# Worried about increasing costs?

# Partners across Whalley Range are here to help

JNR8 Youth & Community Centre, 82 Cromwell Avenue, Whalley Range M16 0BG Warm Hub Fridays 10:00am-1:00pm: from Whalley Range Community Forum, Age-friendly Whalley Range & Manley Park Methodist Church. Free refreshments/soup

- Free WiFi and phone/tablet/laptop charging
- Information and signposting, hate crime reporting
- Essentials packs, health & wellbeing sessions
- Digital support/referral, foodbank voucher issue, warm clothes rail, skill share
- Classes and activities to improve mental and physical health, table tennis, foosball

## E: <u>communityforumwhalleyrange@gmail.com</u>

Phone 0161 881 3744

#### Web: https://whalleyrange.org

Facebook page: Whalley Range Community Forum | Twitter: @WhalleyRangeorg

# Visit Manchester City Council for help with the cost of living crisis:

https://www.manchester.gov.uk/helpinghands



## Food and Support

- Whalley Range Food Club (Food on Our Doorstep Family Action initiative) at Sure start Children's Centre, Burford Road M16 8HE Fridays 1-3pm. £1 per year to join, then buy £15 of food each week for £3.50. More details: 0161 245 7007.
- The Bread & Butter Thing: shopping bags £7.50 for a family/£4 for individual at least £35 worth of food Compassion Foodbank, 300 Moss Lane East M14 4LB Thursdays 2:30-3:00pm + advice and support. Text 07860 063304 with full name, postcode, and name of hub you will collect from. Locations: <a href="https://www.breadandbutterthing.org/members">https://www.breadandbutterthing.org/members</a>
- Mad Dogs Homeless project: support to the homeless, especially rough sleepers. Volunteer cooks always appreciated. Call 07591 571555
- Barakah Food Aid: set up to help those in need of food in our local communities. Call 07506 527523 Volunteers and donations always needed and welcomed.
- Tibetan Kitchen: free meal for people in need: based at 254 Upper Chorlton Road.
- Feed My City Emergency food charity food van and parcels. Call 0300 3653101.



authentic tibetan food



In order to get a food parcel you will need to be referred

For further information call 0161 226 3413

Monday 1pm - 3pm Whalley Range Methodist Church 51 Withington Road, Whalley Range M16 7EX

> Wednesday 1pm - 3pm St Bride's Church St Brides Way, Old Trafford M16 9NW

Friday 1pm - 3pm Ascension Church 282 Stretford Rd, Hulme M15 5TQ

tral.foodbank.org.uk/get-help/ | 0161 226 3413 | refe

https://manchestersouthcentral.foodbank.org.uk/get-help/ JNR8 is a voucher referrer: Call 0161 881 3744

MSV's Warm Heart campaign provides a range of support for anyone needing a helping hand throughout winter, from accessing food support to financial advice. Employment and Skills: Breaking down the barriers to employment with one-to-one support, career guidance and training. Money Management Advice and support: relating to money management, benefits, and universal credit. Energy Advice and Fuel Voucher Assistance: Our dedicated Energy Advisor offers free advice to help save money on your energy bills and improve your energy efficiency. Come along to one of our Warm Place venues throughout winter (visit the website). MSV's Kindness Fund is open to support any groups delivering projects related to supporting the community over winter. For more information, please email involvement@msvhousing.co.uk or visit www.msvhousing.co.uk

#### Housing and homelessness support

- Shelter Free monthly housing, welfare, benefits & debt advice at Whalley Range Sure start Centre, Burford Road M16 8HE. By appointment: call 0161 245 7007.
- South & Central Manchester Tenants Union: landlord issues, urgent repairs, eviction south.mcr@tenantsunion.org.uk
- Reach Out to the Community: Homelessness & food poverty support: 07516161655
- Mad Dogs Homeless Project: Community-led secular initiative, food clothes and signposting for the homeless of Manchester: 07591571555
- Warm Hubs: have toast and a brew, a biscuit, maybe some soup, play board games, table tennis, read a book, meet people, get advice and support, keep warm – **save energy!**



Citizens Advice is supporting more vulnerable residents to sign up to Electricity North West's Priority Services Register (PSR) for additional support with customers' power supply if they meet the criteria. Contact Adviceline (England): 0800 144 8848 between 9am to 5pm, Monday to Friday. Don't miss out!

Look out for Whalley Range Climate Action Group's leaflet on keeping warm, saving energy, and getting financial help for insulation and heating bills...the info will also be on their Whalley Range Community Forum website page at: https://tinyurl.com/4zhdw5h8

Are you entitled to Pension Credit? Even if you only qualify for a small amount it can potentially unlock lots of other benefits - such as free dental care, help with cost of glasses, certain housing costs and extra amounts if you have other responsibilities and costs. Contact Citizens Advice: 08082787800 https://tinyurl.com/bddtmsny And visit the government website: https://www.gov.uk/pension-creditcalculator





**Care Organisation** Leading local care, improving lives in Manchester, with you

