ykids**  
98a, Linacre Lane, Bootle L20 6ES  
Weekly activities - [www.ykids.co.uk](http://www.ykids.co.uk)  
**0151 944 2111** [admin@ykids.co.uk](mailto:admin@ykids.co.uk)

**Buddy Up**  
Alchemy is a Social Club for Young Adult's aged 18-25  
Monday 6 pm to 9 pm at Alchemy Southport &  
Tuesday 6.30 pm to 9 pm at Alchemy Crosby  
**07971 868 105** [buddyup@seftoncvcs.org.uk](mailto:buddyup@seftoncvcs.org.uk)

# Riverside

## Youth Provision in Sefton



### **Northfield Community Church**

Shine Kids Club: Monday 6.30 pm to 7.45pm (Term Time)

Northfield Church, Northfield Road, Bootle, L20 0AF

**0151 944 1534** [info@northfieldchurch.org.uk](mailto:info@northfieldchurch.org.uk)

### **Holy Trinity C Of E Parish Church Youth Club**

Every fortnight on a Friday evening 6 pm to 8 pm

**01704 538 560** [holytrinitysouthport@gmail.com](mailto:holytrinitysouthport@gmail.com)

### **Lydiate Village Centre**

Lydiate Village Centre, Lambshear Lane, L31 2LA

Various activities

**0151 527 2662** [lpc@lydiateparishcouncil.gov.uk](mailto:lpc@lydiateparishcouncil.gov.uk)

### **Maghull Baptist Church**

Hall Lane, Maghull, L31 3DY

Weekly activities - [www.maghullbaptistchurch.co.uk](http://www.maghullbaptistchurch.co.uk)

**0151 520 2141**

[admin@maghullbaptistchurch.co.uk](mailto:admin@maghullbaptistchurch.co.uk)

### **Elim Pentecostal Church Bootle**

Bootle Christian Fellowship, 443 Stanley Road

Bootle, L20 5DN

Weekly activities - [www.elimbootle.com](http://www.elimbootle.com)

**0151 944 2087**

### **Rampworx Skatepark Liverpool**

1-3 Leckwith Road, Netherton L30 6UE

**0151 530 1500** [info@rampworx.com](mailto:info@rampworx.com)

### **Old Roan & Maghull Methodist Church**

Liverpool Road North, Maghull L31 2HP

Weekly activities - [mclnc.co.uk](http://mclnc.co.uk)

**07543 108 494** [andyandlizzy@surefish.co.uk](mailto:andyandlizzy@surefish.co.uk)

### **All Souls Dramatic Club**

The Atkinson, Cambridge Hall, Lord Street

Southport, PR8 1DB

[contact@AllSoulsDramaticClub.co.uk](mailto:contact@AllSoulsDramaticClub.co.uk)

### **St. Nicholas' C of E Parish Church**

St. Nicholas Vicarage, Nicholas Road, L23 6TS

Weekly activities

<https://stnicholasblundellsands.org/>

**0151 924 3551** [rovingrector@btinternet.com](mailto:rovingrector@btinternet.com)

### **Buddy Up - Aiming High**

Buddy Up is a mentoring and befriending project for young people aged between 13 & 18 who have additional needs and are at risk of social isolation.

Sefton Council for Voluntary Services

Burlington House, 3rd Floor, Suite 3b

Crosby Road North, Sefton, L22 0LG

**0151 920 0726/ 07971 868 105**

[buddyup@seftoncvsvs.org.uk](mailto:buddyup@seftoncvsvs.org.uk)

### **YPAS Young People Advisory Service**

YPAS offers a wide range of support, wellbeing and therapeutic services for children, young people and families in Merseyside.

YPAS North Hub, Croxdale Road West, Liverpool, L14 8YA

**0151 305 2040** [support@ypas.org.uk](mailto:support@ypas.org.uk)

### **Muslim Youth Helpline (MYH)**

**0808 808 2008** [help@myh.org.uk](mailto:help@myh.org.uk)

### **Virtual KEEN**

Inclusive online activities for young people

<https://www.keenuk.org/virtualkeen>

### **Sefton's Online Young Person's Get Talking**

Weekly Chat Group - Tuesday 4.30 pm to 5.15 pm Young people have to be aged 13+ to join. Parents/carers need to consent for their young person to attend and be willing to support the session.

[maria.simpson@sefton.gov.uk](mailto:maria.simpson@sefton.gov.uk)

[andrew.jennings@sefton.gov.uk](mailto:andrew.jennings@sefton.gov.uk)

# Riverside

## Youth Provision in Sefton



### Youth Support Services

#### **Leyland Road Methodist Church**

Leyland Road, Southport, PR9 9JQ

**01704 536 648** [leyland.road@btopenworld.com](mailto:leyland.road@btopenworld.com)

**Monday:** 9.30 am to 10.30am Baby Boogie £1 0-4 yrs

**Tuesday:** 6 pm to 7.30 pm Power station Youth Group's 7-11yrs

**Wednesday:** (every other week). From 7.00 pm Neo's Youth Group's food, games & chat - 12+

**Thursday:** 10 am to 12 pm Parent & Toddler Group £1 0-4 yrs

#### **Linacre Mission Youth Centre**

(Run by Sefton Youth Services)

Tuesday 6 pm to 8 pm Youth Club (11-16 years)

Thursday 6 pm to 8 pm Youth Club (11-16 years)

Linacre Road, Litherland, Merseyside, L21 8NS

**07967 309 304** [leanne.doolin@sefton.gov.uk](mailto:leanne.doolin@sefton.gov.uk)

#### **Gordon Youth Centre**

Brecon Avenue, Netherton, L30 1RQ

**0151 523 9971**

#### **Formby Youth Centre (11 to 19 years)**

Redgate, Formby, L37 4EW

**01704 878770**

#### **Melling Youth Club (11 to 17)**

Counce Hall 146 Waddicar Lane, Melling, L31 1DZ

Wednesday: 6.30 pm to 8.30pm

**07731 689 949**

#### **YCP (The Youth & Community Partnership CIC)**

Meols Cop Youth & Community Centre,

Meols Cop Road, Southport PR8 6JS

**01704 380 149** [ycp@live.co.uk](mailto:ycp@live.co.uk)

#### **Aiming High - The Crosby Youth Club**

This session provides opportunities for disabled young people/young adults aged 11+ to socialise, increase independence and to influence the services available to them whilst in a safe and encouraging environment.

