

# Resource Pack

Last updated: May 2026

Version 1

**This resource pack has been developed to provide a clear and accessible overview of the support services available nationally and across the Rochdale Borough.**

**The information includes a wide range of local services, grouped together by category, to help professionals, families, and young people quickly identify appropriate support.**

**This resource is designed as a practical reference tool and should be used alongside professional judgement, safeguarding procedures and organisational guidance.**

### Domestic Violence

Rochdale Specialist Domestic Abuse Services	Tel: 0161 507 9609 Email: rochdale@victimsupport.org.uk Web: <a href="http://www.rochdale.gov.uk/domestic-violence-abuse/get-help-domestic-abuse">www.rochdale.gov.uk/domestic-violence-abuse/get-help-domestic-abuse</a>
National Domestic Violence Helpline	Tel: 0808 2000 247
Muslim Community Helpline	Tel: 0208 904 8193 or 0208 9086 715
The Men's Advice Line	Tel: 0808 801 0327
Women's Domestic Abuse Helpline	Tel: 0161 636 7525
Stalking Helpline	Tel: 0808 802 0300
African and Caribbean Women's Outreach Project	Tel: 0161 882 0632
Central Manchester Women's Aid	Tel: 0161 273 4366
Homeless Section	Tel: 0845 602 4995 (out of hours: 0845 121 2975)
Jewish Women's Aid	Tel: 0800 591203 Email: <a href="mailto:jwa@dircon.co.uk">jwa@dircon.co.uk</a>
Karma Nirvana (Supports victims of honour-based and forced marriage)	Tel: 0800 5999 247 (Monday - Friday: 9am - 5pm) <a href="https://www.karmanirvana.org.uk/">https://www.karmanirvana.org.uk/</a>
Lesbian and Gay Foundation (LGF) Helpline	Tel: 0845 330 3030
Male Victims of Domestic Abuse	Tel: 0808 801 0327 Web: <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a>
Men Experiencing Domestic Violence	Tel: 0845 064 6800
MIND Wellbeing	Web: <a href="http://www.mind.org.uk/information-support/guides-to-support-and-services/abuse">www.mind.org.uk/information-support/guides-to-support-and-services/abuse</a>
National Domestic Violence Helpline (run in partnership between Women's Aid and Refuge)	Tel: 0808 2000 247 (24/7 National Helpline) Web: <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a>
National Stalking Helpline	Tel: 0808 802 0300 (09:30 - 16:00 weekdays, except Wednesday 13:00 - 16:00) Web: <a href="http://www.suzylamplugh.org/Pages/Category/national-stalking-helpline">www.suzylamplugh.org/Pages/Category/national-stalking-helpline</a>
Outreach Domestic Abuse (support in the local community)	Tel: 01706 658171
Samaritans	Tel: 0845 7909 090

	Web: <a href="http://www.samaritans.org">www.samaritans.org</a>
Shelter	Tel: 0808 800 4444 Web: <a href="http://www.shelter.org.uk">www.shelter.org.uk</a>
Wai Yin Chinese Women's Society	Tel: 0161 237 5908
Women's Domestic Abuse Helpline	Tel: 0161 636 7525 (Monday to Friday 10am to 4pm excluding bank holidays) Web: <a href="http://www.wdchoices.org.uk">www.wdchoices.org.uk</a>
Women's Housing Action Group	Tel: 01706 718 180 Web: <a href="http://www.whag.info">www.whag.info</a>

