



MANCHESTER
CITY COUNCIL

*Helping
Hands*

We will get through the cost of living crisis.

Find out what help is
available for you at

**[manchester.gov.uk/
helpinghands](https://manchester.gov.uk/helpinghands)**





Have you used the benefits checker?

Make sure you're
getting everything
you're entitled to.

Find out more

**[gov.uk/check-benefits-
financial-support](https://www.gov.uk/check-benefits-financial-support)**



Don't risk being cut off

Contact your supplier for help with your bills. If you're on a pre-payment meter, you may be eligible for an emergency fuel grant.

[manchester.gov.uk/
helpinghands](https://manchester.gov.uk/helpinghands)



Shelves looking bare?

Your local food bank
or community grocer
can help you put food
on your table.

**[manchester.gov.uk/
helpinghands](https://manchester.gov.uk/helpinghands)**



Citizens Advice are here to help

FREE, confidential,
impartial and
independent advice
on many subjects.

0808 278 7800
citizensadvice
manchester.org.uk



Need somewhere warm?

Your local library
is free, warm and
welcoming. Stay for
as long as you need.

Find out more
**[manchester.gov.uk/
libraries](https://manchester.gov.uk/libraries)**



Struggling with your finances?

You may qualify for help through Discretionary Housing and council tax payments. In a financial crisis, you can apply for fuel and cash grants.

**[manchester.gov.uk/
financialsupport](https://manchester.gov.uk/financialsupport)**



Run out of data?

Use the free Wi-Fi in
your local library.

To find out more,
text **07860 064128**
or visit **letsgetdigital**
manchester.com





Borrow money safely

Manchester Credit Union offers a new online short-term loan of between £100 and £750. Apply online for an immediate decision.

**manchestercredit
union.co.uk**



Free school meals

If you qualify for certain benefits, you can get free school meals for your children. Check eligibility and apply online.

**[manchester.gov.uk/
helpinghands](https://manchester.gov.uk/helpinghands)**



Health matters

If offered, take up your COVID-19 and flu vaccinations, because they save lives.

Free helpline:

0800 840 3858

or text **07890 036892**

**[manchester.gov.uk/
getmyjab](https://manchester.gov.uk/getmyjab)**

**Call Manchester's
FREE
Cost of Living
Advice Line**

0800 023 2692

Lines are open
Monday – Friday
9am–4.30pm

Text us on **07860 022876**
**[manchester.gov.uk/
coladvice](http://manchester.gov.uk/coladvice)**



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