

Skills and Work Directory



May 2022 edition

Within this document you will find information on:

- Useful contacts
- First steps

All ages

- Adult Education Vocational training
- Adult Education Community learning
- Education, apprenticeships, skills & training
- Employability and careers
- Business support
- Supporting ex/offenders
- Supported employment

Young people

- Education
- Re-engagement
- Study programmes, traineeships and apprenticeships
- Employability skills

If you are not quite ready for education, employment or training:

- <u>Debt advice</u> lists a range of services who offer financial support
- Housing options advice and assistance on housing and housing related issues
- Emotional wellbeing lists a range of services for emotional and physical wellbeing
- Domestic Abuse Support Service and Children's Commissioner

(click on each to find out more)

Useful contacts

Key	Job title	Service area	Contact
contact			
Mat	Assistant Director for	Skills and Work	Tbc
Ainsworth	Skills, Work and		
	Inclusive Economy		
Skills and	N/A	Various – Skills and	skillsandwork@salford.gov.uk
Work Team		Work	
Alison	Senior Manager Joint	Skills and Work	alison.burnett@salford.gov.uk
Burnett	Commissioning		
Angela	Commissioning	Skills and Work	angela.arthur@salford.gov.uk
Arthur	Manager		
Sarah	Head of Participation	Skills and Work	sarah.scanlan@salford.gov.uk
Scanlan	(14 - 19)	21.11	
Emma	Commissioning	Skills and Work	emma.nolan@salford.gov.uk
Nolan	Manager	Clille and Mand	de til time et e Confront en et
David	Commissioning	Skills and Work	david.timperley@salford.gov.uk
Timperley Sebastian	Manager Officer	Skills and Work	sahastian yayng@salfard gay uk
	Commissioning Officer	Skills and Work	sebastian.young@salford.gov.uk
Young Adele	Raising Participation	Skills and Work	adele.jones@salford.gov.uk
Jones	Policy and	Skills allu VVOIK	adele.jones@sanord.gov.uk
301163	Development Officer		
Nicola	Commissioning Officer	Skills and Work	nicola.griffiths@salford.gov.uk
Griffiths	Commissioning officer	Skins and Work	incola.griffitis@sanora.gov.ak
Katarzyna	Community	Skills and Work	katarzyna.judd@salford.gov.uk
Judd	Development Support		
	Officer		
Hayley	Commissioning	Skills and Work	hayley.marsh@salford.gov.uk
Marsh	Support Officer		
Jordi	Trainee	Skills and Work	jordi.matthews@salford.gov.uk
Matthews	Commissioning		
	Support Officer		
Mariam	Commissioning Officer	ESOL	mariam.wahab@salford.gov.uk
Wahab			
John	Project Coordinator	Build Salford	john.jordan@salford.gov.uk
Jordan			
Duncan	Supporting Families	Supporting Families	duncan.hilton@dwp.gov.uk
Hilton	Employment Adviser	5145	
Christine	Partnership Manager	DWP	christine.english@dwp.gov.uk
English	Campagagagagagagagagagagagagagagagagagaga	C	uniahalla wanku da cocali
Michelle	Strategic lead at Salford CVS	Community/voluntary	michelle.warburton@salfordcvs.co.uk
Warburton Salford		Community	For further information visit Calford
	Libraries, leisure centres, museums and	Community	For further information visit Salford
Community Leisure	community centres in		Community Leisure
Leisule	Salford		
Mark Nevin	Gateways	Community	mark.nevin@salford.gov.uk
IVIAIK INCVIII	Gateways	Community	markinevinesanora.gov.ak

Angela	Health Improvement	Community	angela.eden@salford.gov.uk
Eden			
Nicola	Social Prescribing	Community	nicola.spiby@thebiglifegroup.com
Spiby			
Tbc	Salford contact for	Skills and Work	Tbc
	Greater Manchester		
	Combined Authority		
Jackie	Chair of Strategic	Community/Skills and	jackie.crook@salixhomes.co.uk
Crook	Housing, Skills and	Work	
	Work Group		
Fay Flatt	Neighbourhood	Community	fay.flatt@salford.gov.uk
	Development Officer		
	Little Hulton,		
	Walkden, Worsley,		
	Boothstown and		
	Ellenbrook		
Paula	Neighbourhood	Community	paula.garstang@salford.gov.uk
Garstang	Development Officer		
	Eccles, Winton,		
	Barton, Higher Irlam,		
	Peel Green, Lower		
1	Irlam & Cadishead	6	Lancard and Confirming
Joanne	Neighbourhood	Community	Joanne.skeels@salford.gov.uk
Skeels	Development Officer		
	Ordsall, Quays,		
	Pendleton, Charlestown,		
	Claremont, Weaste &		
	Seedley Wards		
Lucy	Neighbourhood	Community	lucy.renwick@salford.gov.uk
Renwick	Development Officer	Community	idcy.ieiiwick@saiioid.gov.dk
Kenwick	East Salford and		
	Swinton		
Gemma	Neighbourhood	Community	Gemma.Lancashire@salford.gov.uk
Lancashire	Management Admin		
	Officer		
	Eccles and Irlam &		
	Cadishead		
Patrick	Salford Youth Service	Children's Service	patrick.sullivan@salford.gov.uk
Sullivan	Manager		
Phil East	Chief Executive of	Community	phil.east@salfordfoundation.org.uk
	Salford Foundation		
Mike	Chief Executive of	Community	mike.thorpe@thebroughtontrust.org.uk
Thorpe			

First steps

Provider	Offer	Contact Details
Loaves and Fishes	Target age group: All ages.	Phone: 0161 737 8775
		Email:
	Offer: Loathes and Fishes can help	j.drew@salfordloavesandfishes.o
	with advice and referrals into	<u>rg.uk</u>
	Housing, support with food,	Website:
	finances, health, accommodation	https://www.salfordloavesandfis
	and benefits. They also offer IAG and	hes.org.uk/index.asp
	links into lots of other services that	
	can help you.	
Mustard Tree	Target age group: All ages.	Phone: 0161 505 0974
		Email:
	Offer: Mustard Tree create	courtney.handforth@mustardtre
	opportunities for people to help	e.org.uk
	themselves through providing	Website:
	practical support, friendship,	https://mustardtree.org.uk/
	connections into work,	
	improvements to health and	
	wellbeing plus new experiences to	
	encourage aspiration.	
Motiv8	Target age group: 25+.	Phone: 0161 331 2048
		Email:
	Focus areas: IAG, training, employer	info@manchesterbbo.co.uk
	engagement and community	Wesbite: www.motiv8mcr.org
	learning.	
	Offer: Motiv8 will help you identify a	
	support package to improve your	
	access to services and help you	
	improve your self-confidence, self-	
	esteem, health and wellbeing,	
	finances and employability skills to	
	move you closer towards job search,	
	training and employment.	
Oasis Community	Target age group: All ages.	Email:
Hub: MediaCityUK		hannah.miller@oasismediacityuk
	Focus areas: IAG and community	<u>.org</u>
	learning.	Wesbite:
		www.oasishubmediacityuk.org
	Offer: ESOL community support,	
	venue for training providers -	
	employability, business and	
	networking.	
START in Salford	Target age group: 19+.	Phone: 0161 351 6008
		Email:
		michelle@startinspiringminds.or
		<u>g.uk</u>

