



TheGuide

to services at the Zion and
Kath Locke



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BOAZ TRUST

Provides accommodation for refused asylum seekers and homeless refugees over 18.



Getting a service

For accommodation, referrals must be made by an organisation or a third party (such as a friend or someone supporting the person in some way).

Self- referrals are not accepted.

- **Shared housing & hosting:** complete their website referral form www.boaztrust.org.uk/about/accommodation
- **Boaz Night Shelters (1 for men only and 1 for women only):** First call the Boaz office on 0161 202 1056 to check for availability. If there is a space, the referrer will be asked to complete the referral form at www.boaztrust.org.uk/ns

Getting in touch

Tel: 0161 202 1056

Hours

Monday to Friday - 10am to 4.30pm

Email: info@boaztrust.org.uk

Website: www.boaztrust.org.uk

SELF HELP

Self Help is a user-led mental health charity providing a range of support, services and opportunities for people living with common mental health problems such as anxiety, depression, phobias and panic attacks.



At Kath Locke they have face to face and telephone therapy and counselling and The Sanctuary crisis intervention service.

Face to face or telephone therapy and counselling services

To find out more

Email for general enquiries:

admin@selfhelpservices.org.uk

Information on referrals or how to refer

pws.manchester@selfhelpservices.org.uk

Getting a service

Referral by self, GP or other health professional/case worker

Getting in touch

Tel: 0161 226 3871

Hours

Phone only: 8.30am – 5.30pm Monday-Friday

This service doesn't have a walk-in reception desk where members of the public can make an initial appointment.

The Sanctuary: Manchester (crisis intervention service)

The Sanctuary provides mental health support, overnight from 8pm till 6am, in the community for adults who are experiencing anxiety, depression or low mood, panic attacks or suicidal thoughts.

It provides support to people in who are experiencing a mental health crisis, to access the right care, at the tight time, in the right place. The Sanctuary is open every night.

To find out more

Visit: www.selfhelpservices.org.uk/the-sanctuary/

Getting a service

Free to access, clients will first need to ring **0300 003 7029** where they will then speak to a service coordinator about their current situation. During the conversation, the client and worker can assess if the Sanctuary is the best place for them.

If the Sanctuary is right for them, the coordinator will arrange a time for the client to visit the service in person.

Getting in touch

Tel: 0300 003 7029

Hours

- From 8pm to 6am 365 days a year.

TOGETHER DEMENTIA SUPPORT

Community support service for people living with dementia and their carers.



They run support and activity groups for people affected by dementia in the local area. They can also give information and advice about dementia and signpost you to other services.

To find out more

www.togetherdementiasupport.org

Facebook:

[@togetherdementiasupport](https://www.facebook.com/togetherdementiasupport)

Twitter:

[@2getherDementia](https://twitter.com/2getherDementia)

Getting a service

Initially phone or e-mail. It may be possible to arrange a face-to-face chat at the Kath Locke Centre. Get in touch before going to a group.

Getting in touch

Tel: 07854 335890

Hours

Monday to Friday 9.30am – 5.30pm

Email:

sally@togetherdementiasupport.org



ANXIETY UK

Anxiety UK provides services, information and support on anxiety disorders, stress and anxiety based depression.



For the public, they provide:

- The National information line: 08444 775 774
- An email support service: support@anxietyuk.org.uk
- A text support service: 07537 416 905
- A website: www.anxietyuk.org.uk
- A mobile app – Stress tips see: www.anxietyuk.org.uk/get-help-now/mobile-app/

They also provide:

- National 'Anxiety UK Approved Therapist' therapy service offering CBT (Cognitive Behavioural Therapy), counselling, clinical hypnotherapy and also a new clinical acupuncture service
- Peer support service (pen-pals)
- Instant messaging/live chat service (via www.anxietyuk.org.uk)
- Psychiatric pharmacy helpline
- Dental phobia support, public speaking service and emetophobia helpline
- Training, consultancy and partnership services

Anxiety UK also provides emotional wellbeing services for a wide range of organisations campaigns as well as campaigning on issues relevant to those

living with anxiety disorders, stress and anxiety based depression.

Getting a service

- National infoline 08444 775 774
- Hours**
Monday to Friday 9.30am-5.30pm (excluding bank holidays)
- Email support: support@anxietyuk.org.uk
 - Website: www.anxietyuk.org.uk

CAN-SURVIVE UK

Providing culturally sensitive information and support to people with cancer, their families and carers.



