

Get Help in tough times

LET'S
do it!

We all want to live our lives without worry and stress

but the current tough times are putting a strain on us all.

That's why people across your area are getting help with the cost of living including help with managing your money.

If you are struggling with the cost of living you may be able to get extra help. You don't need to be on benefits.

There's immediate help for pensioners, those of working age and for families which can help with the cost of food and fuel.

- Extra financial help may be available to help towards your **rent and Council Tax** including discretionary housing payments and in exceptional circumstances support with arrears
- The **Household Support Fund** can provide one-off payments for fuel, food, essential boiler repairs and emergency winter provisions
- If you're pregnant or have a child under 4, you may be entitled to help through **NHS Healthy Start**
- We can provide **food and fuel vouchers** as well as emergency food parcels
- A confidential **benefits checker** to make sure you are receiving all the benefits you are entitled to



For immediate financial help from Bury Council
visit: bury.gov.uk/hardshiphelp or call 0161 253 5400

BURY
LET'S Do It!

Bury
Council

Let's help you to manage tough times

Advice and support is available through Bury Council who are supporting residents with both essential supplies and with any worries or concerns you may have about money or your general wellbeing.

Visit www.bury.gov.uk/hardshiphelp, call 0161 253 5400 or email: Eastcommunityhub@bury.gov.uk

There are several local voluntary and community organisations in the Redvales Ward area which can offer support during hard times including:

FGRS (Fishpool, Goshen, Redvales and Springs) Community Hub

Gigg Lane Stadium, Gigg Lane, Bury, BL9 9HR. Tel: 07384 323 684

Email: fgrscommunityhub@gmail.com

FGRS offers advice, support and somewhere to go to reduce isolation
9:30am - 3pm, Mon, Wed & Thurs.

Trust House - Metro Christian Centre, Parkhills Road, Bury, BL9 9AU

Tel: 07411 964 653, Email: info@trusthousebury.org, Website: trusthousebury.org
from 10am - 2pm, Mon, Tue, Thurs and Fri.

Trust House provides a range of support including a food pantry, holistic advice & guidance, wellbeing sessions, mindfulness and free hot meals / community café.

Warm Spaces are established in the heart of local communities where people can be assured of finding a safe, warm, inclusive, and friendly environment. To find local Warm Spaces, visit: theburydirectory.co.uk/bury-east-warm-spaces

Bury and Bolton Citizens Advice Bureau provide tailored advice to your individual needs with support including debt advice and how to deal with priority payments. Freephone Adviceline: 0808 278 7804 available Monday to Friday between 10am and 4pm and bookable face-to-face appointments available. Video drop-in service available: cabb.org.uk/video-advice/

For further information on benefits, tax credits and Universal Credit which you may be entitled to, a free online calculator is available at: entitledto.co.uk

Support is available to help with your mental wellbeing:

A confidential helpline is available for anyone experiencing difficulties with their mental wellbeing, including those struggling because of financial hardship. The **Getting Help Helpline** is available Monday to Saturday 8am-8pm and offers non-clinical support from experienced call-handlers, call 0161 464 3679. You can also contact trained crisis volunteers, supported by clinical supervisors, 24 hours a day, 7 days a week, by texting **GMBury** to 85258.