	Focus areas: Creative Arts &	Wesbite:
	Horticulture, Social Prescribing,	www.startinspiringminds.org.uk
		www.startinspiringininus.org.uk
	Mental Health Support.	
	Offer: START is a Salford based	
	mental health charity that uses creativity, connection and recovery	
	· · ·	
	interventions to help improve	
	people's lives. We are passionate	
	about providing the very best	
	support for the people in our	
	community who we are lucky	
	enough to meet through our work.	
Salford Foundation	Target age group: 18+.	Email:
		Adrian.fields@salfordfoundation.
	Salford Men's Shed at Salford	org.uk or
	Foundation provides a safe space for	Terry.george@salfordfoundation
	vulnerable men to meet with a	.org.uk
	mentor, create a personal	Website:
	development plan and address their	salfordfoundation.org.uk
	various levels of needs. A new	
	timetable of activities is released	
	monthly to showcase upcoming	
	workshops including employability and enterprise, confidence building,	
	practical horticulture, construction,	
	as well as general opportunities to	
	socialise, learn a skill or speak to a	
	counsellor on a 1:1 basis.	
Talk English	Target age group: 18+.	Phone: 07754 239 939
Tulk Eligibil	Target age group. 101.	Email:
	Talk English provide free ESOL	suzannah.redmond@salford.gov.
	classes in Salford for beginners with	uk
	the aim of helping learners improve	
	their skills and confidence when	Website:
	communicating in English through	https://www.salford.gov.uk/jobs
	focused tuition. Classes are taught	-skills-and-work/help-finding-
	by qualified English language tutors	work-and-training/talk-english-
	through Train-to-TEFL.	salford/
Salford CVS	Target age group: All ages.	Phone: 0161 787 7795
	Salford CVS provide a high-quality	
	training programme specifically	
	designed to meet the needs of	
	Voluntary, Community and Social	Website:
	Enterprise organisations in Salford.	https://www.salfordcvs.co.uk/
	The training is either free or	inceps.// www.sanorucvs.co.uk/
	competitively priced to support	
	Salford VCSE organisations of all	
	sizes to attend.	

Wellbeing Matters -	Target age group: 18+.	Email:
Social Prescribing		nicola.spiby@thebiglifegroup.co
Salford CVS	Offer: Wellbeing Matters includes a	<u>m</u>
	social prescribing approach that links	Website:
	statutory health and care services to	https://www.salfordcvs.co.uk/w
	the voluntary, community and social	ellbeing-matters
	enterprise sector.	
	The aim is to support people to	
	connect to local community assets to	
	support their wellbeing and	
	independence, reducing the need for	
	intervention by health and care	
	services.	
Yemeni Community	Target age group: All ages.	Phone: 0161 707 7012
Association		
	Offer: The Yemeni Community	Website: www.yemeni-
	Association's (YCA) main mission is	community-manchester.org.uk
	to pursue for a positive change	
	amongst BAME communities within	
	Salford and Greater Manchester in	
	social engagement, equality,	
	inclusion, community cohesion and	
	physical and mental wellbeing.	DI 9454 949 4999
Langworthy	Target age group: All ages.	Phone: 0161 213 1920
Cornestone	Officer. The country books and supplied a	Email:
	Offer: The centre hosts and provides	reception@langworthycornersto
	a wide range of services and	ne.co.uk
	activities for the local community	Website:
	and has a variety of both hourly	http://www.langworthycornerst
	rental rooms and office space available for hire. The centre is	one.co.uk/
	managed by a local charity called	
	Langworthy Cornerstone Association	
	and our main purpose is to improve	
	the health & wellbeing of the people	
	of Salford, especially those of	
	Seedley & Langworthy.	
The Tatton -	Target age group: All ages.	Phone: 0161 872 6011
previously Ordsall	5-1-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-	Email:
Cafe Project Ltd	Offer: The Tatton provides	ordsall.cafe@hotmail.co.uk
.,	accessible, friendly and safe	
	resources and social centre to	
	improve the quality of life for the	
	community of Ordsall. They have a	
	café for people who would like a	
	chat and a cup of tea.	

The Broughton Trust	Target age group: 18+.	Phone: 0161 831 9807
		Email:
	Offer: The Trust provides adult	marie.carroll@thebroughtontrus
	learning, employment support and	t.org.uk
	community development across the	
	city.	

All ages

Adult Education – Vocational training

Provider	Offer	Contact Details
The Training Brokers	Target age group: 19+.	Phone: 0161 465 9844
Limited		Email:
	Focus areas: IAG, training	mcompton@thetrainingbrokers.
	organisations and community	<u>co.uk</u>
	learning.	Website:
		www.thetrainingbrokers.co.uk
	Offer: IAG, vocational and training	
	courses.	
Seetec Outsource	Target age group: 16+.	Email:
		paul.maleque@seetecoutsource.
	Focus areas: IAG, apprenticeships,	<u>co.uk</u>
	traineeships, study programmes,	Website:
	training organisations, employer	https://www.seetecoutsource.co
	engagement and community	<u>.uk/</u>
	learning.	
	Office Was affice ESOI for an Entere	
	Offer: We offer ESOL from Entry	
	1,2,3 and Level 1 & 2 Daytime and	
	part time evening courses. Level 1 Business Administration, Level 1	
	Health and Social Care and FLT	
	courses.	
The Job Gym at	Target age group: All ages.	Phone: 0333 220 6645
Mantra Learning	ranger age group. Am ages.	Email:
	Focus areas: IAG, apprenticeships,	sarah.b@mantralearning.co.uk
	traineeships, study programmes,	Wesbite: www.thejobgym.co.uk
	training and employer engagement.	
	Offer: Traineeships and pre-	
	employment programmes in	
	logistics.	
Vita Skills Ltd	Target age group: 19+.	Phone: 0161 222 9640
		Email:
	Focus areas: Training.	sharon.wright@vitaskills.co.uk
		Wesbite:
	Offer: We offer courses in gel nails,	https://www.vitaskills.co.uk
	beauty services, cosmetic make up	
	and hair dressing Level 2.	

Serco	Target age group: All ages.	Email: amy.dudley@serco.com
	!	Wesbite: https://www.serco-
	Focus areas: IAG, traineeships, study	ese.com/digital-careers-upskill
	programmes, employer engagement,	
	community learning and in work	
	support.	
	Offer: Offering businesses and	
	individuals in Greater Manchester	
	access to fully funded digital training	
	courses & Microsoft Accreditations.	
	We will work with people to develop	
	bespoke digital skills training	
	relevant to their needs.	
Salford City College	Target age group: 19+.	Phone: 0161 631 5050
(Adult provision)	!	Email:
	Salford City College offer a range of	nicola.costello@salfordcc.ac.uk
	adult courses for people who are	Website:
	looking to learn something new,	https://www.salfordcc.ac.uk/adu
	upskill, return to education or begin a new career.	<u>lt-courses/</u>
People Plus	Target age group: 16+.	Website:
	!	https://peopleplus.co.uk/region/
	People Plus help people gain the skills they need to find work, to	manchester
	progress their careers, to launch new	
	businesses and to live	
	independently.	
The B2W Group	Target age group: 18+	Phone: 0161 474 7603
		Email: info@b2wgroup.com
	The B2W Group offer a range of E-	Website: https://b2wgroup.com/
	learning courses, pre-employment	
	training and the Digital Marketer	
	Level 3 Apprenticeship in and around the Greater Manchester area.	
	the Greater Manchester area.	