Services offered:

- Support Groups (Women only Weds & Men only Thursdays)
- One to one and groups therapies
- Home visiting respite service
- Information (cancer related)
- Cancer awareness sessions

To find out more

- Tel: 0161 226 5412
- Mobile: 07496 089310
- Email: info@can-survive.org.uk
- Web: www.can-survive.org.uk/
- Twitter: [@CanSurviveUK](https://twitter.com/CanSurviveUK)

Getting a service

- Mobile: 07496 089310
- Email: info@can-survive.org.uk

Hours: Mon to Wed, 10am-5pm
contactable by mobile or email.

- GP or hospital referral

MANCHESTER INTEGRATED DRUG & ALCOHOL SERVICE

(MIDAS – CENTRAL MANCHESTER)

Provides drug and alcohol support and treatment interventions.

Services include:

- Triage
- Assessment
- Referral
- Brief Interventions
- Extended Brief interventions
- One-to-one sessions
- Drop-In sessions
- Pod sessions
- Community & Inpatient drug and alcohol detox
- Support & advice
- Access to recovery support/groups.



Getting a service

People can ask for a service themselves or a professional can do this for them.

Getting in touch

Tel: 0161 226 5526

Hours

- Monday – Friday 9am – 5pm
- Late night on a Thursday – once a month
- Late Night on a Tuesday – weekly

Visit: www.changegrowlive.org/

MANCHESTER MIND

Manchester MIND is a mental health charity and voluntary sector organisation providing services to Manchester residents experiencing mental health issues.



At the Zion Centre they have the Advice Team, the Good Mood Food Café and a Food for All cooking project session.

Elsewhere they also provide a broad range of training courses and the Young Adults Services and Project (YASP) for young people based in Levenshulme.

For more about all of Manchester MIND's services:

- Visit: www.manchestermind.org
- Tel: 0161 769 5732
- Email: info@manchestermind.org

Advice Team

Providing advice around welfare rights, housing and debt for Manchester residents experiencing mental health issues.

Getting a service

First contact is primarily through either their Monday (1pm-4pm) or Thursday (10am-1pm) drop-in session.

Good Mood Food Café

This community cafe and catering social business, also offers volunteering opportunities in a supportive environment.

To find out more

- About volunteering, please contact volunteering@manchestermind.org or 0161 769 5732.

- About Good Mood Food's buffet and catering services visit goodmoodfood.org

Café opening times:

Monday to Friday, 9.30am-3pm.

Food For All

This cooking project addresses issues of food poverty for people with mental health issues. They run 'Pay What You Can' sessions at the Zion on Fridays, where workers and volunteers cook a meal for those in need. The meal is free, or people can make a small donation if they want to.

To find out more

If you are interested in volunteering for Food For All, please email alice.constant@manchestermind.org or phone 07816 333 325.

Getting a service

Pay What You Can' sessions are on Fridays in the Café.

MUSIC IN HOSPITAL AND CARE

Provides live music performances for ill, disabled and vulnerable people in all kinds of care homes, special schools and community outreach.



MiHC offers engaging, interactive concerts that aims to boost wellbeing and to bring people together. Their concerts are delivered by professional musicians who are carefully chosen by audition for their communication skills, musicianship and repertoire.

To find out more

Visit: www.mihc.org.uk

Getting on touch

Tel: 0161 232 8300

Hours

9am - 5pm, Monday to Friday

Email: manchester@mihc.org.uk

Send a message on their website: www.mihc.org.uk

SELF HELP

Self Help is a user-led mental health charity providing a range of



support, services and opportunities for people living with common mental health problems such as anxiety, depression, phobias and panic attacks.

At the Zion they have face to face and telephone therapy and counselling; online therapy and an anxiety drop-in group.

Face to face or telephone therapy and counselling services

Getting a service

Referral by self, GP or other health professional/case worker

Getting in touch

Tel: 0161 226 3871

Hours

Phone only: 8.30am – 5.30pm Mon-Fri.

This service doesn't have a walk-in reception desk where members of the public can make an initial appointment.

On-line therapy services (E-Therapy)

Getting a service

Referral by self, GP or other health professional/case worker

Getting in touch

Tel: 0161 226 3871

Hours

Phone only: 8.30am – 5.30pm Mon-Fri.

This service doesn't have a walk-in reception desk where members of the public can make an initial appointment.