Crosby Youth Centre, 58, Coronation Road, Crosby, L23 5RQ

**To book a place please can contact the Aiming High Team on 0151 288 6811**

[aiminghigh@sefton.gov.uk](mailto:aiminghigh@sefton.gov.uk)

#### **LGBT Youth North West**

Facilitate our LGBTQ drop in and support group.

One to one and group therapeutic sessions are delivered throughout the week and on Saturdays.

98b Linacre Lane, Bootle L20 6ES.

**For more information about the Star Centre give us a call on 0151 474 4744**

#### **The Mix Youth Cafe**

The Mix Youth Café afterschool youth provision for 11-17 year-old's offers free entry, free membership, free Wi-Fi and even a £3.49 Meal Deal.

The George, Moor Lane, Crosby, L23 2SE

[info@themixcrosby.com](mailto:info@themixcrosby.com)

#### **Brunswick Youth & Community Centre (Brunny)**

104 Marsh Lane, Bootle, L20 4JQ

**0151 922 3552** [brunnybbc@yahoo.co.uk](mailto:brunnybbc@yahoo.co.uk)

#### **Parenting 2000**

The Lodge, Mornington Road, Southport PR9 0TS

**01704 380 047** [info@parenting2000.org.uk](mailto:info@parenting2000.org.uk)

#### **C.C.Y.C.C. OOS (HS)**

8 Oxford Road, Bootle L20 9HW

**0151 525 1995** [s.willis@ccycc.org](mailto:s.willis@ccycc.org)

# Youth Provision in Sefton



## **Autism in Motion**

St Georges hub, Waresley crescent L9 6BW  
[aimautism@hotmail.com](mailto:aimautism@hotmail.com)

## **Al-Ghazali Centre: 'Youth Mental Health Support Programme'**

Mental health workshops and activities for young people aged 12 to 18 years.

Addressing mental health promotion in youth outside of educational settings

35 Earle Road Liverpool L7 6HA

**0151 734 3843** [info@alghazalicentre.co.uk](mailto:info@alghazalicentre.co.uk)

## **Autism Adventures Training CIC: 'My Mental Health- What's OK?'**

Project aimed at people with autism to improve understanding of and break down barriers to mental health, as well as providing tools and strategies to manage emotions and feelings

Addressing mental health promotion in youth outside of educational setting, financial

insecurity, debt and loneliness

**info@liverpoolautismadventures.co.uk**

## **Merseyside Youth Association**

Merseyside Youth Association (MYA) provides innovative, practical and positive support services to children and young people.

Abney Building, 65-67 Hanover Street L1 3DY

**0151 702 0700** [admin@mya.org.uk](mailto:admin@mya.org.uk)

[www.mya.org.uk](http://www.mya.org.uk)

## **Deaf Active Youth Service**

The Joseph Lappin Centre, Mill Lane, Old Swan, L13 5TF

**07515 639 473 SMS: 07515 639 473**

[ianduncan@deafyouth.co.uk](mailto:ianduncan@deafyouth.co.uk)

## **Imagine If Trust: 'The Zone Youth Hub'**

Fun, safe and active sessions for primary school aged children, providing a stimulating environment where children can thrive and grow in confidence.

147 Lawrence Road, Liverpool, L15 3HA

**info@imagineiftrust.org**

## **Priority Youth Project: 'Priority Youth Counselling Support Programme'**

A 1-1 counselling service for children and young people aged 8-19 years.

St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA

**07523 650 956** [hello@priorityyouth.co.uk](mailto:hello@priorityyouth.co.uk)



# Family Support in Sefton



## Support for families - Sefton Council

For families that need extra help and support Sefton Council can meet with you individually to do an assessment of your needs.

If you require any further information on support you can receive via your Family Wellbeing Centres please contact your local Centre