### Self Neglect

*Help and support for hoarding disorder*

MIND	Tel: 0300 123 3393 Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Web: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
Greater Manchester Fire Service	Web: <a href="http://www.manchesterfire.gov.uk">www.manchesterfire.gov.uk</a>
Environmental Health	Web: <a href="http://www.rochdale.gov.uk/environment-pests">www.rochdale.gov.uk/environment-pests</a> Web: <a href="http://www.rbh.org.uk/your-home/neighbourhood-environmental-services">www.rbh.org.uk/your-home/neighbourhood-environmental-services</a>
Housing Services	Web: <a href="http://www.rochdale.gov.uk/housing">www.rochdale.gov.uk/housing</a> Web: <a href="http://www.rochdalehousingolutions.co.uk">www.rochdalehousingolutions.co.uk</a>
Hoarding UK	Web: <a href="http://www.hoarding.uk.org">www.hoarding.uk.org</a>
Help for Hoarders	Web: <a href="http://www.helpforhoarders.co.uk">www.helpforhoarders.co.uk</a>

### Drugs and Alcohol

Rochdale Borough Drug and Alcohol Support	Web: <a href="http://www.rochdale.gov.uk/health-wellbeing/drug-alcohol-help">www.rochdale.gov.uk/health-wellbeing/drug-alcohol-help</a>
Turning Point	Web: <a href="http://www.turning-point.co.uk/services/rochdale-oldham">www.turning-point.co.uk/services/rochdale-oldham</a>
Alcohol Change	Web: <a href="http://www.alcoholchange.org.uk">www.alcoholchange.org.uk</a>
Alcoholics Anonymous	Web: <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Early Break (up to 21yrs)	Web: <a href="http://www.earlybreak.co.uk/rochdale">www.earlybreak.co.uk/rochdale</a>
Talk to Frank	Web: <a href="http://www.talktofrank.com">www.talktofrank.com</a>
High Level Northern Trust	Web: <a href="http://www.hlnt.org.uk">www.hlnt.org.uk</a>
We Are With You	Web: <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a>
Other support in Rochdale Borough	Web: <a href="http://www.rochdale.gov.uk/addiction">www.rochdale.gov.uk/addiction</a>

### Rochdale Recovery Communities

Recovery Republic	Web: <a href="http://www.recoveryrepublic.co.uk">www.recoveryrepublic.co.uk</a>
Watering Your Soul	Web: <a href="http://www.wateringyoursoul.org">www.wateringyoursoul.org</a>
Tackling Minds	Web: <a href="http://www.tacklingminds.org">www.tacklingminds.org</a>
Turning Point	Web: <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>
Theatre in Flow	Web: <a href="http://www.theatreinflow.com">www.theatreinflow.com</a>
Angies Angels	Tel: 0161 393 6641
High Level	Web: <a href="http://www.hlnt.org.uk">www.hlnt.org.uk</a>
The Salik Project	Web: <a href="http://www.salikprojectuk.org">www.salikprojectuk.org</a>

### Forced Marriage

UK Government; Forced Marriage Unit	Tel: 020 7008 0151 Email: <a href="mailto:fmufco@fco.gov.uk">fmufco@fco.gov.uk</a> Web: <a href="http://www.gov.uk/stop-forced-marriage">www.gov.uk/stop-forced-marriage</a> Resource: <a href="http://www.gov.uk/government/publications/survivors-handbook">www.gov.uk/government/publications/survivors-handbook</a>
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### Female Genital Mutilation (FGM)

NESTAC	Tel: 0161 975 6009 or 07455902276 Email: <a href="mailto:guardiansafeguard@nestac.org.uk">guardiansafeguard@nestac.org.uk</a> Web: <a href="http://www.nestac.org.uk/the-guardian-project">www.nestac.org.uk/the-guardian-project</a>
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### Online Abuse

NCA (National Crime Agency)	Web: <a href="http://www.ceop.police.uk/Safety-Centre">www.ceop.police.uk/Safety-Centre</a>
Greater Manchester Police	Tel: 101 Web: <a href="http://www.gmp.police.uk">www.gmp.police.uk</a> Functions: Live Chat, Online Form

