

Need support?

There are a number of agencies throughout Manchester that can offer advice and support.

From time to time, we all need a little help and support and it's hard to know where to turn.

We have put this sheet together to signpost you to some of the agencies that you might not know about throughout Greater Manchester that will be able to provide that help and support. Please remember that we genuinely care about all the families at our school and we want you to know that you can always approach us at any time. Please don't feel proud, we are here to support you in any way that we can during this very stressful time. Please just ask.



Do you need help with...

Food. Medicines. Company. Fuel bills. Online services.

Call Manchester City Council on 0800 234 6123
Monday to Friday 9am-5pm

Text 078600 22876 (response by next working day)
Email COVIDSupport@manchester.gov.uk

The Manchester Community Response Hub

This hub has been set up to support people throughout Manchester to help with the impacts of the coronavirus pandemic. The

Community Response Hub is able to help if you are: affected by the restrictions, with no support network and/or high risk or medically vulnerable, a carer, young carer or a care leaver. They are also able to help if you live alone, self-isolating or in need of general support.



Some of you may remember that before Christmas we had been allocated a small pot of money by Greggs because we have a Greggs Funded Breakfast Club.

Grants can be applied for the items listed.

Please note that families are given a choice of selected items to choose from.

White goods eg. cookers, fridges, freezers and washing machines

Food vouchers

Clothing vouchers

Please contact school for further information.

Appliances are delivered by ao.com and beds through Dreams.



Wood Street Mission

This charity helps support families living on a low income Manchester.

They can help with:

- children's clothes
- toys
- bedding
- baby equipment
- toiletries
- school uniform

As a school we are able to refer families into this service.

If you would be interested in being referred please contact school.



They are able to offer free, independent, confidential advice in relation to: benefits, work, debt and money, housing, consumer and family matters. Click here for their website - <https://www.citizensadvice.org.uk/>

Citizens Advice Manchester is open between 9.30am-5pm and you can access this by calling **0808 278 7800**. You can also chat to someone online or request a call back if you complete the self-refer form on their website, www.citizensadvicemanchester.org.uk/. They do operate an out of hours service between 6pm-9pm, 7 days a week which enables you to contact them by phone, SMS or Facebook Messenger. The number is **0161 850 5053**. If you have been recently furloughed are you claiming all the money/benefits that you are entitled to?



Mental Health Support

SAMARITANS

Call **116 123** for free 24 hours a day, 365 days a year.

Manchester Mind

Call **0161 769 5732** between **10am-2pm Monday-Friday**



There are lots of support materials on their website: mind.org.uk

CHILDLINE

Call **0800 1111 each day** between **7.30am-3.30am**

Help & Support Manchester



There is a wealth of information and advice on this website covering a range of areas. Scan the QR code and it will take you through to the website or click on the link - hsm.manchester.gov.uk/kb5/manchester/

Food & food banks

Have you checked whether your child is eligible for Free School Meals? Just give school a call to check.

The Trussell Trust - Stop UK Hunger.

Confidential Free Helpline
0808 208 2138

Manchester Council Food Bank Helpline

Monday -Friday 9am-5pm
Saturday 10am-2pm

0800 234 6123

Greater Together Manchester



greatertogethermanchester.org

Domestic Advice Support

There are a number of helpline that you can ring if you require help and support regarding domestic abuse. You can call Manchester Women's Aid 061 660 7999 or Refuge has a 24 hour helpline and the number is 0808 2000 247.

SCHOOL

We are looking at ways in which we can offer further support when home-schooling your child/ren. We are aware that there are a number of families with either no device or a limited number being shared between a large number of children within that family. There are also maybe some families with limited access to the internet. Over the past week we have been busy applying for devices, data and dongles. We will be in touch soon to see how you are getting on with the return to home-schooling and whether we are able to help in some way.