**North Sefton:** [talbotst.fwc@sefton.gov.uk](mailto:talbotst.fwc@sefton.gov.uk)

**Central Sefton:** [netherton.fwc@sefton.gov.uk](mailto:netherton.fwc@sefton.gov.uk)

**South Sefton:** [marieclarke.fwc@sefton.gov.uk](mailto:marieclarke.fwc@sefton.gov.uk)

## Children's Centres

### Linaker Family Wellbeing Centre

Linaker Street, Southport, PR8 5DQ

**0151 288 6765**

### First Steps Family Wellbeing Centre

Farnborough Road Birkdale PR8 3DF

**01704 572579**

### Meadow Lane

Ainsdale, Southport, PR8 3RS

**01704 571606**

### Talbot Street Family Wellbeing Centre

St Andrews Place, Southport, PR8 1HR

**01704 534975**

### Formby Library and Family Wellbeing Centre

Duke Street, Formby, L37 4AN

**01704 534975**

### Netherton Family Wellbeing Centre

Magdalen Square, Netherton, Bootle, L30 5QH

**0151 282 1405**

### Hudson Family Wellbeing Centre

Moorhey Road, Maghull, L31 5LE

**0151 531 0117**

### Thornton Family Wellbeing Centre

Stannyfield Drive, Thornton, L23 1TY

**0151 934 4991**

### Litherland Family Wellbeing Centre

Boundary Road, Litherland, L21 7LA

**0151 288 6661**

### Cambridge Family Wellbeing Centre

Cambridge Road, Bootle, L20 9LQ

**0151 282 5436**

### Seaforth Family Wellbeing Centre

39 Caradoc Road, Seaforth, L21 4NB

**0151 286 7807**

### Marie Clarke Family Wellbeing Centre

Linacre Lane, Bootle, L20 5AQ

**0151 330 5260/5261**

### Waterloo Family Wellbeing Centre

Waterloo Primary School, Crosby Road North

Waterloo, L22 0LD

**0151 928 6539**

## Family Wellbeing Centres offer support with:

**Parenting** - parents-to-be, new parents/foster parents, behaviour, speech and language.

**Health** - health visitors, mental health, healthy eating, sexual health

**Employment** - including training, apprenticeships, and volunteering.

**Education** - early learning, attendance, further education, educational attainment

**Community engagement** - social opportunities, events, clubs, activities

**Relationships** - counselling, loneliness, promoting positive relationships.

**Welfare** - benefits, debt advice, housing support  
Targeted one to one and group work programmes.

# Riverside

## Family Support in Sefton



### **Baby Basics**

Hope House, Boaler Street, Liverpool L6 6AE  
<https://baby-basics.org.uk/>

### **Baby Basics Liverpool**

178 Queens Drive, Wavertree, Liverpool L15 6XX  
<https://baby-basics.org.uk/>

### **Kindfulness Coffee Club Liverpool**

For more information please contact either  
[Mandy@mykcc.org.uk](mailto:Mandy@mykcc.org.uk) [Zoe@mykcc.org.uk](mailto:Zoe@mykcc.org.uk)

### **Centre 56 Women & Children's Aid Centre**

Here for families in crisis, whatever the situation  
Rumney Road, Liverpool, L4 1UB  
**0151 727 1355** [hello@centre56.org.uk](mailto:hello@centre56.org.uk)

### **Growbaby**

Growbaby provides good quality second-hand clothes and equipment for babies and kids up to age 5. Anyone can use this service and everything is free.

**0151 263 0692**  
[info@southliverpoolvineyard.com](mailto:info@southliverpoolvineyard.com)

### **The Venus Centre**

The Venus Centre, 215 Linacre Lane, L20 6AD  
**0151 474 4744**

### **For support during the school holidays**

#### **MPAC**

MPAC have a list of organisations that deliver food support and activities during the school holidays.

To find out more visit:

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

### **In your Shoes Litherland**

Offer chill and chat; education, training and qualifications; activities and fun events; support, advice and signposting; community shop; meeting/activity room hire.

100 Moss Lane Litherland Sefton L21 7NJ

**0151 345 9611**

[theteam@inyourshoes.org.uk](mailto:theteam@inyourshoes.org.uk)

### **Lake Side Church - Free clothes Store**

Providing good quality, pre-loved clothes and shoes to those in need/crisis.

Lakeside Church, Fairway, PR9 0LA.

To find out more visit

<https://www.lakesidechurch.uk/compassionministries>

### **Sefton Community Pantry**

Provide food, hygiene and clothing items to vulnerable families across Sefton. All referrals must be made by school pastoral workers.

100 Derby Road, Seaforth, L20 1BP

To find out more visit

<https://seftoncommunitypantrycic.org.uk/>

# Riverside

## Older People Support in Sefton



**Age UK Advice Line** - 0800 678 1602

### **Tax Help for Older People**

01308 488066 [taxvol@taxvol.org.uk](mailto:taxvol@taxvol.org.uk)

**Dementia UK** - 0800 888 6678

### **Re-engage**

Group and one-to-one social activities will help older people connect with others.

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

### **Friends of the Elderly**

Grants to older people living on low incomes.

**0330 332 1110** [hello@fote.org.uk](mailto:hello@fote.org.uk)

### **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088** [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)

A Letter from Louise pen pal befriending

**01743 245 088**

[aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net)

### **Merseyside Fire & Rescue Services: Home Fire Safety Checks**

If you live in Merseyside, you can phone **0800 731 5958** for **free** fire safety advice or to request a Home Fire Safety Check visit

### **Merseyside Dementia Friendly Radio**

Independent, online radio station that is run in collaboration with and for the benefit of those who live in the Merseyside area whose lives are affected by dementia. [vianat@mdfr.co.uk](mailto:vianat@mdfr.co.uk)

**07768 139708** [nat@mdfr.co.uk](mailto:nat@mdfr.co.uk)

### City Wide Support

#### **Liverpool Cares**

Liverpool Cares is a community network of younger and older neighbours hanging out and helping one another in our rapidly changing city.

Liverpool Cares,

Studio D, Baltic Creative, 49 Jamaica Street, Liverpool, L1 0AH

**0151 659 1789** [liverpoolcares.org.uk](http://liverpoolcares.org.uk)

#### **The Brain Charity**

Helping people with all forms of neurological conditions to lead longer, healthier, happier lives Norton Street, Liverpool, L3 8LR

**0151 298 2999**

#### **Bradbury Fields**

services for Blind and Partially Sighted People The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

**0151 221 0888 ext 214**

[jabdullah@bradburyfields.org.uk](mailto:jabdullah@bradburyfields.org.uk)

#### **Local Solutions**

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to unpaid carers in Liverpool

**0151 705 2307**

[healthandwellbeing@localsolutions.org.uk](mailto:healthandwellbeing@localsolutions.org.uk)

#### **AbilityNet**

Free computer support to disabled people and older people, provided by volunteers.

**0800 048 7462** [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)

# Riverside

## Older People Support in Sefton



### **Netherton Feelgood Factory - Community Services**

Glovers Lane, Netherton, L30 5QW  
**0151 291 8010** [info@feelgoodfactory.org.uk](mailto:info@feelgoodfactory.org.uk)

### **The Shopping Service**

The Feelgood Factory Shopping Service will undertake food shopping for those who find it difficult to get out or carry heavy bags.

### **Mow and Grow**

The Mow and Grow service will help you keep your garden tidy on a regular or occasional basis. The service will undertake most basic gardening tasks including mowing and strimming.

### **Befriending**

The Befriending Project helps people who are on their own and would benefit from someone visiting their homes for a chat once or twice a week.

### **Brighter Living Partnership Community Café**

Brighter Living offer a weekly luncheon club to older people (aged 50+), especially those who are isolated or at risk of loneliness. For just £4 you get two courses.

Southport Community Centre, Norwood Road  
PR8 6HQ

**01704 517 810/ 07712 443 735**

### **Ash Street Baptist Church**

Ash Street, Bootle, Merseyside, L20 3HA  
Every other Monday there is a Pensioners afternoon social 1 pm to 3.30 pm.  
Coffee Mornings every Thursday, which are open to everyone.

