



Christmas Family Drop-ins

We know that Christmas is generally a time for family and fun - but we also know that sometimes this period can be difficult and stressful for a number of reasons.

This year we are opening our family hub and Children's Centre's across the borough to provide our families and young people a safe space to drop in if they want a chat, a friendly face or any support over this period.

Our Early Years, Early Help and Youth Service will be working together to provide an informal drop-in to offer one-to-one support & advice on a range of topics such as:

**Parenting - Mental Health - School or College - Finances
Parental Conflict - Friendships - Sexual Health
Domestic Abuse - Family - Substance Misuse - Housing
any worries**

When and where to find us

Drop-ins will be open between **10am - 12pm** then **1pm - 3pm**

Monday 23rd December

Bury Early Centre & Radcliffe
Children's Centre Hub

Tuesday 24th December

Bury East and Whitefield
Children's Centre Hub

Friday 27th December

Radcliffe Children's
Centre Hub

Monday 30th December

Radcliffe and Whitefield
Children's Centre Hub

Tuesday 31st December

Bury East

Thursday 2nd January

Radcliffe Children's Centre Hub

Other Support During Christmas

**Below are details of other support services
available during the Christmas period**

Rape Crisis Line GM – 0161 273 4500

SARSA (Rape & Sexual Abuse) - 0808 801 0456

Early Break Helpline – 0161 464 3679

BARDOC – 0161 763 8940

Shelter Manchester – 0344 515 1774

NSPCC – 0808 800 5000

Childline 0800 1111

Self-Harm Support – mind.org.uk

CAMHS – 0161 716 1112

Samaritans – 116 123

Mental Health Crisis - 111

Online Mental Health support for young people Kooth.com

Emergency Housing – 0161 253 5537

Bury Food Banks and Pantries

<https://theburydirectory.co.uk/bury-food-banks>

Police - 101

Bury
Council