### Financial Abuse/Exploitation

Hourglass (Abuse and Neglect of Older people)	Tel: 0808 808 8141 Text (free): 07860 052906 Web: <a href="http://www.wearehourglass.org">www.wearehourglass.org</a>
MoneyHelper (Backed by UK Gov)	Tel: 0800 011 3797 Whatsapp: 07701 324744 Web: <a href="http://www.moneyhelper.org/en">www.moneyhelper.org/en</a> Functions: Live Chat and Email
Greater Manchester Police	Tel: 101 Web: <a href="http://www.gmp.police.uk">www.gmp.police.uk</a> Functions: Live Chat, Online Form
Take Five To Stop Fraud	Web: <a href="http://www.takefive-stopfraud.org.uk">www.takefive-stopfraud.org.uk</a>
Citizens Advice Greater Manchester	Tel: 0808 278 7803 Web: <a href="http://www.citizensadvicegm.org.uk/citizensadvicesort">www.citizensadvicegm.org.uk/citizensadvicesort</a> Functions: In person appointments also available
Report Fraud	Tel: 0300 123 2040 Web: <a href="http://www.reportfraud.police.uk">www.reportfraud.police.uk</a>
Stop Loan Sharks	Tel: 0300 555 2222 Whatsapp: 07700 102773 Web: <a href="http://www.stoploansharks.co.uk">www.stoploansharks.co.uk</a>
Economic Abuse Toolkit (Professionals Resource)	Web: <a href="http://www.gov.uk/government/publications/public-sector-toolkits">www.gov.uk/government/publications/public-sector-toolkits</a>

### Debt/Welfare Advice

Citizens Advice	Web: <a href="http://www.casort.org">www.casort.org</a>
Family Hubs	Web: <a href="http://www.rochdale.gov.uk/familyhub">www.rochdale.gov.uk/familyhub</a>

### Criminal Exploitation/County Lines

Challenger	Web: <a href="http://www.programmechallenger.co.uk/public">www.programmechallenger.co.uk/public</a>
Greater Manchester Victims Services (County Lines and Cuckooing)	Tel: 0800 876 6155 Email: <a href="mailto:GMVictims@catch-22.org">GMVictims@catch-22.org</a> Web: <a href="http://www.gmvictimsservices.org/get-support">www.gmvictimsservices.org/get-support</a>
Greater Manchester Victims Services (Gang Violence, Gun and Knife Crime)	Tel: 0800 876 6155 Email: <a href="mailto:GMVictims@catch-22.org">GMVictims@catch-22.org</a> Web: <a href="http://www.gmvictimsservices.org/get-support">www.gmvictimsservices.org/get-support</a>

### SEND/Disability

Jolly Josh (Rochdale South)	Email: <a href="mailto:sarah@jollyjosh.co.uk">sarah@jollyjosh.co.uk</a>
Masking in the Middle (Rochdale South)	Email: <a href="mailto:vicki8311@hotmail.co.uk">vicki8311@hotmail.co.uk</a>
SEN 2 Zen (Middleton)	Email: <a href="mailto:leah.clyne73@gmail.com">leah.clyne73@gmail.com</a>

### Mental Health

De Butterfly	Email: <a href="mailto:info@debutterflycic.com">info@debutterflycic.com</a>
MIND	Email: <a href="mailto:info@rochdalemind.org.uk">info@rochdalemind.org.uk</a>
Teen Lives Matter	Email: <a href="mailto:teenlivesmatteruk@gmail.com">teenlivesmatteruk@gmail.com</a>
LGBTQ+ Proud Trust	Web: <a href="http://www.theproudtrust.org">www.theproudtrust.org</a>

