

We can give you a helping hand



Support available at Tameside One:

*Appointment only

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Customer Services 8.30am - 5pm To Book an Appointment: Telephone – 0161 342 2284 Email cs.referrals@tameside.gov.uk</p>	<p>*Customer Services 8.30am - 5pm To Book an Appointment: Telephone – 0161 342 2284 Email cs.referrals@tameside.gov.uk</p>	<p>*Customer Services 8.30am - 5pm To Book an Appointment: Telephone – 0161 342 2284 Email cs.referrals@tameside.gov.uk</p>	<p>*Customer Services 8.30am - 4.30pm To Book an Appointment: Telephone – 0161 342 2284 Email cs.referrals@tameside.gov.uk</p>	<p>*Customer Services 8.30am - 4pm To Book an Appointment: Telephone – 0161 342 2284 Email cs.referrals@tameside.gov.uk</p>
<p>Family Information Service Offer free, impartial service helping all families find info, advice and support on childcare 8.30am - 5pm Tel: 0161 342 4260 Email: fis@tameside.gov.uk Drop in available</p>	<p>Family Information Service Offer free, impartial service helping all families find info, advice and support on childcare 8.30am - 5pm Tel: 0161 342 4260 Email: fis@tameside.gov.uk Drop in available</p>	<p>Family Information Service Offer free, impartial service helping all families find info, advice and support on childcare 8.30am - 5pm Tel: 0161 342 4260 Email: fis@tameside.gov.uk Drop in available</p>	<p>Family Information Service Offer free, impartial service helping all families find info, advice and support on childcare 8.30am - 4.30pm Tel: 0161 342 4260 Email: fis@tameside.gov.uk Drop in available</p>	<p>Family Information Service Offer free, impartial service helping all families find info, advice and support on childcare 8.30am - 4pm Tel: 0161 342 4260 Email: fis@tameside.gov.uk Drop in available</p>
<p>Tameside in Work advisors support participants to upskill and increase their earnings. 9am - 12noon To book: tamesideinwork@tameside.gov.uk 07849 310786 Drop in available</p>	<p>Tameside College (Adult Community Education) provide education courses throughout Tameside and are based at Tameside Centre for Enterprise. (9.30 - 11.30pm) 0161 909 5777 TACE@tameside.ac.uk Drop in available</p>	<p>*Be Well health and wellbeing service providing early intervention and prevention around lifestyle. 9am - 4.30pm To Book an Appointment: Tel: 0161 342 5050 Email: bewelltameside@tameside.gov.uk Website: Be Well Tameside</p>	<p>*Ingeus Future You is a free personalised programme for 18–24-year-olds who are not currently in work, education, or training. 9am - 12noon To Book: 0161 9360300 or 0800 0249006 futureyou@ingeus.co.uk</p>	<p>*Ingeus Future You is a free personalised programme for 18–24-year-olds who are not currently in work, education, or training. 9am - 12noon To Book: 0161 9360300 or 0800 0249006 futureyou@ingeus.co.uk</p>
<p>Routes to Work offer advice, support and practical assistance to residents living with a Disability, which is a proving to be a barrier to employment. 9am - 12noon Please telephone TMBC on 0161 342 5200 and request a referral to Routes To Work Drop in available</p>	<p>Pathfinder (Calico) is a 3-year homelessness prevention programme for young people across Greater Manchester. 9am - 12noon To make a referral, please email us at enquiries@gmbop.org Drop in available</p>	<p>The Carers Centre is based at The Peoples Place, Tameside 1. The Centre is open every day, offering drop-in sessions for Carers. 9am - 11.30am To make a self-referral: Tel: 0161 342 3344 Email: CarersCentre@tameside.gov.uk</p>	<p>*Be Well health and wellbeing service providing early intervention and prevention around lifestyle. 9am - 5pm To Book an Appointment: Tel: 0161 342 5050 Email: bewelltameside@tameside.gov.uk Website: Be Well Tameside</p>	<p>The Carers Centre is based at The Peoples Place, Tameside 1. The Centre is open every day, offering drop-in sessions for Carers. 10am - 2pm To make a self-referral: Tel: 0161 342 3344 Email: CarersCentre@tameside.gov.uk</p>
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Please contact services directly to book appointments.

If you're struggling to make an appointment and would like some support please contact customer services:

Webchat at www.tameside.gov.uk

0161 342 8355

Library support is available on the ground floor of Tameside One during staffed hours, visit www.tameside.gov.uk/libraries for more information.

Where to find us: Level 1, Tameside One, Market Place, Ashton-under-Lyne, OL6 6BH.