Adult Education – Community learning

Provider	Offer	Contact Details
Corinth Business and	Target age group: 19+.	Email: info@corinth-training.com
Community Training		Wesbite: https://corinth-
C.I.C.	Focus areas: Training and	<u>training.com</u>
	community learning.	
	Offer: We offer a range of IT,	
	English, math, confidence building,	
	craft, Photoshop, web building,	
	office work & admin, Microsoft	
	Office, youth work and teaching	
	adults courses to Salford residents	
	aged 19 and over irrespective of	

	ampleyment status. All our	
	employment status. All our	
	community courses are free of	
	charge to Salford residents.	
Train-to-TEFL Ltd	Target age group: 19+.	Email: <u>learnmore@train-to-</u>
		tefl.com
	Focus areas: Traineeships, study	Wesbite: www.train-to-tefl.com
	programmes, training and	
	community learning.	
	, 3	
	Offer: Train-to-TEFL Ltd offer Esol	
	pre entry to Level 2 (inc Talk	
	English), IELTS preparation courses	
	(International English Language	
	Testing System), Level 5 TESOL	
	teaching certificate, volunteer ESOL	
	teacher training, bespoke language	
	awareness training and EAL support	
	and consultation.	
Inspiring	Target age group: All ages.	Email:
Communities		nicola@inspiringcommunitiestog
	Focus areas: IAG, traineeships, study	ether.co.uk
	programmes and community	Wesbite:
	learning.	www.inspiringcommunitiestoget
	icarring.	
	Offer: We offer training and	her.co.uk
	Offer: We offer training and	
	employment programmes,	
	community based digital skills for	
	the over 55's (tech and tea), age	
	friendly engagement activities such	
	as brew and chat, walk and talk,	
	environmental and educational	
	activities with volunteering	
	opportunites. We run and manage	
	the Swinton health neighbourhood	
	social prescriber, well-being	
	activities for individuals and families,	
	•	
	the working wardrobe for Salford	
	and we run a locally based nursery.	DI 0464 000 000
Wai Yin Society	Target age group: All ages.	Phone: 0161 833 0377
		Email:
	Focus areas: IAG, community	wai_ling_tang@waiyin.org.uk
	learning, family support, emergency	Wesbite: www.waiyin.org.uk
	food parcels and elderly activities.	
	Offer: We offer IAG, ESOL, ICT,	
	employability and pre-employment	
	training. The levels are from pre	
	-	
I	entry and anove	
	entry and above. Target age group: 18+.	Phone: 07754 239 939

	Email:
Talk English provide free ESOL	suzannah.redmond@salford.gov.
classes in Salford for beginners with	uk
the aim of helping learners improve	Website:
their skills and confidence when	https://www.salford.gov.uk/jobs
communicating in English through	-skills-and-work/help-finding-
focused tuition. Classes are taught	work-and-training/talk-english-
by qualified English language tutors	
through Train-to-TEFL.	salford/

Education, apprenticeships, skills & training

Provider	Offer	Contact Details
The University of	Target age group: 18+.	Website:
Salford		https://www.salford.ac.uk/
	A range of undergraduate,	
	postgraduate and degree level	
	apprenticeship opportunities in	
	Salford.	
JM Excellence in	Target age group: All ages.	Email: <u>clare@jmet.org.uk</u>
Training		Wesbite: https://jmet.org.uk/
	Focus areas: Apprenticeships,	
	traineeships and study programmes.	
	Offer: Apprenticeships in Teaching	
	Assistant, Early Years, Business	
	Admin, Customer Service,	
	Leadership and Management and	
	Traineeships in all sectors.	
The Growth Company	Target age group: 19+.	Email:
		naomi.ilagoswa@gcemployment.
	Focus areas: Adult courses, higher	<u>uk</u>
	education and apprenticeships.	Website:
		https://www.gceducationandskill
		s.ac.uk/
ESOL Advice Service	Target age group: 18+.	Phone: 0161 793 3225
		Email:
	Offer: Learn English in Greater Manchester.	SalfordESOL@salford.gov.uk
	Manchester.	Website: https://gmesol.org/
Salford City College	Target age group: 16+.	Phone: 0161 631 5050
		Email:
	Offer: A range of further education	
	courses from entry level to higher	Apprenticeships -
	education. Also a full range of	allan.milne@salfordcc.ac.uk
	apprenticeship opportunities.	
		Further education -
		Sharon.Sharples@salfordcc.ac.uk

		Website:
		https://www.salfordcc.ac.uk/
Skills Support for	Target age group: 19+.	Phone: 0161 240 6123
Employment ESF		Email EmploymentGM@gcskills-
The Growth Company	Skills Support for Employment aims	support.uk or
	to improve a person's skills and	joann.webster@gceducationand
	knowledge, boost their confidence	skills.ac.uk
	and put them in a better position to	Website: https://www.gcskills-
	secure employment. The course will provide exclusive job opportunities	support.uk/services/skills-
	that are not advertised anywhere	support-for-employment/
	else, an extensive network of	
	employers and one to one support	
	to meet individual needs.	

Employability and careers

Provider	Offer	Contact Details
National Careers	Target age group: 18+.	Phone: 0800 100 900
Service		Email:
	The National Careers Service provide	tracey.harmer@gcemployment.u
	IAG across Salford and surrounding	<u>k</u>
	areas to help people make decisions	
	on learning, training and work. The	Website:
	service offers confidential and	https://nationalcareersservice.di
	impartial advice and is supported by	rect.gov.uk
	qualified careers advisers.	
Motiv8	Target age group: 25+.	Email:
		emma.maher@manchesterbbo.c
	Motiv8 support people in Greater	<u>o.uk</u>
	Manchester to help them get their	Website:
	lives back on track. Motiv8 offer	https://www.motiv8mcr.org/
	support to people experiencing	
	issues with health, alcohol, drugs,	
	domestic violence, debt, homelessness and other challenges.	
	Motiv8 will help to develop a	
	support package to improve access	
	to services and improve self-	
	confidence, self-esteem, health,	
	wellbeing, finances, and	
	employability skills to move closer	
	towards job seeking, training and	
	employment.	
Working Well (Work	Target age group: 18+.	Email:
and Health		Shannon.Kelly@gcemployment.u
programme)	A tailored 15 month programme of	<u>k</u>
The Growth Company	support, helping people who have a	Mohaita
	health condition, or who have been	Website:
	out of work for a long time, find employment. Aimed at people who	https://www.inworkgm.co.uk/joi
	wish to move into work within the	<u>n-the-programme</u>
	wish to move into work within the	