**0151 474 8784** [brianastill@live.co.uk](mailto:brianastill@live.co.uk)

### **Formby CVS / Luncheon Club**

The Club provides a lunch consisting of a main course followed by a dessert or cheese & biscuits and coffee or tea on Tuesday and Thursday and is served at 12.15p m.

The Luncheon Club, 68 Rosemary Lane L37 3HA

**01704 877311**

[secretary@formbyluncheonclub.uk](mailto:secretary@formbyluncheonclub.uk)

### **St. Andrew's C Of E Parish Church (Maghull)**

22 Damfield Lane, Maghull, L31 6DD

Lunch Club is held every Thursday at 12.30 pm and is open to the older members of the Maghull community.

**0151 531 8972**

[enquiries@maghullstandrew.com](mailto:enquiries@maghullstandrew.com)

### **St. Luke's C Of E Parish Church (Southport)**

Friday from 1 pm - Bingo and Refreshments.  
All welcome.

**07979 607968** [services@sluke.co.uk](mailto:services@sluke.co.uk)

### **Age Concern Liverpool & Sefton: Friendship service**

Friendship service for people aged 50+ in Liverpool and Sefton

**0151 330 5678**

[mail@ageconcernliverpoolandsefton.org.uk](mailto:mail@ageconcernliverpoolandsefton.org.uk)

### **Rainbow 50 Plus Community**

259-261 Boaler Street, Liverpool, L6 9DH

**07795 433970/07717 398475**

[dee@therainbowcommunity.org](mailto:dee@therainbowcommunity.org)

### **Smile TLC LTD (supports those affected by dementia)**

Organises social events and support to people living with dementia and their family members.

**0151 374 0112** [support@smile-tlc.co.uk](mailto:support@smile-tlc.co.uk)

# Older People Support in Sefton



## **United Reformed Church (Birkdale)**

Grosvenor Road, Birkdale, PR8 2ET

**Church Badminton Club** Tuesday 2 pm (Over 55s) & 8 pm Badminton Club

**Lunch Club** The Church Lunch Club welcomes anyone over 60 who would like to eat a freshly-prepared traditional two-course meal for only £5!

2nd and 4th Tuesdays of the month members arrive at 12 pm and lunch is served at 12.20 pm

**Please phone Chris on 563 660 before your first visit so that we can cater sufficiently.**

## **Wednesday Focus**

Maghull Baptist Church, Hall Lane, L31 3DY

'Focus' is a community drop-in for older folk that runs every alternate Wednesday from 12 pm to 3pm.

**0151 520 2141**

**admin@maghullbaptistchurch.co.uk**

## **Ainsdale Lunch and Leisure Club**

Ainsdale Methodist Church, 688 Liverpool Road, PR8 3NQ

Ainsdale Lunch and Leisure Club - activities

Monday to Friday please contact Audrey for more information.

**01704 574 838**

**manager@ainsdalecommunitycare.org.uk**

## **Ainsdale Village Singers**

Ainsdale Village Church Hall, Shore Road PR8 3HW

For further information please contact Chris.

**01704 871 393/ 01704 571 709**

## **Association of Formby Artists**

Formby residents who meet regularly on Wednesday to draw and paint

The Stables, 6 Back O'the Town Lane, Ince Blundell L38 6JJ

**0151 929 3311 roger.jenkins@talktalk.net**

## **The Atkinson**

Lord Street, Southport, PR8 1DB

The Atkinson is a place to meet people and be active, take a look at the regular events we hold for adults. Weekly activities

**01704 533 333**

**<https://www.theatkinson.co.uk/>**

## **Coffee and Crochet**

St John and St James Church and Community Centre, 71 Bailey Drive, Bootle, L20 6EX

Friday Coffee Morning/Coffee and Crochet

Friday 10 am to 12pm

**0151 933 2116 enquiries@stjohnandstjames.org**

## **Crosby Camera Club**

Crosby Central Library, Small Lecture Room, Crosby Road North, Waterloo L22 0LQ

Meetings are held every Wednesday 8 pm to 10 pm, September to April.

**0151 931 3515 karenredfern@btconnect.com**

# Mental Health and Wellbeing Support in Sefton



## Liverpool Support Services

### Liverpool and Sefton

Anyone aged 16 and over

For urgent mental health support, please call our

**24/7 freephone helpline: [0800 145 6570](tel:08001456570)**

### Mind Clarity CIC

142 Claughton Rd, Birkenhead, CH41 6EY

**07877253999 [contact.mindclarity@gmail.com](mailto:contact.mindclarity@gmail.com)**

### Sefton CAMHS (age 0 to 25)

If you have any urgent mental health concerns, please contact the CAMHS crisis team 24 hours a day, seven days a week on 0151 293 3577 or freephone 0808 196 3550.

**[camhs.referrals@alderhey.nhs.uk](mailto:camhs.referrals@alderhey.nhs.uk)**

### Crown Hub

Crown hub is a day service offering support to adults experiencing mental health issues. This is a short term re enablement service offering support for up to 6 – 10 weeks.

Crown Hub, Crown Street, Liverpool, L7 3LZ

**0151 233 3800**

**[Crownhub@liverpool.gov.uk](mailto:Crownhub@liverpool.gov.uk)**

### Talk Liverpool - North office

7 New Hall, Fazakerley, Liverpool, L10 1LD

**0151 228 2300 (Mon to Fri 8am to 6pm)**

**[talkliverpool@merseycare.nhs.uk](mailto:talkliverpool@merseycare.nhs.uk)**

### Norris Green Community Alliance: 'Mindful Communities'

Men's and women's support groups with regular meetings, services and activities to reduce isolation and improve mental health.

Parthenon House Falklands Approach Norris Green L11 5BR

**0151 479 3800**

**[norrisgreencommunity@btconnect.com](mailto:norrisgreencommunity@btconnect.com)**

### Comedy Trust: Feeling Funny Mum's & Dad's Drop In Group

22 School Lane, Liverpool, L1 3BT

Offers a programme of activities aims to address and highlight some of the issues affecting mums and mums-to-be who have experienced perinatal depression &/or anxiety, or who might be at risk of experiencing it in the future.

