

## Ward 76 – Further resources

### Living with MPS (Mucopolysaccharidoses)

#### MPS Society

The primary charity providing professional support to individuals and families affected by MPS, Fabry and related lysosomal diseases in the UK.

**Getting in touch:** 0345 389 9901 or [mps@mpssociety.org.uk](mailto:mps@mpssociety.org.uk)

**Website:** <https://mpssociety.org.uk>

### Support for Young People who are in and out of hospital (and their families)

#### Rainbow Trust Charity

Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a life-threatening or terminal illness.

**Getting in touch:** [01372 363438](tel:01372363438) or [enquiries@rainbowtrust.org.uk](mailto:enquiries@rainbowtrust.org.uk)

**Website:** <https://www.rainbowtrust.org.uk>

### Mental Health Support for Young People

#### The Mix

UK charity offering free online support for 13-25 year olds. Their services include helpline, crisis messenger, peer support chats, articles and counselling options:

Getting in touch: The website has a chat function to find information on the site and a text line for urgent support.

**Website:** <https://www.themix.org.uk>

#### Spark UK

Spark UK is a youth led mental health charity sharing resources and leading awareness campaigns.

**Getting in touch:** [info@sparkuk.co.uk](mailto:info@sparkuk.co.uk)

**Website:** <https://www.sparkuk.co.uk>

#### 42<sup>nd</sup> Street

Manchester based charity that offers mental health support to 11-25 year olds. Their services include counselling, group sessions and training. They also operate 'The Horsfall' a branch of the

charity which focusses on young people, mental health and creativity.

**Getting in touch:** 0161 228 7321 or [theteam@42ndstreet.org.uk](mailto:theteam@42ndstreet.org.uk)

**Website:** <https://www.42ndstreet.org.uk>

### **Aliya Youth Project**

Aliya Youth is an organisation supporting young people, particularly those of the Jewish community. They are based in Manchester and offer mental health care, mentoring and communal space.

**Getting in touch:** 0161 501 6770 or [admin@aliyayouth.org.uk](mailto:admin@aliyayouth.org.uk)

**Website:** <https://www.aliyayouth.org.uk>

## **Neurodivergent Young Peoples Support**

### **Starling CIO**

Starling run free wellbeing youth groups in Trafford and Tameside for neurodivergent young people aged 10–17, with or without a diagnosis.

**Getting in touch:** [hello@starlingcio.org.uk](mailto:hello@starlingcio.org.uk)

**Website:** <https://starlingcio.org>

### **GMYN (Greater Manchester Youth Network) – Disabled and Neurodivergent Young People**

GMYN supports young people aged 10–25 across Greater Manchester by offering innovative and exciting opportunities they may not be able to access elsewhere.

GMYN offers bespoke opportunities for Disabled and Neurodivergent young people through creative workshops, campaign building, trips and more.

**Getting in touch:** [info@gmyn.co.uk](mailto:info@gmyn.co.uk) 0161 234 2950

**Website:** <https://gmyn.co.uk/disabled-and-neurodiverse-young-people/>

### **Spectrum Gaming**

Spectrum Gaming is an autistic-led UK based charity that supports autistic young people. They offer online support and in person support for 10–17 year olds based in Greater Manchester.

**Website:** <https://www.spectrumgaming.net>

**Get in touch:** [info@spectrumgaming.net](mailto:info@spectrumgaming.net)