

We can give you a helping hand



Support available at Tameside One:

*Appointment only

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>*Customer Services To book an appointment: Drop in at Level One, Tameside One between 8.30am-5pm or email cs.referrals@tameside.gov.uk</p> | <p>*Customer Services To book an appointment: Drop in at Level One, Tameside One between 8.30am-5pm or email cs.referrals@tameside.gov.uk</p> | <p>*Customer Services To book an appointment: Drop in at Level One, Tameside One between 8.30am-5pm or email cs.referrals@tameside.gov.uk</p> | <p>*Customer Services To book an appointment: Drop in at Level One, Tameside One between 8.30am-4.30pm or email cs.referrals@tameside.gov.uk</p> | <p>*Customer Services To book an appointment: Drop in at Level One, Tameside One between 8.30am-4pm or email cs.referrals@tameside.gov.uk</p> |
| <p>Tameside in Work Advisors support participants to upskill and increase their earnings. 9am – 12 noon. To book Email – tamesideinwork@tameside.gov.uk Phone: 07518299713 or 07971253186</p> | <p>Pathfinder (Calico) Homeless prevention programme for young people across Greater Manchester. 9am – 12 noon. To make a referral email enquiries@gmbop.org or ask the library to contact. Meetings will take place in the library.</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</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</p> | <p>The Carers Centre Based at The Peoples Place, Tameside One. Drop-in sessions for Carers. 10am – 2pm Ring to book an appointment on 0161 342 3344. Drop in Available Email: CarersCentre@tameside.gov.uk</p> |
| <p>Routes to Work Offer advice, support and practical assistance to residents living with a Disability, which is proving to be a barrier to employment. 9am – 12 noon Phone: 0161 342 2500 and request a referral to Routes to Work.</p> | <p>The Carers Centre Based at The Peoples Place, Tameside One. Drop-in sessions for Carers. 10am – 2pm Ring to book an appointment on 0161 342 3344. Drop in Available Email: CarersCentre@tameside.gov.uk</p> | <p>Young Person's Drop In Based at the Carers Centre, People Place, Tameside One. Support Available for those 16+. Help with benefits, employment, training, health, education and more. 1pm – 4pm</p> | <p>The Carers Centre Based at The Peoples Place, Tameside One. Drop-in sessions for Carers. 10am – 2pm Ring to book an appointment on 0161 342 3344. Drop in Available Email: CarersCentre@tameside.gov.uk</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</p> |
| <p>The Carers Centre Based at The Peoples Place, Tameside One. Drop-in sessions for Carers. 10am – 2pm Ring to book an appointment on 0161 342 3344. Drop in Available Email: CarersCentre@tameside.gov.uk</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</p> | | <p>Tameside Welfare Rights Benefit Advice and Cost of Living Support. Drop in available in the library between 10am – 12 noon.</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</p> | | | | |

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.