Anxiety Drop in Group

To find out more

- Email for general enquiries: admin@selfhelpservices.org.uk
- Information on referrals or how to refer: pws.manchester@selfhelpservices.org.uk

Getting a service

Just go along to the group on Wednesdays 3-5pm.

THE CHILDREN'S SOCIETY

The Children's Society provides the Safe in the City; The Hope Refugee Service and the Resolve Service from the Zion Centre.



Safe in the city: Manchester missing from home service

The Manchester Missing from Home Service works with children and young

people in the Greater Manchester area who run away or are at risk of running away.

Getting a service

Referral forms available on request.

Getting in touch

- Tel: 0161 868 0382

Hours

9am–5pm Monday to Friday but Project workers work around young people and times can vary.

- Email: scm@childrenssociety.org.uk
- Website: www.childrenssociety.org.uk

Hope refugee service

Works with unaccompanied asylum seeking children and young people in the Greater Manchester area and provides 1:1 support and support with their immigration/asylum claim.

Getting a service

Referral forms available on request.

Getting in touch

- Tel: 0161 868 0382

Hours

9am–5pm Monday to Friday but Project workers work around young people and times can vary.

- Email: scm@childrenssociety.org.uk
- Website: www.childrenssociety.org.uk

The Resolve Service

Works with children and young people in the Greater Manchester area and provides counselling sessions for children and young people who have suffered from domestic abuse.

Getting a service

Referral forms available on request.

Getting in touch

- Tel: 0161 868 0382

Hours

9am–5pm Monday to Friday but Project workers work around young people and times can vary.

- Email: scm@childrenssociety.org.uk
- Website: www.childrenssociety.org.uk

YOUFIRST

YouFirst offers free one-to-one sessions, either face to face or over the telephone, **YouFirst** to help people make lifestyle changes that improve their health and wellbeing.

Wellbeing coaches can help people make one or more of the following lifestyle changes:

- Reach a healthy weight
- Eat more healthily
- Get more active
- Reduce or abstain from alcohol
- Cut-down or quit smoking
- Improve your mood

Coaches help people identify what they want to change; build the confidence, motivation and know how to change; and help get on-going support to sustain change.

Getting a service

People can get in touch direct or be referred by GP's or other agencies.

Getting in touch

Tel: 0161 455 0211

Or talk to the Kath Locke or Zion Centre reception team.

Hours

8.30am to 6pm, Monday to Friday

WHAT'S ON AT KATH LOCKE AND ZION

At-a- glance guide to the weekly sessions and activities we can offer your clients.

At the Kath Locke Centre

Call the Reception Team on 0161 455 0211 for more details on who the sessions are for, times and any costs.

	Relax and Unwind	Be active	Pain relief	Physical healing	Connect and support	Mental Health	Recovery from addiction	Anti - poverty
Can Survive – men's group				●	●			
Can Survive – women's group				●	●			
Chair based Kundalini Yoga	●	●			●			
Fitness and Friends 50+	●	●			●			
Flex it@50	●	●			●			
Helping Hands – massage therapy	●		●					
Homeopathy				●				
Kundalini Yoga	●	●			●			
Lyengar Yoga	●	●			●			
Narcotics anonymous					●		●	
Qigong Group	●	●			●			
Reflexology and Indian head massage	●							
Reiki	●			●				
Seated acupressure	●		●	●				
Social Phobia								
Sugar Group – diabetic support				●	●			
Women's Yoga	●	●			●			

At the Zion Centre

Call the Reception Team on 0161 226 5412 for more details on who the sessions are for, times and any costs.

	Relax and Unwind	Be active	Pain relief	Physical healing	Connect and support	Mental Health	Recovery from addiction	Anti - poverty
Foodbank voucher service and coffee morning					●			●
Massage therapies	●		●					
RAMP – Reduction and Motivation					●		●	
Homeopathy	●		●					
Manchester Mind advice drop-in						●		●
Welfare Reform drop-in								●
PARS – women’s exercise group	●	●			●			
Peer Support Group					●	●		
Ashtanga Yoga	●	●			●			
SHARE – self harm group					●	●		
Hypnotherapy			●	●		●	●	
Citizens Advice Bureau								●
Anxiety Group drop-in					●	●		
Depression Group drop-in					●	●		
Energy Healing	●		●	●				
Narcotics Anonymous					●		●	
Yogazi	●	●			●			
Art group	●				●	●		
Qigong Group	●	●			●			
Flex it@50	●	●			●			