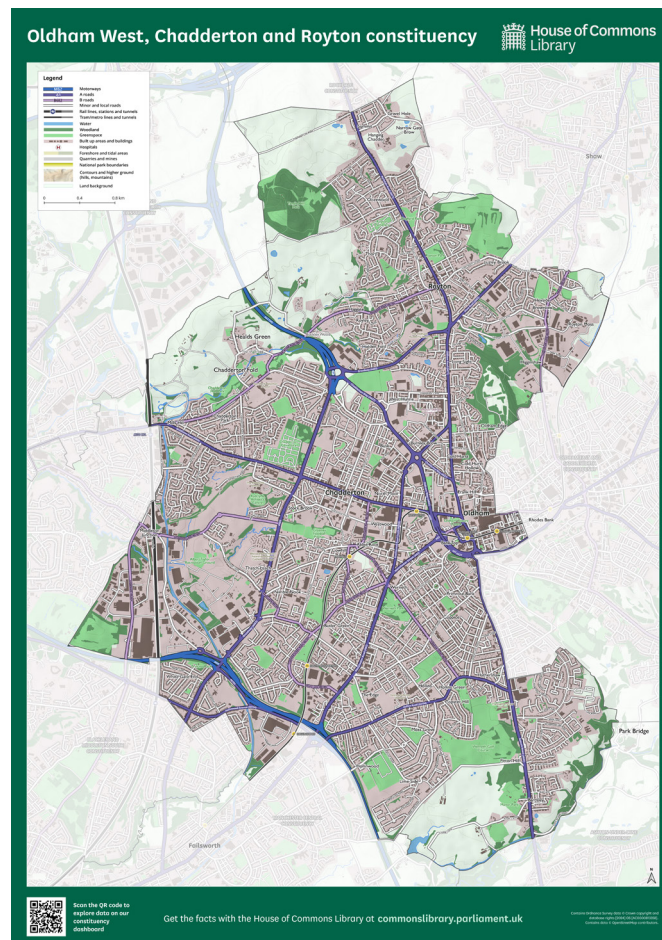




# Oldham West, Chadderton & Royton

Information – Advice – Support



Chadderton Central, Chadderton North, Chadderton South,  
Coldhurst, Hollinwood, Medlock Vale, Royton North,  
Royton South, Werneth

**Jim McMahon OBE MP**

Chadderton Town Hall, Middleton Road, Oldham, OL9 6PP, **Telephone:** 0161 652 8485

**Email:** [jim.mcmahon.mp@parliament.uk](mailto:jim.mcmahon.mp@parliament.uk)

0161 652 8485

[jim.mcmahon.mp@parliament.uk](mailto:jim.mcmahon.mp@parliament.uk)



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# Health & Wellbeing

## Physical

**Find Local GP** – <https://www.nhs.uk/service-search/find-a-gp>

**NHS 111** – phone 111/ <https://111.nhs.uk/> (in an emergency always dial 999)

**Local Dentist practices** –  
<https://www.nhs.uk/service-search/find-a-dentist/>

**Voiceability** – Independent charity which supports people in making decisions about their health, care and wellbeing <https://www.voiceability.org/support-and-help/services-by-location/manchester>

**Dr Kershaw's Hospice** –  
<https://www.drkh.org.uk/our-services/24-hour-advice-line/>

**Maggie's Oldham** –  
<https://www.maggies.org/our-centres/maggies-oldham/>

## Mental and Emotional

**NHS 111** – phone 111 <https://111.nhs.uk/> (in an emergency always dial 999)

**Andy's Man Club** – <https://andysmanclub.co.uk/groups/>

**Samaritans** (Rochdale, Oldham and District Samaritans) –  
<https://www.samaritans.org/branches/rochdale/> call 116 123, 5 Caton Street, Rochdale, Greater Manchester, OL16 1QJ

**CALM** – phone: 0800 58 58 58 <https://www.thecalmzone.net/get-support>

**Oldham CAMHS** – <https://www.penninecare.nhs.uk/oldhamcamhs>

**Oldham MIND** – <https://www.togmind.org/services>

**Mind: Youth in mind** – If you are a young person who wants to get involved in your community, The Hive offers a range of activities to help you do this. Phone 0161 330 9223

**NHS.UK** – If you want support for your child's mental health, 'This May Help' has advice.

<https://thismayhelp.me/> This May Help website

## **Healthy Minds** – Talking Therapies

To help you manage your problems by changing the way you think and behave, Healthy Minds Oldham offer cognitive behavioural therapy (CBT) which is a talking therapy.

CBT is used to treat anxiety and depression but can be useful for other mental and physical health problems.

