

## External Support Resources

### Bury Carers Hub



We provide information, advice and a wide range of specialist support services designed to help adult carers continue in their caring role for as long as they choose and reduce the impact the caring role can have on their own health and wellbeing.

We work directly with individual carers to discuss their concerns and needs, and design a tailored personalised support package.

Telephone: 0300 303 0207  
Email: [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)

### Safenet



We offer a safe place to stay if needed, along with support, guidance and practical help to create a safer, happier and healthier future for you.

We offer inclusive, non-judgemental and respectful services to women, children and men.

#### Contact:

Telephone: 0300 3033 581  
Email: [contact@safenet.org.uk](mailto:contact@safenet.org.uk)

### Achieve Services Bury



If you are worried about your own, or someone else's substance misuse issues, you can contact us on **0161 271 0020** or [achieve.referrals@gmmh.nhs.uk](mailto:achieve.referrals@gmmh.nhs.uk).

4 Humphrey House, Angouleme Way, BL9 0EQ  
Telephone: 0161 271 0020

### Citizens Advice: Bury & Bolton



We aim to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives. We provide free, confidential, independent and impartial advice to everyone on their rights and responsibilities. We value diversity, promote equality and challenge discrimination.

#### Contact:

AdviceLine service is available Monday – Friday and is free to all.  
Opening Times: 10am – 4pm  
Telephone Number: 0808 278 7804

### The Bury Directory



Local website where you can find all the information and advice you need about Bury, from business information and healthcare services, to activities in and around the Bury area.

[www.theburymdirectory.co.uk](http://www.theburymdirectory.co.uk)

### Gamblers Anonymous



Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same.

#### Contact:

National Information Line: 0330 094 0322  
Northwest: 0797 466 8999  
General Enquiries: [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

## Foodbanks

**Trinity Foodbank**- Radcliffe- 07963605283  
[info@trinityfoodbank.co.uk](mailto:info@trinityfoodbank.co.uk)

**Trust House**- Parkhills- 07411964653  
[info@trusthousebury.org](mailto:info@trusthousebury.org)

**Porch Boxes**- 0161 761 5908

**Bury Family Bank**- 01617977366/07311655516  
[buryfamilybank@gmail.com](mailto:buryfamilybank@gmail.com)

**Brandlesholme Foodbank**- 0161 797 7366  
[Brent@brandlesholme.com](mailto:Brent@brandlesholme.com)

**Bridge Community Church Food Club**-  
Website: [www.bccrad.com](http://www.bccrad.com)  
Contact Details: [paul.wright@bccrad.com](mailto:paul.wright@bccrad.com)  
[tom.king@bccrad.com](mailto:tom.king@bccrad.com)

## External Support Resources

### The Creative Living Centre

The Centre provides a wide range of courses, activities and 1:1 support (including counselling) to help people better understand and manage their mental wellbeing.

We support people with issues such as low mood, anxiety and stress, as well as diagnosed conditions such as depression, schizophrenia and OCD, and people can self-refer. At the first appointment we help people to choose the support that is best suited to them from

**Contact:**

Telephone: 0161 696 7501

Mobile: 07597419894

Email: [admin@creativelivingcentre.org.uk](mailto:admin@creativelivingcentre.org.uk)



### BIG in Mental Health

BIG, also known as Bury Involvement Group, is a local charity for people aged 18 and over, who are experiencing mental health conditions.

BIG have a variety of peer support groups.

Bury Peer Led Crisis Service has a drop-in from 2pm weekdays for anyone in a mental health crisis.

**Contact:**

Telephone: 0161 222 4005

Mobile: 07758737616

Email: [mentalhealth@buryinvolvementgroup.org](mailto:mentalhealth@buryinvolvementgroup.org)



### Trust house

Trust House is a community centre, open to all, offering free support, advice, and guidance to those in need.

We have a real heart for people and want to see significant change in the lives of people in and around Bury. Trust House is a safe place to go for food, company, or help.

**Contact:**

Email: [info@trusthousebury.org](mailto:info@trusthousebury.org)

Telephone: 07411964653



### Asian Development Association of Bury

ADAB provide a range of services and activities to help build confidence, learn new skills and connect people and communities. We also provide advice, information and support to empower people to become independent and more informed.

**Contact:**

Telephone: 0161 764 6749



### Manchester Rape Crisis

We are a women led, women only service, committed to providing a safe space in which survivors can heal. We offer a range of confidential support services for survivors of rape and sexual assault, including Independent Sexual Violence Advisors, helpline, counselling, advocacy, training.



**Contact:**

Email: [help@manchesterrapecrisis.co.uk](mailto:help@manchesterrapecrisis.co.uk)

Office Telephone: 01612734591

Helpline: Mon to Fri: 10am – 4pm. Wed & Thurs Evenings: 6pm – 9pm. 0161 273 4500

### Survivors Manchester

A survivor focused voluntary sector organisation that aims to create and facilitate safe spaces for male (including trans and non-binary individuals) survivors of sexual abuse, rape and sexual exploitation across Greater Manchester providing to access quality assured support.



**Contact:**

Helpline: 0808 800 5005

Monday, Wednesday, Friday | 9:00am – 5:00pm Tuesday &

Thursday | 8:00am – 8:00pm

Saturday | 10:00am – 2:00pm

Office: 0161 236 2182

## HELPLINES

**Samaritans:** 24/7 365 days a year. Freephone: 116 123  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**NAPAC:** for survivors of childhood abuse  
10am – 9 pm Monday - Thursday  
10am-6pm Fridays  
Support Line: 0808 801 0331

**Pennine Care:** 24/7 helpline: 0800 014 9995  
Mental health support for all ages

**BEAT:** 9am-8pm weekdays – 4pm-8pm weekends and bank holidays.  
Helpline: 0808 801 0677 -  
support for adults and young people affected by eating disorders

**Refuge:** 24/7 Domestic Abuse Helpline: 0808 2000 247

**SANEline:** 4:30pm-10:30pm everyday: :0300 304 7000

**Men's Advice Line:** Monday-Wednesday 9am –8pm  
Tuesday, Thursday & Friday | 9am – 5pm.  
Helpline: 0808 801 0327