	next year, the service can offer	
	access to exclusive vacancies, Health	
	and Wellbeing specialists and	
	connect to a range of community	
	support.	
Working Well - JETS	Target age group: 18+.	Email:
The Growth Company		Gary.Beasley@gcemployment.uk
, ,	A fully-funded, tailored six-month	<u> </u>
	programme of support, helping	
	individuals who have worked in	
	industries heavily impacted by the	
	pandemic to upskill and empower	Website:
	them to seek sustainable	https://www.ingeus.com/jetsgm
	employment in growing sectors. Job	ittps.//www.mgcds.com/jetsgm
	Entry: Targeted Support provides	
	fast paced continuous support to	
	jobseekers for a maximum of six	
	months, with an aim to support	
	people back into work quickly. This	
	service is an expansion of the Work	
	and Health Programme, funded by	
	the Department for Work and	
	Pensions and the European Social	
	Fund.	
The Restart Scheme	Target age group: 18+.	Email:
The Growth Company	laiget age group. 10+.	
The Growth Company	The Restart Scheme supports	polly.rogers@gcemployment.uk
	unemployed people across Greater	Website:
	Manchester to help secure	https://ingeus.com/uk/what-we-
	sustainable employment in these	do/employability/restart-
	areas.	scheme/greater-manchester
Salford Health Works	Target age group: 18-65 year olds.	Phone: 0161 603 6847
(referral only)	langer age group: 10 00 year oras.	Email:
The Growth Company	Salford Health Works is an	kerry.grange@gcemployment.uk
The Growen company	integrated service that supports	kerry.grange@gcempioyment.uk
	Salford residents to make positive	
	and lasting changes to their lifestyle.	
	Salford Health Works provides a	
	coherent, co-ordinated package of	
	wellbeing and employability support	
	to Salford residents.	
DWP	Target age group: 16+.	For all partnership queries email:
	langer age group: 10 · ·	christine.english@dwp.gov.uk
	Offer: Support through one to one	emistine.engiisn@dwp.gov.dk
	contact or through supporting network.	Wesbite: www.gov.uk
Job Club	Target age group: All ages.	Email:
JOD CIUD	i ai get age gioup. All ages.	
	Salford Housing Associations'	jackie.crook@salixhomes.co.uk
	_	
	Employment Support Partnership	
1	provides individual employment and	İ
	training advice. They run a virtual job	

Business support

Provider	Offer	Contact Details
Women With Wings	Target group: Women.	Phone: 07466 380 504

Banana Enterprise	Offer: Women With Wings focus on supporting women getting into training, employment and self-employment. Target age group: 18+. Offer: Banana Enterprise help unemployed people explore the idea of self-employment and other training linked to employment/self-	Email: hello@womenwithwingsgroup.o rg Website: https://womenwithwingsgroup.o rg/ Email: jayne@bananaenterprise.co.uk Website: http://www.bananaenterprisene twork.co.uk/
	employment and personal development training. They also offer community based activities.	
The Business Group	Focus areas: Business and self-	Email: jonmonk@thebusinessgroup.org
	employed support.Offer: Tailored business support, mentoring, employability support to M3 postcodes, grants and loans.	Wesbite: www.thebusinessgroup.org
Oasis Community Hub: MediaCityUK	Target age group: All ages. Focus areas: IAG and community learning. Offer: ESOL community support, venue for training providers - employability, business and networking.	Email: hannah.miller@oasismediacityuk .org Wesbite: www.oasishubmediacityuk.org
Enterprising You The Growth Company	A fully-funded, tailored programme supporting self-employed, gig economy and small business owners in Greater Manchester. We offer free training and development, paid for co-working spaces, finance advice, health and wellbeing guidance, business mentoring and online access to business and wellbeing resources.	Phone: 0161 667 6900 Email: Info@enterprising- you.co.uk Website: http://www.enterprising- you.co.uk/

Support for ex/offenders

Provider	Offer	Contact Details
Back on Track	Target age group: 18+.	Phone: 0161 8341 661

	Focus areas: IAG, community learning and specialist IAG support for those with barriers.	Email: samantha@backontrackmanches ter.org.uk Website: https://www.backontrackmanch
	Offer: Our learning centre in central Manchester offers a range of support and activities including courses with a focus on wellbeing, training courses, one to one guidance and work experience.	ester.org.uk/
Salford Foundation	Target age group: 18+. Salford Men's Shed and the Jill Rogerson Centre (Women's centre) at Salford Foundation provide safe spaces for ex-offending men and women to access a range of services including ETE, accommodation, debt and money management advice and support.	Email: Sandrine.beaunol@salfordfound ation.org.uk (Men services) Maggie.Langhorn@salfordfound ation.org.uk (Women Services) Website: salfordfoundation.org.uk
Step Together	Target age group: 16-25 year olds. Step Together support young people to prevent re-offending. They offer 1-1 support, employability and mentoring.	Email: wendy.callaghan@step-together.org.uk Website: Ex-offenders — Step Together (step-together.org.uk)

Supported employment

Provider	Offer	Contact Details
Remploy	Target age group: All ages.	Email: cara.caso@remploy.co.uk
Maximus		or
	Focus areas: Employer engagement	colette.callaghan@remploy.co.u
	and in work support.	<u>k</u>
		Website:
	Offer: Employment support.	https://www.remploy.co.uk/
Pure Innovations –	Target age group: 16-24 year olds.	Email:
Supported Internships		neil.willows@pureinnovations.co
	Supported Internships are	<u>.uk</u>
	employment-based courses for	margaret.parker@pureinnovatio
	young people with Special Education	ns.co.uk
	Needs and Disabilities (SEND). They offer opportunities to develop	Website: (College)
	genuine employability skills and	https://www.salfordcc.ac.uk/eccl
	experience. Based in real work-	es-sixth-form-college/supported-
	places they involve working	internship/
	alongside other working people. This	
	enhances teamwork and social skills.	Website: (Council)
		https://www.salford.gov.uk/jobs

		-skills-and-work/salford-
		supported-internship/
Dyslexia First LTD	Target age group: 19+.	Email: joeleychip@gmail.com
	Focus areas: IAG, dyslexia	
	assessments and associated advice &	
	guidance as demonstrated through	
	contract delivery via DWP DPS.	
	Offer: Dyslexia assessments with	
	evidential report listing required	
	reasonable adjustments for training	
	providers or employers. Supporting	
	customer mental health and	
	confidence in their abilities, advising	
	JCP on required Assistive Technology	
	that will support claimant.	
Salford Disability	Target age group: 19+.	Email:
Employment Advisor	ruiget age group: 13 · .	LEE.STAPLETON@DWP.GOV.UK
– DWP	Focus areas: IAG, apprenticeships,	Wesbite: www.dwp.gov.uk
	traineeships, study programmes,	Westite. www.awp.gov.ak
	training, employer engagement and	
	in work support.	
	iii work support.	
	Offer: Salford DEAs can help those	
	with disabilities to explore suitable	
	work, training, and community	
	activities. DEAs also raise awareness	
	of DWP disability services, such as	
	Access to Work, with residents and	
	providers.	
Ambitious About	Target age group: 16-25 year olds.	Phone: 020 8815 5444
Autism		
	Offer: Ambitious About Autism offer	
	autistic young people a safe and	
	moderated online space to help	
	them understand their autistic	
	identity and reduce isolation and	
	loneliness that many feel. Young	NAC-111-
	people will be able to take part in	Website:
	peer support sessions, share	https://www.ambitiousaboutauti
	experiences and find volunteering,	sm.org.uk/
	work experience and employment	
	opportunities. There will also be	
	opportunities for them to work	
	together and campaign for change.	