**0151 702 5893/ 07593 042 930**

**[helen@thecomedytrust.com](mailto:helen@thecomedytrust.com)**

### Evolving Mindset

Free Mental Health Well-being sessions. Face to face sessions have been suspended but sessions are available online.

**[evolvingmindset@outlook.com](mailto:evolvingmindset@outlook.com)**

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

### Go with the Flow - Bootle

May Logan Centre, 294 Knowsley Road L20 5DQ

Weekly sessions are open to all abilities and provide space and time for your own creative development within a friendly supportive group.

**<https://gowiththeflow984.wordpress.com/>**

**Access Sefton** is a free, confidential service to support people with anxiety, depression and other common mental health conditions. The service is available to anyone aged 16+ and registered with a Sefton GP.

**0300 303 2708 [AdminAccessSefton@nhs.net](mailto:AdminAccessSefton@nhs.net)**

**The Life Rooms** is providing mental health and wellbeing support for anyone aged 18+.

**0151 478 6556**

# Mental Health and Wellbeing Support in Sefton



## **The Vibe Liverpool: 'We're Listening'**

A 1-1 listening service and group sessions with a focus on bereavement support.

Vagabonds Tennis Club, 433 Queens Drive

Liverpool, L13 0AG

**thevibeliverpool@gmail.com**

## **Liverpool Bereavement Service Service**

1st Floor, Granite Buildings, 6 Stanley Street,

Liverpool, L1 6AF

**0151 236 3932 (9am to 5pm)**

**enquiries@liverpoolbereavement.co.uk**

## **Priority Youth Project: 'Priority Youth Counselling Support Programme'**

St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA

A 1-1 counselling service for children and young people aged 8-19 years.

**07523 650 956 hello@priorityyouth.co.uk**

## **The Comedy Trust: 'Laughter After Loss'**

Royal Court Theatre, 1 Roe Street, L1 1HL

Workshops, drop-ins and discussion groups to for adults following a bereavement.

**0151 702 5893 info@thecomedytrust.com**

# National Domestic Abuse Services



## **If you are in immediate danger, call 999 and ask for the police.**

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

## **Call 999 from a landline**

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

## **If you are deaf or can't use a phone**

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

## **Bright Sky app**

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

## **Safe Spaces**

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

## **Liverpool Support**

### **Merseyside Domestic Violence Services (MDVS)**

PO Box 200, Liverpool, L14 9WU  
**07802 722703** [info@mdvs.org](mailto:info@mdvs.org)

### **Local Solutions - Independent Domestic Violence Advisory Service (IDVA)**

**0151 709 0990** [info@localsolutions.org.uk](mailto:info@localsolutions.org.uk)

### **PSS: Domestic abuse support**

**0151 702 5500** [ruby@pss.org.uk](mailto:ruby@pss.org.uk)

### **Liverpool Domestic Abuse Service (LDAS)**

**07923 232327/0800 084 2744 / 0151 263 7474**

### **The Crossing Point - Domestic Abuse Service**

Free Confidential Domestic Abuse Service working with women, men, and young people.

**07731 878076** [info@thecrossingpoint.co.uk](mailto:info@thecrossingpoint.co.uk)

### **YMCA Liverpool - Domestic Abuse Rapid Accommodation Project**

YMCA Liverpool, Hope House, 15 Leeds Street, Liverpool, L3 6HU

**0151 600 3530/0151 734 1074**

### **4Wings - Support for women**

Church House, 1 Hanover Street, Liverpool, L1 3DN

**0151 558 1442** [info@4wings.co.uk](mailto:info@4wings.co.uk)

### **Merseyside Domestic Violence Services (MDVS)**

PO Box 200, Liverpool, L14 9WU  
**07802 722703** [info@mdvs.org](mailto:info@mdvs.org)

### **Local Solutions - Independent Domestic Violence Advisory Service (IDVA)**

**0151 709 0990** [info@localsolutions.org.uk](mailto:info@localsolutions.org.uk)



# Domestic Abuse Services in Sefton



## **Sefton Independent Domestic Violence Advisors (IDVA) Team**

Offers free crisis intervention support to high risk victims of domestic abuse.  
provide practical help including safety planning for the whole family, support through the Criminal Justice System, and home security checks.  
work with male and female victims aged 16+  
work with victims even if they chose to remain in their relationship.  
Available: Monday to Friday 9 am to 5 pm  
**0151 934 5142 IDVA.Team@sefton.gov.uk**

## **Local Solutions (IDVA) Independent Domestic Violence Advisory Service**

The IDVA (independent domestic violence advisors) service is provided to male and females in the Liverpool area who have been identified as being at HIGH RISK of ongoing domestic abuse  
**0151 709 0990 dva@localsolutions.org.uk**

## **Sefton Women's & Children's Aid (SWACA)**

166 Knowsley Road, Bootle, Merseyside, L20 4NR  
SWACA's dedicated team help women, young people and children survive the impact of Domestic Violence and Abuse by giving free practical and emotional support. Our services are offered regardless of Age, Disability, Sexuality, Race or Religion  
**24hr Helpline: 0808 2000 247**  
**0151 922 8606 07779 745 594**  
**help@swaca.com**

## **Endeavour Project**

Registered charity offering a wide range of services including front line community-based support, group work and counselling for those affected by domestic abuse.  
**01204 394 842**  
**enquiries@endeavourproject.org.uk**

**PSS: Domestic abuse support**  
**0151 702 5500 ruby@pss.org.uk**

**Liverpool Domestic Abuse Service (LDAS)**  
**07923 232327/0800 084 2744 / 0151 263 7474**

**The Crossing Point - Domestic Abuse Service**  
Free Confidential Domestic Abuse Service working with women, men, and young people.  
**07731 878076 info@thecrossingpoint.co.uk**

**YMCA Liverpool - Domestic Abuse Rapid  
Accommodation Project**  
YMCA Liverpool, Hope House, 15 Leeds Street,  
Liverpool, L3 6HU  
**0151 600 3530/0151 734 1074**