### Homeless Support/Accommodation

Army of Kindness (Rochdale North)	Email: <a href="mailto:sheraz@armyofkindness.co.uk">sheraz@armyofkindness.co.uk</a>
Angies Angels (Rochdale North)	Email: <a href="mailto:angiesangels1@outlook.com">angiesangels1@outlook.com</a>
Petrus Community (Rochdale South)	Email: <a href="mailto:petrus@petrus.org">petrus@petrus.org</a>
Stepping Stone Project (Rochdale South)	Email: <a href="mailto:Carris.lambourne@stepping-stone.org.uk">Carris.lambourne@stepping-stone.org.uk</a>
The Bond Board (Rochdale North)	Email: <a href="mailto:info@thebondboard.org.uk">info@thebondboard.org.uk</a>
The Sanctuary Trust (Rochdale North)	Email: <a href="mailto:admin@sanctuarytrust.org.uk">admin@sanctuarytrust.org.uk</a>
WHAG (Women) (Rochdale North)	Email: <a href="mailto:whag@whag.info">whag@whag.info</a>

### Food Provision

Foodbanks	Web: <a href="http://www.rochdale.gov.uk/benefits-money/money-debt-advice/6">www.rochdale.gov.uk/benefits-money/money-debt-advice/6</a>
Army of Kindness (Rochdale North)	Email: <a href="mailto:Sheraz@armyofkindness.co.uk">Sheraz@armyofkindness.co.uk</a>
Branches Cristian Fellowship (Pennines)	Email: <a href="mailto:tellme@branchesfellowship.org">tellme@branchesfellowship.org</a>

Darnhill Food Pantry (Heywood)	Email: darnhillfoodpantry@outlook.com
Freehold Pantry (RBH)	Email: zahida.bashir@rbh.org.uk
Kirkholt Pantry (RBH)	Email: zahida.bashir@rbh.org.uk
Rochdale Football Club – Dale Food Pantry	Email: community@rochdalefc.co.uk
Smallbridge Food Pantry (RBH)	Email: zahida.bashir@rbh.org.uk
The Lighthouse Project (Middleton)	Email: info@lighthouseproject.org.uk
<b>Food Learning</b>	
Speaking of Food	Email: luckygut@btinternet.com
Rtoria Wellbeing Kitchen (Middleton)	Email: rtoriawellbeingkitchencic@gmail.com
The Veterans Food Co. CIC (Middleton)	Email: office@theveteransfoodco.com

<b>Clothing Support</b>	
Angies Angels (Rochdale North)	Email: angiesangels1@outlook.com
Uniforms for All	Email: uniformforallrochdale@gmail.com
Heywood Uniform Hub (Heywood)	Email: heywooduniformhub@gmail.com

<b>Employment and Benefit</b>	
Citizens Advice	Web: <a href="http://www.citizensadvice.org.uk/work">www.citizensadvice.org.uk/work</a>
Positive Steps	Web: <a href="http://www.positive-steps.org.uk/services/career-guidance">www.positive-steps.org.uk/services/career-guidance</a>
Rochdale Borough Council	Web: <a href="http://www.rochdale.gov.uk/jobs/job-support-training">www.rochdale.gov.uk/jobs/job-support-training</a>

<b>Carers and Ageing</b>	
Carers Hub	Email: <a href="mailto:ian.leadbeater@n-compass.org.uk">ian.leadbeater@n-compass.org.uk</a>
HMR Circle	Email: <a href="mailto:hello@hmrcircle.org.uk">hello@hmrcircle.org.uk</a>

<b>Community Centres</b> (Rochdale Community Centre Consortium)		
Organisation	Locality	Contact
Burnside Community Centre	Middleton	Email: <a href="mailto:Molly@burnsidecentre.org.uk">Molly@burnsidecentre.org.uk</a>
Rochdale Women's Welfare	Rochdale North	Web: <a href="http://www.rwwa.org.uk/contact">www.rwwa.org.uk/contact</a>
Demesne Community Centre	Middleton	Email: <a href="mailto:suzanne@demesnecommunitycentre.org.uk">suzanne@demesnecommunitycentre.org.uk</a> Tel: 0161 653 2902
Kashmir Youth Project	Rochdale North	Web: <a href="http://www.kyp.org.uk">www.kyp.org.uk</a> Email: <a href="mailto:info@kyp.org.uk">info@kyp.org.uk</a> Tel: 01706 630140
Deeplish Community Centre	Rochdale South	Web: <a href="http://www.deeplishcc.co.uk">www.deeplishcc.co.uk</a> Email: <a href="mailto:info@deeplishcc.co.uk">info@deeplishcc.co.uk</a> Tel: 01706 860151