Healthy Minds Oldham self referral form:

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=f6cb6f3a-0652-4169-a52e-91cfb6555023> – IAPT Patient Portal website

- Phone: 0161 716 2777



# Families & Young People

**SEND support** – <https://oldhamconnect.uk/Page/23550>

**Oldham Domestic Abuse Support** –  
<https://safenet.org.uk/our-services/oldham/>

**Dial 999** – Listen to the questions from the 999 operators, respond by coughing or tapping the handset if you can, if prompted press 55, this let's the operator know it's a genuine emergency and will put you through to the police.

**Oldham LGBTQI+ support** – <https://www.oldham.gov.uk/pride>

**Oldham Carers' Service** – [https://www.oldham.gov.uk/info/200244/caring\\_for\\_someone/508/oldham\\_carers\\_services](https://www.oldham.gov.uk/info/200244/caring_for_someone/508/oldham_carers_services)

**Fostering in Oldham** – [https://www.oldham.gov.uk/info/200381/fostering](https://www.oldham.gov.uk/info/200381/fostering/FamilyAdvice/Support-https://www.oldham.gov.uk/hsc/services/results/?-categorylds%5B%5D=137&categorylds%5B%5D=34)  
[Family Advice/ Support -https://www.oldham.gov.uk/hsc/services/results/?-categorylds%5B%5D=137&categorylds%5B%5D=34](https://www.oldham.gov.uk/hsc/services/results/?-categorylds%5B%5D=137&categorylds%5B%5D=34)

**Children and Family Benefits** – [https://www.oldham.gov.uk/info/200230/early\\_years/194/children\\_and\\_family\\_benefits](https://www.oldham.gov.uk/info/200230/early_years/194/children_and_family_benefits)

**Adult social services** – Office hours, 8.40am – 5.00pm, Monday to Friday.

Tel 0161 770 7777

Fax 0161 770 1576

Email: [adult.mash@oldham.gov.uk](mailto:adult.mash@oldham.gov.uk)

**Children's social services** – Office hours, 8.40am – 5.00pm, Monday to Friday.

Tel 0161 770 7777,

Fax 0161 770 1576

Email: [child.mash@oldham.gov.uk](mailto:child.mash@oldham.gov.uk)

**Out-of-hours emergencies** – Social work service for people in crisis to meet their urgent needs out of office hours.

5.00pm – 9.00am, Monday to Friday.

24 hours at weekends and Bank Holidays.

The Emergency Duty Team

Phone: 0161 770 6936, Minicom: 0161 770 8302, Fax: 0161 770 8502



# Elderly & Disabled

**Age UK** – 0161 633 0213

**Age UK Services** – <https://www.ageuk.org.uk/oldham/our-services/>

**MioCare** – <https://www.miocare.co.uk/>

**Adult Social Care** – [https://www.oldham.gov.uk/info/100010/health\\_and\\_social\\_care/1851/request\\_support\\_from\\_adult\\_social\\_care](https://www.oldham.gov.uk/info/100010/health_and_social_care/1851/request_support_from_adult_social_care)

**Citizen's advice Oldham** – [https://www.oldham.gov.uk/directory\\_record/17128/citizens\\_advice](https://www.oldham.gov.uk/directory_record/17128/citizens_advice)

**Meals on Wheels in Oldham** – <https://www.icarecuisine.co.uk/meals-on-wheels-oldham/>

**Care Home Selection** – [https://www.oldham.gov.uk/info/100010/health\\_and\\_social\\_care/3126/residential\\_and\\_nursing\\_care](https://www.oldham.gov.uk/info/100010/health_and_social_care/3126/residential_and_nursing_care)

**Health and Social Care Benefits** – [https://www.oldham.gov.uk/info/200247/paying\\_for\\_your\\_social\\_care/585/health\\_and\\_social\\_care\\_benefits](https://www.oldham.gov.uk/info/200247/paying_for_your_social_care/585/health_and_social_care_benefits)

**Adults Learning Disability Services in Oldham (NHS Pennine Care)** – 0161 770 3770 <https://www.penninecare.nhs.uk/oldhamadultlds-service>

**Specified support for disabilities to be found at** – <https://www.oldham.gov.uk/hsc/services/results/?categoryIds%5B%5D=79>



# Housing & Homelessness

**Housing (Oldham Council)** - <https://www.oldham.gov.uk/info/100007/housing>

**Housing Options Team** - [https://www.oldham.gov.uk/directory\\_record/17125/housing\\_options\\_team\\_oldham\\_council](https://www.oldham.gov.uk/directory_record/17125/housing_options_team_oldham_council)  
Email: [housing.options@oldham.gov.uk](mailto:housing.options@oldham.gov.uk)

