



Helping Hands

Help and advice for
a great summer

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

**MAKING
MANCHESTER
FAIRER**



**MANCHESTER
CITY COUNCIL**

Schools out for summer, but there's support for September.

See if you qualify for
support with school
transport and meals.

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





Free holiday activities

There are loads of
free activities to try
this summer.

Find out more:

loadstodo.co.uk

**[loadstodo.co.uk/
getting-around/](https://loadstodo.co.uk/getting-around/)**

Need help 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**

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**



Mental health support

You're not alone
if you need support.

People aged 11–25 years:
www.kooth.com

If you need immediate
support, contact:

Shout 24/7 Text: 85258

Samaritans Tel: 116 123

Email: jo@samaritans.org

In an emergency, call 999.



Measles cases are increasing in the UK.

Two doses of the MMR
jab give lifelong
protection against
measles.

Unsure if your MMR
jabs are up to date?

Contact your GP for a
catch-up appointment.



Citizens Advice are here to help.

We offer free
confidential, impartial
and independent
advice on many
subjects.

0808 278 7800
citizensadvice
manchester.org.uk



Food for thought!

Local foodbanks and
community grocers
can help you put food
on your table.

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



Free travel around Manchester.

Free city centre
bus service:

tfgm.com
/public-transport
/bus/free-bus

Discounted and
free travel:

tfgm.com
/tickets-and-passes



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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