Spotland Community Centre	Rochdale North	Web: <a href="http://www.spotlandcommunitycentre.co.uk">www.spotlandcommunitycentre.co.uk</a> Email: <a href="mailto:asgharspotlandcc@inbox.com">asgharspotlandcc@inbox.com</a> Tel: 01706 354151
Bangladesh Community Centre	Rochdale North	Web: <a href="http://www.bacprochdale.co.uk">www.bacprochdale.co.uk</a> Tel: 01706 860349
Syke Community Centre	Rochdale North	Tel: 01706 346666

<b>Community Centres</b> (General)		
Organisation	Locality	Contact
Caring and Sharing	Rochdale North	<a href="mailto:Caringandsharing234@gmail.com">Caringandsharing234@gmail.com</a>
Crimble Croft Community Centre	Heywood	<a href="mailto:crimblecroft@hotmail.com">crimblecroft@hotmail.com</a>
Wardleworth Community Centre	Rochdale North	<a href="mailto:Miah.wcca@live.co.uk">Miah.wcca@live.co.uk</a>
Back O'th Moss Community Centre	Heywood	<a href="mailto:Gillian.hensley@backofthemoss.co.uk">Gillian.hensley@backofthemoss.co.uk</a>
Castlemere Community Centre	Rochdale South	<a href="mailto:malik@castlemere.org.uk">malik@castlemere.org.uk</a>
The Lighthouse Project	Middleton	<a href="mailto:info@lighthouseproject.org.uk">info@lighthouseproject.org.uk</a>

<b>Family Hubs</b> (General)		
Organisation	Locality	Contact
Belfield Family Hub	Firgrove	Tel: 01706 356634 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Boarshaw Family Hub	Middleton	Tel: 0161 655 8850 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Castleton Family Hub	Rochdale	Tel: 01706 516310 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Deeplish Family Hub	Rochdale	Tel: 01706 647959 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Derby Street Family Hub	Heywood	Tel: 01706 369889 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Heybrook Family Hub	Rochdale	Tel: 01706 630712 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Hollin Family Hub	Middleton	Tel: 0161 655 4429 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Howard Street Family Hub	Rochdale	Tel: 01706 926700 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Kirkway Family Hub	Middleton	Tel: 01706 927292 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Langley Family Hub	Middleton	Tel: 0161 653 9526 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Littleborough Family Hub	Littleborough	Tel: 01706 378166 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Meanwood Family Hub	Rochdale	Tel: 01706 953240 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Moorhouse Family Hub	Milnrow	Tel: 01706 837480 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>
Newbold Family Hub	Rochdale	Tel: 01706 649729 Email: <a href="mailto:family.info@rochdale.gov.uk">family.info@rochdale.gov.uk</a>

Norden Family Hub	Rochdale	Tel: 01706 926740 Email: family.info@rochdale.gov.uk
Sandbrook Family Hub	Rochdale	Tel: 01706 653677 Email: family.info@rochdale.gov.uk
Woodland Family Hub	Heywood	Tel: 01706 926800 Email: family.info@rochdale.gov.uk

### Co-production Groups

Lead Contact	Email: sarah.shard@yourtrustrochdale.co.uk
Ageing and Living Well Network	Email: mark@HMRCircle.org.uk
Autism Network	Email: admin@gatewayleisure.co.uk
Carers Network	Email: events@rochdale.carers.co.uk
Learning Disabilities Network	Email: RochdalePeopleFirst@gmail.com
Mental Health Network	Email: info@r-c-t.co.uk
Physical Disabilities Network	Email: inclusion@yourtrustrochdale.co.uk