**Apply For Social Housing** - [https://www.oldham.gov.uk/info/100007/housing/1274/apply\\_for\\_social\\_housing](https://www.oldham.gov.uk/info/100007/housing/1274/apply_for_social_housing)

**Homelessness** - <https://www.oldham.gov.uk/info/200257/homelessness>

**Petrus** - <https://www.petrus.org.uk/housing/>

**First Choice Homes** - <https://www.fcho.co.uk/>

**Real Change** - <https://realchangeoldham.co.uk/>

**Further information to be found at –**  
[https://www.oldham.gov.uk/info/200257/homelessness/2651/homelessness\\_advice\\_and\\_support](https://www.oldham.gov.uk/info/200257/homelessness/2651/homelessness_advice_and_support)



# Employment Support

**WorkWell** - [https://www.oldham.gov.uk/info/100008/jobs/3240/get\\_oldham\\_working\\_%E2%80%93\\_workwell\\_vanguard\\_service](https://www.oldham.gov.uk/info/100008/jobs/3240/get_oldham_working_%E2%80%93_workwell_vanguard_service)

<https://www.greatermanchester-ca.gov.uk/what-we-do/work-and-skills/working-well/workwell/>

**Get Oldham Working** - <https://www.oldham.gov.uk/gow>

**Oldham JobCentre** - <https://www.jobcentreguide.co.uk/oldham-jobcentre>

**National Careers Service** - <https://nationalcareers.service.gov.uk/> Phone: 0161 770 4674. Email: [ncs@oldham.gov.uk](mailto:ncs@oldham.gov.uk)

**Restart Scheme** - <https://www.gov.uk/government/publications/restart-scheme>

**Groundwork** - <https://www.groundwork.org.uk/greatermanchester/> OR Email: [info@groundwork.org.uk](mailto:info@groundwork.org.uk)

**Intensive Personalised Employment Support** - Growth Company - <https://www.gcemployment.uk/about-us/our-contracts-services/>  
Email: [Darryl.cook@gcemployment.uk](mailto:Darryl.cook@gcemployment.uk)  
Phone: 07540 451 309

**Oldham Enterprise Trust** - <https://oldhamenterprisetrust.org.uk/>  
Email: [Graham.McKendrick@oldham.gov.uk](mailto:Graham.McKendrick@oldham.gov.uk) Phone: 07515188974

**Further information to be found at** - [https://www.oldham.gov.uk/info/200850/get\\_oldham\\_working/2684/organisations\\_that\\_can\\_help\\_you\\_find\\_a\\_job](https://www.oldham.gov.uk/info/200850/get_oldham_working/2684/organisations_that_can_help_you_find_a_job)





# Immigration Support

**Oldham Council** – [https://www.oldham.gov.uk/info/100003/about\\_oldham/1631/uk\\_visas\\_and\\_immigration](https://www.oldham.gov.uk/info/100003/about_oldham/1631/uk_visas_and_immigration)

**Government Website** – <https://www.gov.uk/claim-asylum>

**Asylum Helplines** – <https://www.gov.uk/asylum-helplines>

**Asylum Help UK** – Telephone 0808 801 0503 – Monday to Friday, 8am to 8pm (24-hour service for emergencies)

**Asylum Support Application UK** – Telephone: 0808 801 0503 Monday to Friday, 8am to 8pm (24-hour service for emergencies)

**Children's Panel (England only)** – Call Children's Panel if you're a child in the UK on your own and applying for asylum.  
Telephone: 020 7346 1134 Monday to Friday, 9am to 5:30pm

**Further information to be found at –**  
[https://www.oldham.gov.uk/info/100003/about\\_oldham/1631/uk\\_visas\\_and\\_immigration](https://www.oldham.gov.uk/info/100003/about_oldham/1631/uk_visas_and_immigration)



# Foodbank Support

## **Oldham Foodbank information –**

[https://www.oldham.gov.uk/directory\\_record/17119/oldham\\_foodbank](https://www.oldham.gov.uk/directory_record/17119/oldham_foodbank)

**Oldham Foodbank** – 0161 622 1106, (Only delivery from this centre) Unit B, Prince of Wales Industrial Units, Vulcan Street, Oldham, OL1 4ER

**Shaw & Crompton Churches Together** – The Salvation Army, Farrow Street East, Shaw, OL2 8QY

**Drop in Centres, Shelters & Food Providers** – [https://www.oldham.gov.uk/info/200257/homelessness/796/drop\\_in\\_centres\\_shelters\\_and\\_food\\_providers](https://www.oldham.gov.uk/info/200257/homelessness/796/drop_in_centres_shelters_and_food_providers)

## **The Welcome Centre**

Drop-in centre 10.30am – 12noon every day (except Tuesday and Sunday).

