



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**





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.

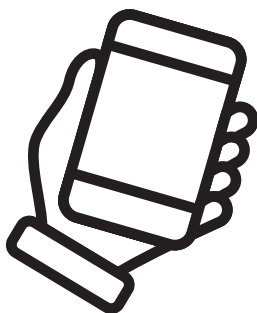
Find out more
**[manchester.gov.uk/
libraries](https://manchester.gov.uk/libraries)**



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/](https://manchester.gov.uk/getmyjab)
[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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