**4Wings - Support for women**  
Church House, 1 Hanover Street, Liverpool, L1 3DN  
**0151 558 1442 info@4wings.co.uk**

# Disability Support in Sefton



## Citywide Support

### **The Brain Charity**

Norton Street, Liverpool, L3 8LR

0151 298 2999

<https://www.thebraincharity.org.uk/>

### **Mencap**

Mencap Cottage House 6-8 Mariners Road L23 6SX

<https://yournetwork.mencap.org.uk/group/512>

**0151 707 8582**

### **Strawberry Field**

Beaconsfield Road ,Liverpool L25 6EJ

**0151 252 6130**

### **Community Integrated Care**

Information@c-i-c.co.uk

**Phone: 0800 2218 522**

## Activities and support

### **Daisy Inclusive UK**

2 Barnes Street, Everton L6 5LB

**0151 261 0309** [info@daisyuk.com](mailto:info@daisyuk.com)

### **Greenbank Sports Academy**

Greenbank Lane, Liverpool L17 1AG England

**0151 280 7757**

### **South Sefton Visually Impaired Group**

Sing Plus, 53 Cambridge Road, Seaforth, L21 1EZ

South Sefton Visually Impaired Group is a social support group for people with a visual impairment. People need to be registered as having a visual impairment in order to attend.

The group meet weekly for information and a 2 course hot meal from 1 pm to 5.30 pm at the SING Plus Centre. For this group door to door transport can be arranged. The cost is £5.10 per person for the meal and transport.

**For further information call 0151 285 5031**

### **St. Oswald's Church (Netherton)**

St. Oswalds Church Centre, Ronald Ross Avenue  
Netherton, Bootle L30 5RD

'**Grub at the Hub**' Carers Cafe - good savoury and sweet food with a cuppa in a secure, safe, relaxed & friendly environment with plenty of space, for all carers whether of young or old together with those you care for. Last Saturday each month from 12 pm 3pm.

**Lunch Club** - fortnightly on Wednesday's at 12 pm. All welcome for good food and company.

**0151 284 2628**

[debbie@stoswaldsnetherton.org.uk](mailto:debbie@stoswaldsnetherton.org.uk)

### **Advocate Musical Theatre Community group**

Southport Temperance Institute, 65 London Street  
PR9 0TH

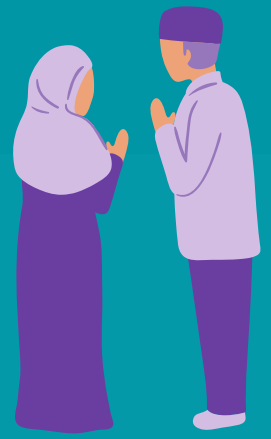
Advocate musical theatre community group is for adults with additional needs. The group has a musical theatre theme, where members can sing and dance to their favourite songs.

**07926164509** [emcaz@hotmail.co.uk](mailto:emcaz@hotmail.co.uk)



# Riverside

## Migrant and Multi-Cultural Support in Sefton



### **Liverpool Muslim Society and Al Rahma Mosque**

29-31 Hatherley St, Liverpool L8 2TJ  
0151 709 2560  
[info@liverpoolmuslimsociety.org.uk](mailto:info@liverpoolmuslimsociety.org.uk)

### **Christ Church Norris Green - Triple C**

The Church of the Good Shepherd, Lower House Lane L11 2SF  
07871 914364 0151 226 2992  
[info@triplecliverpool.org](mailto:info@triplecliverpool.org)

### **Pagoda Chinese Community Centre**

Pagoda Arts Henry Street, Liverpool, L1 5BU  
Email: [info@pagodaarts.org.uk](mailto:info@pagodaarts.org.uk)  
Tel: 07542339019

### **4Wings - Support for women**

Church House, 1 Hanover Street, L1 3DN  
0151 558 1442 [info@4wings.co.uk](mailto:info@4wings.co.uk)

### **Amadudu Women's Refuge**

0151 734 0083 [info@amadudu.org](mailto:info@amadudu.org)

### **Muslim Community Helpline**

0208 904 8193 or 0208 908 6715  
[ess4m@btinternet.com](mailto:ess4m@btinternet.com)

### **Savera UK**

151 Dale Street, Liverpool, L2 2AH  
0800 107 0726 [info@saverauk.co.uk](mailto:info@saverauk.co.uk)

### **Liverpool Malayalee Association**

07736 352874 [limaliverpool@gmail.com](mailto:limaliverpool@gmail.com)

### **Kadampa Meditation Centre (KMC) Liverpool**

0151 726 8900  
[info@meditationinliverpool.org.uk](mailto:info@meditationinliverpool.org.uk)

### **Osun Arts Foundation: African arts and culture**

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ  
0151 922 2911 [sunartsfoundation@gmail.com](mailto:sunartsfoundation@gmail.com)

### **Liverpool Irish Centre - Sláinte Le Chéile Health Together**

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG  
0151 263 1808 [info@liverpoolirishcentre.org](mailto:info@liverpoolirishcentre.org)

### **Merseyside Jewish Community Care (MJCC) - Key services**

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL  
0151 733 2292 [info@mjccshifrin.co.uk](mailto:info@mjccshifrin.co.uk)

### **Al-Ghazali Multicultural Centre**

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD  
0151 734 3843 [info@alghazalicentre.co.uk](mailto:info@alghazalicentre.co.uk)

### **Liverpool Arabic Centre (LAC)**

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP  
0151 727 2855  
[info@liverpoolarabiccentre.org.uk](mailto:info@liverpoolarabiccentre.org.uk)

### **Merseyside Polonia**

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP  
0151 237 2674 [info@merseysidepolonia.com](mailto:info@merseysidepolonia.com)

### **Muslim Youth Helpline (MYH)**

0808 808 2008 [help@myh.org.uk](mailto:help@myh.org.uk)