IPES Programme	Target age group: 16-67 years old.	Phone: 0151 556 9250 or 07834
		764 900
	Offer: Intensive Personalised	Email:
	Employment Support is one-to-one	Moira.Robertson@gcemploymen
	support and training to help you into	<u>t.uk</u>
	work if you have a disability.	

Young People

Education

Provider	Offer	Contact Details
Salford City College	Target age group: 16-18 year olds. Offer: Salford City College is a Further Education and Higher Education provider. The group consists of five Further Education Colleges and a University Centre, including Apprenticeships at Salford City College, Eccles Sixth Form College, FutureSkills at Media City UK, Pendleton Sixth Form College, City Skills part of Salford City College, Worsley College and University	Phone: 0161 631 5008 Email: admissions@salfordcc.ac.uk Website: https://www.salfordcc.ac.uk/
Salford City College	Centre at Salford City College. Target age group: 16+.	Phone: 0161 631 5555
Apprenticeship Team	Offer: Providing apprenticeship programmes in key growth sectors in Greater Manchester such as health and social care, professional and financial services, construction or education.	Email: apprenticeships@salfordcc.ac.uk Website: https://www.salfordcc.ac.uk/app renticeships-salford-city-college/
The University of Salford	Target age group: 18+. Offer: A range of undergraduate, postgraduate and degree level apprenticeship opportunities in Salford.	Website: https://www.salford.ac.uk/

Re-engagement

Provider	Offer	Contact Details

onnect.o
onnect.o
.uk/regi
<u>ucation</u>

	compliant education, employment or	
	training. Staff will maintain monthly	
	contact with the young person and will	
	have a suite of regulated learning that they	
	can use to upskill young people linked to	
	their employability and readiness for their	
	next steps. If the young people are already	
	engaged in a setting such as a school, college or training provider, appropriate	
	access to the young people will need to be	
	considered.	
Prince's Trust	Target age group: 11-30 year olds.	Phone: 0800 842 842
	Offer: The Prince's Trust helps young	Website: https://www.princes-
	people who are unemployed, struggling at school and at risk of exclusion. The aim is to	trust.org.uk/help-for-young-
		people/get-in-touch
	give individuals the skills, tools, training and confidence needed to get an	
	apprenticeship or paid work.	
Salford	Target age group: 16-25 year olds.	Phone: 0161 787 8500
Foundation	Tanger age groups to to your older	Email:
Todinaation	Offer: Find my Future is a fully funded 4	Sandrine.beaunol@salfordfound
	weeks training programme for 16-25yo	ation.org.uk or
	young people looking to build a career in	Diane.driscoll@salfordfoundatio
	construction, or hospitality. Whether	n.org.uk
	looking to become self-employed, or to	morg.ax
	gain employment, the programme is	Website:
	supported by a range of professional	www.salfordfoundation.org.uk
	partners to support training and securing	www.sanoraroanaation.org.ak
	an opportunity at the end of the course.	
Salford Youth	Target age group: 8-24 year olds.	Phone: 0161 778 0756
Alliance	ruiget age group. o 24 year olds.	Fmail:
7 manee	Offer: Salford Youth Alliance is a three-year	asa.keenan@youthalliance.org.u
	project that will support more than a	k
	thousand people through the Big Lottery	Website:
	Fund's Reaching Communities programme	http://www.youthalliance.org.uk
	in a bid to improve co-ordination of youth	L
	services in Salford and tackle crime and	-
	anti-social behaviour by providing ongoing	
	opportunities to keep young people	
	engaged with the local community.	
Greater	Target age group: 13-25 year olds.	Phone: 0161 234 2950
Manchester		Email:
Youth Network	Offer: GMYN deliver a range of	adam.webster@gmyn.co.uk
	development programmes and drop-in	Website: https://gmyn.co.uk/
	activities to help young people transition to	
	adulthood feeling skilled, supported and	
	positive.	
DWP Youth	Target age group: 16-24 year olds.	Email: Sara.pugh@dwp.gov.uk
Cummont	'	
Support		
Support		

	Offer: The programme offers support	
	through workshops, interventions, job	
	search/application support and interview	
	skills.	
Unity Radio	Target age group: 18-30 year olds.	Phone: 07880 861 153
		Email: <u>lee@unityradio.co.uk</u>
	Offer: Unity Radio offer young people a level 2 course over 7 weeks to learn about	Website: www.unityradio.fm
	radio production, live broadcasting and	
	creative media.	
The Lowry	Target age group: 13-24 year olds.	Email:
		fraser.thomas@thelowry.com
	Offer: The Lowry offer creative	
	employability opportunities for anyone	
	who is feeling isolated, would like to build	
	up their confidence, gain an insight into the	
	arts or undertake work experience.	
The Broughton	Target age group: 18-24 year olds.	Email:
Trust		dave.mayers@thebroughtontrus
	Offer: The Trust provide intensive support	t.org.uk
	to young people to enable them to	
	overcome personal and practical barriers to	
	employment.	

Study programmes, traineeships and apprenticeships

Provider	Offer	Contact Details
Sale Sharks	Target age group: 16-18 year olds.	Email:
		des.howlett@salesharks.com
	Offer: Sale Sharks provide training	
	programmes for young people who	
	have left school, who may not have	
	gained any qualifications and are	
	unsure about their next step.	
	Combining tuition for Level 2	
	Employability qualification and	
	Functional Skills in English and Maths	
	with work placement, active	
	enrichment and life skills.	
YMCA	Target age group: 16-19 year olds.	Phone: 0161 820 3835
		Email:
	Offer: YMCA provides opportunities	vivianne.allen@ymca.co.uk
	and support in Salford for school-	Website:
	leavers and young people who want	https://www.ymca.co.uk/educati
	to improve their skills and chances of	on-and-training/our-
	finding employment. YMCA offer	centres/salford
	study programmes and traineeships	
	in various sectors.	

