

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**
- The **Household Support Fund** can provide one-off payments for food, fuel, repairs, school uniforms and clothing and other essential 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

Let's help you to manage tough times

Further advice and support is available through the Community Hubs:

Community Hubs are available to support residents and help with essential supplies or for any worries or concerns you may have about money or your general wellbeing. Contact your local Community Hub by calling 0161 253 5400 or email:

East Community Hub - Bury East, Moorside and Redvales

Eastcommunityhub@bury.gov.uk

There are many local voluntary and community groups in the Bury East Ward which can offer support during hard times.

ADAB - Mosses Centre, Edward Street, Bury, BL9 0RZ.

Tel: 0161 761 2079, Email: admin@adab.org.uk

Support for people from black, Asian and minority backgrounds including refugees and asylum seekers. Services include domestic abuse support, veterans breakfast club, Mosses Pre-School Nursery on site, information and advice, ADAB Mosses Centre Hall facility available for community and private events.

Eagles Wing - The United Reformed Church, Parsons Lane, Bury, BL9 0LY.

Tel: 07917302061, Email: Sue.k.arnall@gmail.com

A mutual support group for asylum seekers and refugees, and local people of Bury. Activities/ support include: women's ESOL, art and sewing group, drop in sessions to help with forms, benefits and immigration papers.

The Big Fandango - 34 Bolton St, Bury BL9 0LL. Email: info@thebigfandango.com

The Big Fandango is an Arts and Crafts centre to support mental wellbeing and is open to anyone in the community over the age of 14.

Topping Fold TRA - 36 Topping Fold Road Bury BL9 7NG.

Tel: 07860652337, Email: toppingfoldtra@gmail.com

Community activities include: coffee mornings - befriending service for people on their own; bingo; 'Fit n Fed' sessions. The volunteers run Food Bank aid from the centre.

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/](http://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.