### **Mary Seacole House**

91 Upper Parliament Street, Liverpool, L8 7LB  
0151 707 0319 [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)

# Migrant and Multi-Cultural Support in Sefton



## **Pal Multicultural Centre**

68A Mulgrave St, Liverpool L8 2TF  
**0151 708 9669**

## **The Kuumba Imani Mellinum Centre**

4 Princes R, Liverpool, L8 1TH  
**0151 708 5278 0741 477 51 51**  
**Info@Moulana.co.uk**

## **Florrie**

377 Mill St, Liverpool, L8 4RF  
**0151 728 2323 info@theflorrie.org**

## **Liverpool Arabic Centre: 'Your Safe Space'**

A culturally sensitive mental health support service, which combines Western and Arab/Muslim traditional therapies to provide support for people experiencing poor emotional and mental well-being due to financial hardship. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 0TP  
**0151 727 2855**

## **Mary Seacole House**

A mental health charity and resource service set up to offer support and advice in emotional and practical matters, primarily Black, Asian, Minority, Ethnic and Refugee communities. Mary Seacole House, 91 Upper Parliament Street, Liverpool, L8 7LB  
**info@maryseacolehouse.com**

## **Everton in the Community: Welcome Through Football Refugee And Asylum Seeker Football Project**

The People's Hub Cruyff Court, 46 Spellow Lane, Liverpool, L4 4DF  
**jonathan.garside@evertonfc.com**

## **Merseyside Refugee Support Network (MRSN)**

1st Floor, St Anne's Centre, 7 Overbury Street, Liverpool, L7 3HJ  
**0151 709 7557 info@mrsnliverpool.org.uk**

## **Family Refugee Support Project (FRSP)**

Provides practical help to refugees "moving-on" from the asylum system and support to onward social and economic integration into life in Liverpool and beyond.  
Toxteth Town Hall, 15 High Park Street, L8 8DX  
**0151 728 9340 info@frsp.org.uk**

## **South Sefton Ukraine Welcome Centre**

Methodist Church, 19 Mersey Road, L23 3AE  
**0151 338 5457/ 07360152886**  
**crosbyuacentre@gmail.com**

## **North Sefton Sefton Ukraine Welcome Centre**

Victoria Centre, 197a Sussex Road, PR8 6DG  
**01704 264 505 hello@compassionacts.uk**

## **Southport Mosque & Islamic Centre**

102a Sussex Road, Southport, PR9 0SL  
**01704 539859 www.southportmosque.com**

## **Southport Community Centre**

Norwood Road, Southport PR8 6HQ  
**01704 517810**

## **Resources**

### **Language Identification Chart**

**[https://www.refugeecouncil.org.uk/wp-content/uploads/2020/01/Language\\_ID\\_chart.pdf](https://www.refugeecouncil.org.uk/wp-content/uploads/2020/01/Language_ID_chart.pdf)**

# Riverside

## Women's Groups in Sefton



### Women's Groups

#### **Women's Health Information and Support Centre (WHISC):**

Our Listening Ear service is available for women, telephone 0151 707 1826 to make an appointment or drop in to WHISC Centre. Open Monday, Tuesday and Thursday 10 am to 4pm  
Daily activities available

120 Bold Street, Liverpool, L1 4JA

**0152 707 1826** [women@whisc.org.uk](mailto:women@whisc.org.uk)

#### **Granby Somali Women's Group: 'GSWG Befriend Me'**

A social network where elderly Muslim and minority ethnic women will come together, exchange ideas, have interesting discussions and participate in a number of activities, which will alleviate their loneliness.

12 Beaconsfield Street, Liverpool, L8 2UU

**contact@granbysomaliwomensgroup.org**

#### **The Women's Organisation: Enterprise Hub**

54 St James Street, Liverpool, L1 0AB

**0151 706 8113** [enterprisehub@thewo.org.uk](mailto:enterprisehub@thewo.org.uk)

#### **National Association of Women's Clubs (NAWC) - Liverpool**

**01708 730805** [nawc@btconnect.com](mailto:nawc@btconnect.com)

#### **Paperwork Theatre - Women's Drama Group**

Luna, Northern Lights, 5 Mann Street, L8 5AF

**info@paperworktheatre.co.uk**

#### **Minerva Women's Group**

Women's clubs across Liverpool offering activities, trips, and friendship in a friendly atmosphere.

St Marys Millennium Centre, Meadow Lane, L12 5EA

**0151 228 1998**

#### **Swan Women's Centre**

6 Linacre Road, Litherland, Liverpool, L21 6NR

Supporting women to achieve mental well-being and providing services for women who experience anxiety, depression, stress or mental health issues.

**0151 933 3292**

**contact@swanwomenscentre.org**

#### **National Association of Women's Clubs**

68 Rosemary Lane, Formby, L37 3HA

**01708 730805** [nawc@btconnect.com](mailto:nawc@btconnect.com)

#### **Women's Institute Sefton**

Moor Lane Methodist Church, Moor Lane, Crosby L23 2UQ

**www.thewi.org.uk**

#### **The Association for Post-Natal Illness (APNI)**

Helpline for women with post-natal depression, their partners and healthcare professionals.

**https://apni.org/**

#### **Kindfulness Coffee Club - Tea and Empathy**

Weekly Activities -

<https://kindfulnesscoffeclub.org.uk/>

Kindfulness Coffee Club, 164A Knowsley Road L20 4NR

**0151 287 2704**

**Mandy@kindfulnesscoffeclub.org.uk**

# Riverside

## Men's Groups in Sefton



### Men's Groups

#### **JourneyMEN**

Offer practical activities designed to tap that potential, address the causes of mental ill-health and aid recovery.

<http://journeymencic.com>

56 Chester Street, Birkenhead, CH41 5EA

**0151 792 9159** [enquiries@journeymencic.com](mailto:enquiries@journeymencic.com)

#### **Peloton Liverpool Ltd: 'Joy Ride'**

A cycling club to support men in recovery, whilst providing an opportunity to socialise, exercise and build skills. L13 9AF

[danny@peloton.coop](mailto:danny@peloton.coop)

#### **Ellergreen Community Centre - JAM**

'Just Average Men' Men's Group open to men of all ages delivering activities as a group.

