



# Helping Hands

Help and advice for  
a great summer

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

**MAKING  
MANCHESTER  
FAIRER**



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# 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](https://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](http://www.kooth.com)**

If you need immediate  
support, contact:

**Shout 24/7 Text: 85258**

**Samaritans Tel: 116 123**

**Email: [jo@samaritans.org](mailto: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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