Foundation 92	Target age group: 16-18 year olds.	Email:
		donna.hennessy@foundation92.
	Offer: The Foundation 92	<u>co.uk</u>
	programme will help you achieve	
	your goals and become 'work ready'.	
	It will consist of a work experience	
	placement, work preparation	
	training and English and Maths	
	qualifications.	
Build Salford	Target age group: 16-24 year olds.	Email:
		John.Jordan@salford.gov.uk
	Offer: The Build Salford traineeship	
	is a 16-week course, based at Salford	
	City College, which gives twenty	Website:
	young people the opportunity to get	https://www.salfordcc.ac.uk/app
	into a construction based	renticeships-salford-city-
	apprenticeship by providing them	college/build-salford/
	with practical hands-on training, access to extensive work experience,	
	job preparation support and quality	
	classes and tutorials delivered by	
	experienced industry experts.	
Evolve Hairdressing	Target age group: 16+.	Phone: 0161 820 2015
	Turget age group: 10 Tr	Email:
	Offer: Evolve Academy provides	martinharkness@evolveacademy
	independent training in hairdressing	.org
	and barbering across Greater	Website:
	Manchester. The academy offers	https://evolveacademy.org/
	apprenticeships, career	inceps.//evolvededdemy.org/
	development courses and a	
	traineeship programme.	
The Growth Company	Target age group: 16-18 year olds.	Phone: 0161 674 9664
inc cross an company	ranget age group: 10 10 year olds.	Email:
	Focus areas: IAG, traineeships and	pauline.blackshaw@gceducation
	study programmes.	andskills.ac.uk
	otta, programmos	Wesbite:
	Offer: The Growth Company offer	https://www.gceducationandskill
	study programmes, GCSE Maths and	s.ac.uk/
	English, functional skills Maths and	
	English and employability skills. They	
	also offer work placements for	
	young people to gain valuable skills	
	and experience to prepare them for	
	the world of work. Ongoing support	
	throughout the programme by	
	friendly, supportive staff.	
Rio Ferdinand	Target age group: 10-25 year olds.	Phone: 0161 743 3779
Foundation	Tanget age group: 10 23 year olds.	Email:
	Offer: The Rio Ferdinand Foundation	victoria@rioferdinandfoundation
	create opportunities and pathways	.com
	S. Cate Opportunities and patriways	100111

	for young people to achieve their potential, through sports, media,	Website: https://www.rioferdinandfounda
	arts and education.	tion.com/
Salford Futures	Target age group: 16+.	Email: David.Timperley@salford.gov.uk
	Offer: Salford Futures provides support to unemployed Salford residents through the provision of work experience placements and pre-employment training and support. It also encourages local employers to create and develop employment opportunities through the provision of grants, funding and wider business support.	Website: https://www.salford.gov.uk/jobs -skills-and-work/salford-futures/
HIVE	Target age group: 14-24 year olds.	Email: damian@hivemanchester.net
	Focus areas: Traineeships, study	Wesbite:
	programmes, training and employer	http://hivemanchester.net/digita
	engagement.	l-people/
	Offer: Our offer is a free digital coding course to learn about coding, networking and cybersecurity, this will also include mentoring, and support to plan for a job, apprenticeship or further training.	
Myerscough College	Target age group: 16-24 year olds.	Email:
	Offer: Myerscough provides support to unemployed Salford residents, giving them employability skills for career progression. The aim of traineeships is to give people access to quality work experience and relevant training to ensure people have the necessary skills and experience required by employers for jobs and apprenticeships.	DSalmon@myerscough.ac.uk Website: https://www.myerscough.ac.uk/ news/brighter-future-for-young- people-of-salford-thanks-to- myerscough-traineeships/

Employability skills

Provider	Offer	Contact Details
Step Together	Target age group: 16-25 year olds.	Email: wendy.callaghan@step-
		together.org.uk
	Offer: Step Together support young	
	people find volunteer opportunities	Website: https://step-
	that are enjoyable, where they can	together.org.uk/
	make new friends and learn new	
	skills. We provide one-to-one	
	support and mentoring throughout	
	the placement process, to build	

	confidence and aspirations, as well providing practical support such as help with CVs and interview techniques.	
National Careers	Target age group: 16-18 year olds.	Phone: 0800 100 900
Service	Offer: The National Careers Service provide IAG across Salford and surrounding areas to help people make decisions on learning, training and work. The service offers	Please note this offer is via telephone or website support only, no face to face provision.
	confidential and impartial advice and is supported by qualified careers advisers.	Website: https://nationalcareersservice.di rect.gov.uk

If there are other barriers you are experiencing, there are further resources below to help you including housing support, emotional wellbeing and domestic abuse services.

Debt advice

Provider	Offer	Contact Details
Salford Assist	If you find yourself without the	How to apply for Salford Assist:
	finances to feed yourself or family or	
	heat your home, help is available	Call the Spirit of Salford Helpline
	from Salford Assist.	on 0800 952 1000 from 8.30am
		to 6pm.
	The Salford City Council scheme	
	offers short-term support to people	Submit the application form
	who can't meet their own or family's	(which can be found on the link
	basic needs because of a crisis,	below) or email to:
	emergency or disaster.	salfordassist@salford.gov.uk
	Support is discretionary but could	Click here for website.
	include help with baby items,	Click <u>Here</u> for website.
	essential furniture, gas and	
	electricity or necessary documents	
	for people who are homeless.	
	Salford Assist can also signpost to	
	debt, benefits and affordable energy	
	advice.	
Welfare Rights and	For Salford residents only.	How to contact us for advice on
Debt Advice Service		your benefits
	We can help you work out what	
	benefits and tax credits you are	Phone: 0800 345 7375
	entitled to and argue your case at an	Harris a contact of an advice on
	appeal if you disagree with a	How to contact us for advice on
	decision. If you have debt problems	your debts
	we can help you draw up financial	Phone: 0800 345 7323
	statements, negotiate with your	The online referral form can be
	creditors and represent you in court.	found here.
	Get more detail about the different	Tourid Here.

	ways you can contact us for welfare	
	rights or debt advice.	
Citizens Advice	It's important to make sure that you	Check what benefits you can get
Citizens Advice	get all the help that you're entitled	here.
	to. These pages give you information	nere.
	on:	Find out what help you can get if
	• benefits	you are on a low income here.
		you are on a low income <u>nere</u> .
	 tax credits if you are working or unemployed, sick or 	Phone: 0300 3309 074
	disabled, a parent, a young	Filone. 0300 3309 074
	person, an older person or a	
	veteran	
	 council tax 	
	 housing costs 	
	 national insurance 	
	 payment of benefits 	
	 problems with benefits. 	
National	We know many people are worried	Webchat with a specialist adviser
Debt Line	about their finances right now. We	9am - 8pm Monday to Friday.
	are here to help. Like many	
	employers, we are taking steps to	Phone: 0808 808 4000
	look after our staff in line with public	
	health guidance, but we are open to	Use our <u>Digital Advice Tool</u> to do
	give you the advice and support you	a budget if you're ready and get
	need.	online advice about your debt
		solution options.
Stepchange Debt	Need debt advice? Our online debt	Telephone: 0800 138 1111
Charity	advice tool is available a time that	Monday to Friday 9am to 5pm
	suits you. Don't forget to use our	
	budget form to gather information	
	before starting your debt advice	
	session, either online or over the	
	phone with one of our advisors. A	
	debt advice call takes around 40	
	minutes to complete, however,	
	please be aware that we are	
	currently operating at reduced	
	capacity, so you may experience a	
	delay when you call us.	
Better Off Salford	BetterOff provides online	For information on how to sign
	information for people who live in	up for this service please click
	Salford.	<u>here</u> .
	DattorOff will also were the best for	
	BetterOff will show you the benefits	
	you are entitled to and will help you	
	to apply for them online.	
	RottorOff also provides information	
	BetterOff also provides information	
	on how to find and apply for jobs.	

