

# Help & Advice



**Editor:**  
**Graham Wilson**  
Union Office  
Longford ATE  
10 King Street  
Stretford  
Manchester  
M32 8NS

Phone: 0161 865 2745  
Email: [gtwilson@tiscali.co.uk](mailto:gtwilson@tiscali.co.uk)  
[www.cwunorthwest.org](http://www.cwunorthwest.org)

**We want to hear from you. Please send any contributions to the Editor at the above address. Without your input this newsletter will not work.**

**CWU NW  
Retired  
Members  
Forum 2008  
29<sup>th</sup> Feb  
Mechanics  
Institute  
Manchester**



*The North West Regional Retired Members Council aim to provide advice and assistance to CWU Retired Members on as many issues as possible. The following help lines may be of use to you or to a Retired Member you know. If there are any other organisations that you think we should include please contact the Editor of the Regional Retired Members newsletter with your suggestions.*

## Age Concern (England)

Astral House  
1268 London Road  
London  
SW16 4ER  
Tel. 020 8765 7200  
Fax. 020 8765 7211

## National Pensioners Convention

National Pensioners Centre  
9, Arkwright Rd, London, NW3 6AB.  
Tel. 020 7431 9820  
Fax. 020 7431 9830

## CWU Legal Services Helpline

0800 8046674.

## Alcoholics Anonymous – [www.alcoholics.anonymous.org.uk](http://www.alcoholics.anonymous.org.uk)

Liverpool  
Telephone 0151 709 2900  
8.00am to midnight  
Answering machine at other times

Manchester  
Telephone 0161 236 6569  
11.00am to 11.00pm daily  
Answering machine at other times

Blackpool  
Telephone 01253 - 792632  
8am to 11pm Daily. Answering machine at other times

## MIND (Mental Health) – [www.mind.org.uk](http://www.mind.org.uk)

MIND helpline 0845 7660163  
Mon-Fri 09:15-17:15

## CRUSE (bereavement care) – [www.cruse.org.uk](http://www.cruse.org.uk)

Cheshire Branch 0151 357 3235  
Cumbria Area 07071 780 761  
Greater Manchester Branch 0161 236 8103  
Lancashire Area 01772 431 631  
Wirral Branch 0151 609 0160

DWP - Department for Work and Pensions: [www.dwp.gov.uk](http://www.dwp.gov.uk)