

**Bradford Social Services**      **01274 435200**

### **Homeless**

Bradford Council – Tel 01274 435999

Web site: [How to get help if you are homeless | Bradford Council](#)

### **General Advice Centre**

Manningham Advice Centre 0844 848 7904

### **Manningham Project**

203 Lumb Lane  
Bradford  
BD8 7SG

**Public phone:** 0844 848 7904 / 01274 544687

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

**Website URL:** <http://www.manproj.org.uk> (restricted access from NHS PC's)

#### **General information**

Service offered: **Advice and information for the local community. Deal with a range of issues, including benefits, immigration, housing and debt.**

**Target group:** The local community.

**Area served:** Bradford District

**How to contact:** We book appointments on Monday mornings at 8.50am on a first come first serve basis. After we have booked the appointments for these people we start answering the telephone. We are at the centre until 3.00pm; however to the public we are only open for the morning until 12:30pm.

#### **Availability**

**Monday:** 8.50am – 12.30pm

Tuesday: **9.30am – 12.30pm**

**Wednesday:** 9.30am – 12.30pm

**Thursday:** 9.30am – 12.30pm

**Friday:** 9.30am – 12.30pm

**Weekends:** N/A

#### **Accessibility**

**Wheelchair access:** Yes - full

**Accessible toilets:** Yes

**Access notes:** Ramped entrance. Lift in building.

#### **Other information**

**Languages other than English:** Urdu, Punjabi & Bangla    **Charity number:** 1103020

**Year established:** 1973

**Staffing:** 7 part time staff (Manager, Receptionist and five Advice Workers)

**Public transport:** Buses 620, 621 from Bradford Interchange.

**Record last checked:** 11 June 2019

## **Job Centre**

Tokens 0345 604 3719  
Job Centre Bradford Vicar Lane

## **TURN2US WEBLINK**

Turn2us is a very good website full of information, and they have a good search facility which we can use.

Link: [Turn2us](#) - This link will provide plenty of useful information – select the topic, enter patient's postcode or surgery post code and then click search and all information will present itself)  
(It is advisable to save this link to your internet favorite's bar)

## **FOODBANKS:**

Wellsprings link: <https://wellspringstogether.org.uk/resources/bradford-meal-provision>

Daily Meal Provisions list: [Meal Provisions In Bradford \(daily locations\)](#)

## **Useful Numbers**

**Bradford Bereavement** 01274 771 545

**Citizens Advice Bureau** 0344 245 1282

**Debt Centre (National)** 0808 808 400

**MIND: Mental Health in Bradford:** (12.00 – 21.00) 01274 594 594

**Mind Centre for Mental and Emotional Help:** 01274 730 815

**Samaritans** (Call to talk about whatever's getting to you. You don't have to be suicidal): 01274 547 547

**First Response** (for mental health crises or suicidal feelings): 01274 221 181

## **The MESH service**

- **Are you on 10 or more medication?**
- **Don't know what they are for?**
- **Fed up of taking so many?**
- **Have some questions you've been meaning to ask?**
- **Then give us a call**
- **07944 515 915**

## Counselling



Does the patient want help with their mood, anxiety, OCD, nerves, stress, phobia or any other life situation? Perhaps its health anxiety you have or a relationship problem, a phobia, sleep problems or even a mid-life crisis. Now they can see a counsellor directly without having to see their GP. The service is confidential.

- Simply call 0300 555 5551
- Or register online at: [www.bmywellbeingcollege.nhs.uk](http://www.bmywellbeingcollege.nhs.uk)
- [Click here to read their leaflet.](#)

## Alcohol



- [www.changegrowlive.org](http://www.changegrowlive.org): contact New Directions Alcohol Help Service & Support directly. They're brilliant! You can email them [Bradford.Info@cgl.org.uk](mailto:Bradford.Info@cgl.org.uk) or phone them: 01274 296023.
- [Click to learn more about alcohol and what it does](#)

## Smoking



Ask patient if they would like us to book them in with a smoking cessation advisor (Mr Naqvi). This will be one of the biggest positive things you can do to improve your health.

- [Click here to learn more about smoking](#)

- [Click here to read the verdict on e-cigarettes?](#) (Generally: safe & good way to kick the habit.)



A Stop Smoking Service is around 3x more effective than willpower alone



Health professional advice and prescribed medication is 60% more effective than willpower alone



E-cigarettes are 60% more effective than willpower alone



## Drugs



Is it time to come off the drugs and be in charge of your own life again? Then the New Directions project is for you. They've been helping people come off drugs in Bradford for years. And they can help you too. They're a brilliant warm team.

- Contact them through their website: [www.changegrowlive.org](http://www.changegrowlive.org)
- Or email them at [Bradford.Info@cgl.org.uk](mailto:Bradford.Info@cgl.org.uk)
- Or ring them: 01274 296023.
- Wanting to read more: [thebridgeproject.org.uk](http://thebridgeproject.org.uk)

## Debt



Are you in debt crisis? Can't meet minimum monthly repayments? Have non-mortgage debts bigger than a year's salary? Have sleepless nights or depression or anxiety over debt?

- Get free, one-on-one debt-counselling help from [Citizens Advice](#) , [StepChange](#) or [National debt line](#) .
- And if you need emotional support too, try [C.A.P](#)

### Struggling Families



Parental mental health impacting on child? Domestic violence? Worried about your child's mental health? Do you have an aggressive or violent child? Is your child taking street drugs or alcohol? Are you as parents struggling? Poor home conditions, Young carers, Children occasionally missing from home?

- Call a service called EARLY HELP GATEWAY
- This is a multi-agency team made up of qualified workers with a background in children's social care (CSC), childcare, education, family support, CSE, residential and youth work.
- Early Help Gateway 01274 432121

# ON AN Average Bradford Day



**20**  
Babies are born



**220**  
Ambulance calls



**470**  
A&E attendances



**190**  
calls to Mental Health First Response



**425**  
X-ray type tests done



**420**  
Patients discharged from hospital



**15,500**  
People visit their GP team



**300**  
Attendances to a GP with special interest



**2,150**  
Outpatient Attendances



**260**  
Non-emergency operations



**25,800**  
Prescription items dispensed



**1,900**  
Community nursing contacts



**15**  
People die within Bradford & Airedale

## Cancer



**70** screened for breast cancer  
**90** screened for cervical cancer

## Diabetes



**130** Patients receiving a community diabetes check from their GP Practice

## Children



**97%** of children under 12 months have been immunised for DTA, IVP and HIB

## Respiratory



**150** Patients with COPD or asthma have their annual check-up in GP Practice

## CVD



**2** cardiothoracic surgical interventions performed  
**190** patients have their hypertension checked in GP Practice

## Gastro



**70** screened for bowel cancer