Housing Associations operating in Salford

Provider (click provider name for web link)	Contact Details
<u>Abbeyfield</u>	Telephone: 0161 790 8331
Adactus (was Family Housing Association)	Telephone: 0300 111 133
Anchor Housing Association	Telephone: 0808 102 6398
Arcon Housing Association	Telephone: 0161 214 4120
Carr-Gomm Society	Telephone: 0300 666 3030
Clarion (was Affinity Sutton)	Telephone: 0300 100 0303
ForHousing	Telephone: 0300 123 5522
	Email: william.blundell@forhousing.co.uk
Great Places	Telephone: 0300 123 1966
Guinness Partnership	Telephone: 0300 123 1890
Hanover Housing Group	Telephone: 01480 475069
Housing 21	Telephone: 0370 192 4000
Irwell Valley Housing Association	Telephone: 0300 561 1111
MJHA	Telephone: 0161 740 0001
MSV (was Mosscare and St Vincents)	Telephone: 0161 226 4211
Onward (was Contour)	Telephone: 0345 602 1120
Pendleton Together	Telephone: 0300 555 5567
	Email: sarah.davies@togetherhousing.co.uk
<u>Places for People</u>	Telephone: 01132 858923
Riverside	Telephone: 0345 111 0000
Salix Homes	Telephone: 0800 218 2000
Your Housing Group	Telephone: 0345 345 0272
Salford Housing Options Point	Telephone: 0161 793 2020

Emotional Wellbeing

Provider	Offer	Contact Details
CAMHS	Multi-disciplinary Child and Adolescent Mental Health Service	Referral by GP.
	for Salford.	Pendleton Gateway, 1 Broadwalk,
		Salford, M6 5FX
		Phone: 0161 518 5400 (main reception)
Greater Manchester	Provides support with:	Bury New Rd, Prestwich,
Mental Health NHS	 Community Mental Health 	Manchester M25 3BL
Foundation Trust	Teams	
	Inpatient services	Phone: 0161 773 9121
	(Meadowbrook and Woodlands)	
	Rehabilitation	
	Memory Assessment	
	Treatment service (MATS)	
	 Crisis Resolution Home 	
	Treatment	
	Early Intervention in	
	Psychosis	
	 Day opportunities 	

	 Psychology 	
START in Salford Arts	The creative activities at START have	Brunswick House, 62 Broad St,
Project	been successful in helping people	Salford M6 5BZ
	overcome emotional difficulties and	
	reach new heights. The opportunity	
	to be creative acts as a social outlet	
	for members as well as being a great	
	way to learn new skills. It empowers	
	them to express themselves more	
	clearly and come to a better	
	understanding of their place in the	
	world and what they can achieve.	
Self Help Services e-	This service offers online cognitive	Phone: 0161 226 3871
therapy	behavioural therapy (CBT), such as	
	Beating the Blues or Living Life to the	Email:
	Full and is very effective in helping	pws.manchester@selfhelpservice
	people to overcome anxiety and/or	s.org.uk
	depression.	
	It teaches you a wide range of CBT	
	techniques via a computer and is	
	clinically proven to help overcome	
	issues related to low mood, anxiety,	
	stress and insomnia.	
Six Degrees Social	Six Degrees Social Enterprise delivers	You can access the service
Enterprise	accessible, recovery orientated	through your GP practice or
	services for people with common	directly.
	mental health problems such as	
	depression and anxiety. The services	Southwood House, Greenwood
	are confidential and free for anyone	Business Centre, Regent Road,
	aged 16 years and over.	Salford, M5 4QH
		Phone: 0161 212 4981
Garden Needs	Garden Needs is a mental wellbeing	1 Radford Street, Salford, M7 4NT
	garden centre, a partnership project	
	between Mind in Salford and Social	Phone: 0161 212 4980
	Adventures.	
		Email: <u>info@gardenneeds.org.uk</u>
	Garden Needs is a place to come and	
	make friends, commune with nature	
	and learn some new skills. There are	
	drop-ins and volunteering	
	opportunities for people with	
	experience of mental or emotional	
	distress. You can even do a	
	qualification in horticulture and help	
	with landscaping and grounds maintenance work.	

Health improvement	The health improvement service can	Phone: 0800 952 1000
service	support you in different ways to look	1 Holic. 0000 332 1000
Scrvice	after both mental and physical	Website:
	wellbeing.	https://www.salford.gov.uk/healt
	Weillering.	h-and-social-care/health-
		services/health-improvement-
		connect/
Access to Work	Salford City Council is partnering	To book a remote appointment,
Access to Work	with Access to Work: Mental Health	email
	Support Service to offer an on-site	chris.kingsbury@remploy.co.uk
	mental health support service to	or
	employees.	bethany.kimberley@remploy.co.
	employees.	uk
	Through the one to one sessions,	<u>uk</u>
	employees will gain access to:	You can also access the service by
	employees will gain access to.	phoning 0300 456 8114 or
	 Tailored work-focused 	emailing
	mental health support for	a2wmhss@remploy.co.uk
	nine months	
	 Suitable coping strategies 	
	A support plan to keep you	
	in, or return to work	
	Ideas for workplace	
	adjustments to help you	
	fulfil your rolePractical advice to support	
	Practical advice to support those with a mental health	
	condition.	
Young Minds	Supporting and empowering young	24-hour support - text YM to
	people with mental health needs.	85258
42 nd Street	Provides a range of services to young	Phone: 0161 228 7321
	people including mental health	Email:
	needs assessment, counselling &	theteam@42ndstreet.org.uk
	therapy, individual community	
	mental health support, group work,	Online support -
	drop-ins, a helpline, youth work	https://onlinesupport.42ndstreet
	activities, participation opportunities	.org.uk/ what-is-counselling
	for young people using the service,	
	and a national online question and	
	answer service for young people	
	affected by self-harm.	
Emergence	Emergence is a service user-led	https://www.emergenceplus.org.
	organisation supporting all people	<u>uk/</u>
	affected by a diagnosis of personality	
	disorder, whether you are a service	
	user or a carer (which is a family	
	member or friend of a service user).	
Rethink	Rethink is a leading national mental	Phone: 0300 5000 927
	health membership charity and	
	works to help everyone affected by	

