



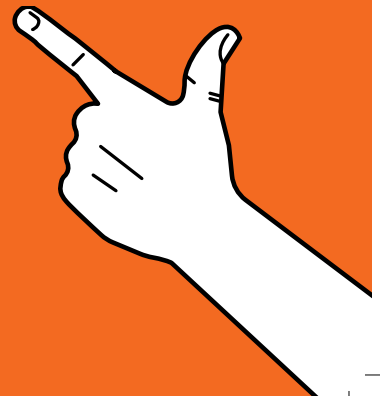
MANCHESTER  
CITY COUNCIL



# 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)

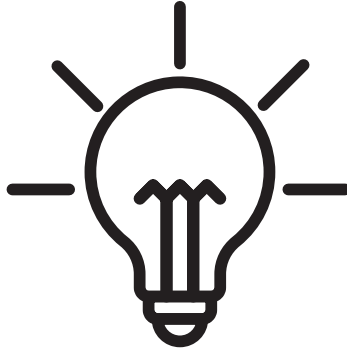




# **Have you used the benefits checker?**

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 prepayment  
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.

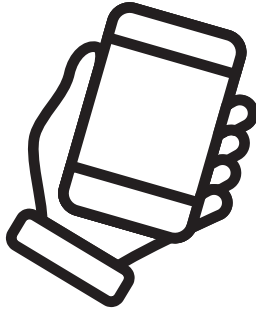
Find out more  
**[manchester.gov.uk/  
libraries](https://manchester.gov.uk/libraries)**



# **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.

**manchester  
creditunion.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 to Friday  
9am-4.30pm**

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



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