Monday 10 am to 12 pm

Ellergreen Road, Liverpool, L11 2RY

**0151 233 3337** [ellergreen@altvalley.co.uk](mailto:ellergreen@altvalley.co.uk)

#### **Sean's Place**

Mental Health Support for Men in Sefton and Liverpool

**211 Linacre Lane, Bootle, Liverpool, L20 6AD**

**0151 922 5444**

#### **Reach Mens Centre**

The Reach Mens Centre, 6-7 The Palatine, Strand Shopping Centre, Bootle, L20 4SN

**07504565764** or **0151 245 6925**

#### **Andys Man Club Liverpool**

[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

#### **James' Place Liverpool**

Offer free, life-saving treatment to suicidal men

**0151 303 5757** [liverpool@jamesplace.org.uk](mailto:liverpool@jamesplace.org.uk)

#### **Men's Club**

This group is open to all men from across the local community who wish to take part in a variety of activities such as gardening, physical activity, trips out and wood work amongst others. The group meets every Tuesday between 1 pm and 3 pm. Southport Community Centre, Norwood Road Southport, PR8 6HQ

**01704 517 810/07712 443 735**

#### **Leyland Road Methodist Church**

Methodist Church, Leyland Road PR9 9JQ

The gentlemen from the congregation and friends meet monthly, usually on the third Saturday, at 8.30 am for a fry up. Don't worry about booking in. Just turn up!

**01704 536648**

#### **Botanic Gardens Men's Society**

To provide recreation or other leisure time activities in the interests of social welfare for all men over 60 years of age who reside in the Metropolitan Borough of Sefton.

Botanic Gardens, Bank Field Lane, Churchtown Southport, PR9 7NB

**01704 225868**

#### **Sefton Family Wellbeing Men Talk**

Netherton Family Well Being, Magdalen Square Bootle, L30 5QH

Thursdays at 10.30 am to 11.30 am

**0151 282 1405** [netherton.FWC@sefton.gov.uk](mailto:netherton.FWC@sefton.gov.uk)

#### **PSS: Wellbeing Centres - Mens Support Group**

An informal self help group for men experiencing the challenges of living with anxiety, depression and emotional distress.

The Umbrella Centre, 111 Mount Pleasant L3 5TF

**0151 708 0415** [wellbeingcentres@pss.co.uk](mailto:wellbeingcentres@pss.co.uk)

# LGBTQ+ Support in North Sefton



## LGBTQ+

### **Trans Support Service (TSS)**

The Beat Hanover Street/David Lewis Street  
Liverpool L1 4AF  
**0151 317 8581** [Tss.merseycare@nhs.net](mailto:Tss.merseycare@nhs.net)

### **Spirit Level Transgender Support Group**

<https://spiritlevel.org.uk/>  
[spirit.level@yahoo.com](mailto:spirit.level@yahoo.com)

### **Sahir**

Sahir House, 4th Floor, 151 Dale Street L2 2AH  
**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **THE Action Youth (Trans Health Education) (YPAS)**

36 Bolton Street, L3 5LX [www.ypas.org.uk](http://www.ypas.org.uk)  
**0151 702 6087** [gyro@ypas.org.uk](mailto:gyro@ypas.org.uk)

### **Citizens Advice Liverpool - LGBTQ+ Hate Crime Support Service**

Practical & emotional support for people who have been affected by LGBTQ+ hate incidents, and their families, across Merseyside.

**0151 522 1400 ext 5006**  
[LGBTHateCrime@caliverpool.org.uk](mailto:LGBTHateCrime@caliverpool.org.uk)

### **Switchboard LGBT+ Helpline**

**0800 0119 100** [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

### **Merseyside non-scene LGBT Social Group**

<https://www.meetup.com/MERSEYSIDE-LGBT-SOCIAL-GROUP/>  
[stev\\_arts@yahoo.co.uk](mailto:stev_arts@yahoo.co.uk)

### **Galop**

Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.  
**0800 9995428** [help@galop.org.uk](mailto:help@galop.org.uk)

### **Sahir House - HIV Support, Information and Training Centre**

Sahir House, 4th Floor, 151 Dale Street, L2 2AH  
**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **LIV.FAST Network**

Provides peer support and advice for those who identify somewhere within the FTM (Female-to-Male) spectrum.

The Beat, Hanover Street/David Lewis Street, Liverpool, L1 4AF  
[liverpool.ftm@gmail.com](mailto:liverpool.ftm@gmail.com)

### **Merseyside LGBT Creative Writing Group and Book Groups (18+)**

<https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/>

# Additional Support in Sefton



## Sexual Violence Support

### **Rape and Sexual Abuse Centre (RASA)**

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.

**0151 666 1392** [helpline@rasamerseyside.org](mailto:helpline@rasamerseyside.org)

### **Rape Crisis**

A service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

**0808 500 2222**

### **SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)**

24 hour telephone support service

**0151 295 3550**

### **Silent Solution**

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

## Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** or Liverpool Direct on **0151 233 3001** to report. Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

## **Stop Hate UK**

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

**0800 138 1625** Text: **07717 989 025**

Text relay: **18001 0113 293 5100**

Webchat at <https://www.stophateuk.org/talk-to-us>

### **Anthony Walker**

Racial or religious hate crime - this support service is delivered by the Anthony Walker Foundation (AWF). AWF delivers specialist counselling and support for victims.

LCVS Building 3rd Floor, 151 Dale Street, L2 2AH

**0151 237 3974**

[info@anthonywalkerfoundation.com](mailto:info@anthonywalkerfoundation.com)

### **Daisy Inclusive UK**

Disability hate crime - provided by charity Daisy Inclusive UK. Daisy UK have a dedicated hate crime officer who supports victims from the point of contact through to support and guidance through the judicial system, if required.

**0151 261 0309**

[disabilityhatecrime@daisyuk.com](mailto:disabilityhatecrime@daisyuk.com)

### **Citizens Advice Liverpool**

LGBTQ+ hate crime - this support service is delivered by Citizens Advice Liverpool. They can help you to make a report to the police if you wish, understand your rights, liaise with organisations and help you to access specialist support services such as counselling.

**0800 144 8848**