	. 1:01	
	severe mental illness recover a	
	better quality of life. The website has	
	information on a range of mental	
	health needs from personality	
	disorders through to schizophrenia.	
Emerge	Emerge is a comprehensive multi-	Phone: 0161 226 7457
	disciplinary service targeted at 16-	(Reception)
	and 17-year olds in order to provide	Email: <u>Cmm-</u>
	a developmentally appropriate,	tr.emerge.cmft@nhs.net
	flexible and responsive service. It is	
	based in the community offering	
	mental health services in a range of	
	settings. Emerge is a stand-alone	
	CAMHS service which focuses on the	
	specific needs of 16 – 18-year olds	
	with moderate to severe mental	
	health problems. The team will	
	accept routine and urgent referrals.	
	All accepted urgent referrals will be	
	prioritised and assessed within two	
	working days.	
Making Coope	,	Chath In Calford MC OUD
Making Space	Person-centred support for people	Stott Ln, Salford, M6 8HD
	living with mental health conditions.	Dh a r a : 04.64 772 4270
Anna Frank	The costion on Colf Community	Phone: 0161 772 4370
Anna Freud	The section on Self Care was built	https://www.annafreud.org/medi
	from research involving young	a/8502/final_infographic_self_car
	people – it highlights what young	e.pdf
	people felt worked best for them	
	when struggling with low mood or	
	anxiety.	
Kooth	All children and young people in	Please click <u>here</u> for more
	Greater Manchester can now access	information.
	free online counselling and	
	emotional well-being support.	
Beyond	Working together, NHS Salford	Referrals to the service are
	Clinical Commissioning Group (CCG)	through the Spirit of Salford
	and Salford City Council have	helpline, organised by Salford City
	supported Mind in Salford, mental	Council on 0800 952 1000,
	health charity START and Six Degrees	Monday to Friday, 8.30am to
	Social Enterprise to form a new	6pm, Saturday, 9am to 1pm, or
	service called Beyond.	www.salford.gov.uk/spiritofsalfor
		<u>d</u>
	Beyond will offer support to people	
	who are struggling with their mental	
	health due to COVID-19 but are not	
	known to Salford's mental health	
	services. To meet people's needs, a	
	range of options is on offer,	
	including:	
	_ · · · ·	

Shout	 Online support (e.g. mindfulness, self-help support packages) Telephone support (e.g. problem-solving approaches, talking therapies) Support to adapt or establish a routine whilst self-isolating/social distancing 24/7 text messaging service to 	Text GMSalford to 85258 to start
Silout		
	support those in crisis.	a conversation with a crisis
	This courts was force tout managing	volunteer
	This easy to use free text messaging	
	helpline is a private, silent and	
	trusted way, for people experiencing	
	mental health challenges to find a	
	safe space to seek help and support.	
	You can send a text message any	
	time of day or night wherever you	
	are – every conversation is with a	
	human being.	
SilverCloud	SilverCloud offers online	Instant access to self-help
	programmes for adults (16 years+)	support:
	to help ease your levels of stress,	https://GM.silvercloudhealth.co
	sleep better or to build resilience.	m/signup
	Variable and the control of the	
	You can choose to use any of the	
	programmes. They are self-help,	
0 16 114	confidential and secure.	
Salford Women's	Offering counselling, Post-Natal	Contact:
Centre	Depression support, courses and	info@salfordwomenscentre.co.uk
_	classes.	
Papyrus	Specialist telephone helpline service	Phone: 0800 0684 141
	for people at risk of self-	Text: 07860 039 967
	harm/suicide. Staffed by trained	Email: pat@papyrus-uk.org
	professionals who give non-	
	judgmental support, practical advice	
	and information to young people,	
	family, concerned friends, health	
	Professionals, education staff and	
Recover Your Life	other professionals.	https://www.rocover.co.viife.com
	An online community forum to offer	https://www.recoveryourlife.com
Project	support and advice to individuals	/ind ex.php?categoryid=1
	who self-harm / are at risk of self-	
Colf Holy Commerce	harm.	https://www.colfbolpagariaga.ca
Self Help Services-	A variety of self-help initiatives including self-help groups	https://www.selfhelpservices.org.
The Big Life Company	, , , ,	<u>uk/</u>
	(depression, anxiety & social	

	T	
	phobia), structured courses for self-	
	esteem, depression, anxiety and	
	emotional wellbeing, a	
	complementary therapy clinic,	
	computerised cognitive behavioural	
	therapy, primary care mental health	
	service, gun and knife crime clinic.	
Dad Matters	Dad Matters is a Home-Start Project,	https://dadmatters.org.uk/about
	based in Greater Manchester.	\mathcal{L}
	Supporting dads to:	_
	 have successful relationships 	
	with their families, and to	
	support dads with anxiety,	
	stress and mental health	
	issues.	
	 get dads engaged with 	
	services that have	
	traditionally been targeted	
	at mums, and to train &	
	support volunteer dads to	
	work with us.	
	 make sure dads know how 	
	important they are, how to	
	access support when they	
	need it and why it's essential	
	for baby's development.	
	Our to are in an all and a first	
	Our team is made up of specialist	
	staff from Home-Start HOST and the	
	Tameside Early Attachment Service	
	(NHS) with links to midwifery, health	
	visiting, mental health services and	
	voluntary sector organisations across	
	Greater Manchester.	
Bereavement	It can sometimes be easier to talk to	https://www.salford.gov.uk/birth
counselling	a stranger on the telephone, about	s-marriages-and-deaths/dealing-
	the things that you are going	with-a-death/bereavement-
	through, than to talk to a person	support/
	who is close to you.	
	If you would like some specialised	
	support in connection with a	
	bereavement, <u>Salford City Council</u>	
	has a list of organisations that can	
	provide counselling and	
	companionship.	

Domestic Abuse Support Service and Children's Commissioner

Provider	Offer	Contact Details

Salford Independent Domestic Abuse Support Service	Salford Independent Domestic Abuse Support Service (SIDASS) is part of the local charity Salford Women's Aid, which offers a range of services to help and support women, men and children who are affected by domestic abuse.	You can telephone our helpline in the strictest confidence on: 0161 793 3232 Monday to Friday from 1:00 p.m. to 4:00 p.m. and there is an answer phone outside of these hours. If we are unable to answer your call, or you need support outside of these hours, contact the 24-hour National Domestic Violence Freephone Helpline on: 0808 2000 247.
		If you are in immediate danger, please call 999 .
Worried about a child	If you are worried about the welfare or safety of a child it is very important that you contact us. Salford City Council and our partners have a multi-agency hub called the Bridge Partnership that screen all contacts concerning the welfare or safety of a child to children's services. • Who is involved? • Children's Services • Early Help services • Greater Manchester Police • Salford Royal NHS Foundation Trust • Child and Adolescent Mental Health Services • Achieve Recovery Services • Greater Manchester Mental Health NHS Foundation Trust.	The Bridge Partnership can be contacted by telephone on 0161 603 4500 from 8.30am to 4.30pm. If you need to speak to somebody about your referral of concern outside these hours, please call the Emergency Duty Team on 0161 794 8888 For more information please click here.
Worried about an adult	If you believe or suspect an adult at risk is being abused, it is vital you	Call 999 in an emergency or where you believe a serious
	alert the authorities. If you are worried about someone	criminal act has taken place. Make a safeguarding referral
	who may need some help / care and	through the <u>online portal</u> .
	support, but you are not concerned about abuse or neglect, there is more information here about	You can speak to the Adult Social Care Contact Centre on 0161 631

exploring different options and you	4777 (Monday to Friday 8.30am
can use the <u>portal</u> to request	to 4.30pm).
support.	
	If you need to speak to someone
	urgently outside of office hours
	call 0161 794 8888 (4.30pm to
	8.00am weekdays and 24 hours
	over weekends and bank
	holidays).
	_
	You can email:
	worriedaboutanadult@salford.g
	<u>ov.uk</u>