St Aidan & Oswald RC Church

Vaughan Street

Royton

OL2 5DL

Phone: 0161 624 1322

- Free meals
- Can provide clothing

## **The Welcome Project**

A destitution project every Thursday 1.00pm – 3.00pm aimed at failed asylum seekers/asylum seekers awaiting benefits.

Oldham Baptist Church

Chaucer Street

Oldham

OL1 1BA

Phone: 0161 624 1214

- Provide food parcels, bus fares, clothing and blankets
- A place to socialise and meet others
- Asylum seekers are required to show their paperwork



# Foodbank Support

**Hope Café** – Breakfast every Saturday 10am – 2pm. Free to the Homeless or anyone struggling financially.

Elim Foursquare Church  
182 Greenacres Road  
Oldham  
OL4 2BA

**Impact Community Church Foodshare Project** – Provide food parcels and furniture via self-referral. Monday 9:30am-1pm.

The Old Bank  
358 Manchester Road  
Hollinwood  
OL9 7NU

**UKeff** – Provide support around food aid, advice and signposting. (Monday 12 – 2pm)

72 Yorkshire Street  
Oldham  
OL1 1SR

<https://www.ukeff.org/> Phone: 0161 660 6818

**Further information to be found at :** [https://www.oldham.gov.uk/info/200257/homelessness/796/drop\\_in\\_centres\\_shelters\\_and\\_food\\_providers](https://www.oldham.gov.uk/info/200257/homelessness/796/drop_in_centres_shelters_and_food_providers)



# Energy & Finance

## **Warm Homes Oldham –**

[https://www.oldham.gov.uk/info/200258/housing\\_grants\\_and\\_loans/1979/help\\_to\\_heat\\_your\\_home](https://www.oldham.gov.uk/info/200258/housing_grants_and_loans/1979/help_to_heat_your_home)

Phone: 0800 019 1084

Email: [warmhomes@oldham.gov.uk](mailto:warmhomes@oldham.gov.uk)

**Scope** – Energy advice for those with a disability – <https://www.scope.org.uk/disability-energy-support>

**Warm Banks Oldham** – [https://www.oldham.gov.uk/info/201199/cost\\_of\\_living\\_-\\_we\\_can\\_help/2898/warm\\_banks](https://www.oldham.gov.uk/info/201199/cost_of_living_-_we_can_help/2898/warm_banks)

**Help with Benefits & Money** – [https://www.oldham.gov.uk/info/100001/help\\_with\\_benefits\\_and\\_money/2845/help\\_with\\_money\\_problems](https://www.oldham.gov.uk/info/100001/help_with_benefits_and_money/2845/help_with_money_problems)

**Financial Advice** – [https://www.oldham.gov.uk/info/201243/welcome\\_to\\_oldham/3189/lifestyle#:~:text=If%20you%20need%20support%20you,Fri%2C%208.30%2D5.30pm](https://www.oldham.gov.uk/info/201243/welcome_to_oldham/3189/lifestyle#:~:text=If%20you%20need%20support%20you,Fri%2C%208.30%2D5.30pm)

## **CALM financial advice –**

<https://www.thecalmzone.net/guides/financial-stress>



# Your Local Councillors

Oldham Council is a democratic organisation. It comprises of 60 elected Councillors who are responsible for agreeing policies about provision of services and how the Council's money is spent. The Council employs officers who are responsible for its day to day management.

Local Councillors are elected by the community to decide how the Council should carry out its various activities. They represent public interest as well as individuals living within the ward in which he or she has been elected to serve a term of office.

Residents in Oldham can find out who their local councillors are here:

**On Oldham Council's Website –**

<https://www.oldham.gov.uk/councillors/name>

**OR**

**Write to them** also gives you the opportunity to find out who your local councillors are and write to them by using your postal code –

<https://www.writetothem.com/>



# Get in Touch

My team of constituency caseworkers are here to help you. You can get support by phoning, emailing, sending a letter, or by attending an advice surgery with me or an experienced caseworker at Chadderton Town Hall by making an appointment.

## A local, support based constituency office.

*"Every Year my office supports thousands of constituents like you on a wide range of issues."*

*"My dedicated team of constituency caseworkers based at Chadderton Town Hall take pride in ensuring you get the support you need"*



**Jim McMahon** OBE MP  
Oldham West, Chadderton & Royton

