



Help with Housing & Employment and Work Skills

Worried about housing or employment? Need some help to boost your earnings? Our services and local organisations can help you.

Citizen's Advice Bureau provides advice on a range of issues including benefits, employment, housing and immigration issues. For drop in support information, go to:

- www.tamesidecab.org.uk/get-advice/outreach/
- www.tamesidecab.org.uk/
- 0808 278 7805 (9am – 1pm, Mon-Fri)
- advice@tamesidecab.org.uk

Jigsaw Homes support people to find affordable homes through market rent or for sale through shared ownership.

- tameside.jigsawhomes.org.uk/
- 0161 331 2000 tameside@jigsawhomes.org.uk

Tameside Homeless Service support people who are homeless or who are at risk of becoming homeless.

- 0161 342 2700
- www.tameside.gov.uk/housing/homelesservice
- housing.options@tameside.gov.uk

Shelter is a housing and homelessness charity who can provide advice on a range of housing issues including what people's rights are if they are facing homelessness.

- england.shelter.org.uk/
- emergency helpline 03301 755 121 (Monday – Friday 9am-5pm)

Tameside Resettlement Scheme helps Tameside people aged 16+ who are on a low income and are moving out of an institutional home (hospital, prison, hostel) or an unsettled way of life to buy essential household goods.

- trs@tameside.gov.uk
- www.tameside.gov.uk/support/independentliving

Tameside in Work supports residents who are already in work to up skill and boost their earnings.

- 0751 829 713 www.tameside.gov.uk/tamesideinwork
- tamesideinwork@tameside.gov.uk

Routes to Work is a Supported Employment service that offers advice, support and practical assistance to local residents with a disability that is acting as a barrier to employment. Routes to Work provide a drop in service for general advice and guidance at the Topaz Wellbeing Centre on Katherine Street, Ashton-under-Lyne on the last Thursday of every month from 2pm to 4pm. There is no need to book.

- 0161 342 5200
- www.tameside.gov.uk/supportedemployment

Tameside Employment and Skills connects employers and skills providers with young people and adults looking for work and learning opportunities through a number of innovative projects.

- 0161 342 3111
- www.tameside.gov.uk/EmploymentandTraining/Tameside-Employment-and-Skills
- employmentandskills@tameside.gov.uk



Help with the essentials- food, clothing, childcare

Food Pantries and Food Banks

Tameside has a range of support for people experiencing food poverty or who may need support with food in some way, including food pantries for more regular groceries, food banks for emergency food supplies, food projects and community cafés. You can visit any Tameside library to request a foodbank voucher.

- 0161 342 8355 (call centre)
- www.tameside.gov.uk/healthyeatingandnutrition/foodbanks

Healthy Start Scheme

The Healthy Start scheme provides vouchers to support pregnant women or those with children aged under 4. Healthy Start families will get money added onto their Healthy Start Digital Payment Card every four weeks to spend on certain food and milk.

- 0161 342 8355 (call centre)
- www.tameside.gov.uk/healthystart

30 Hours Free Childcare

Eligible families can receive 30 hours of free childcare for 3 and 4 year olds.

- www.childcarechoices.gov.uk
- 0161 342 8355 (call centre)

Free School Meals

Can be claimed by parents or guardians of pupils who are on a low income. All claims are processed by your child's school.

- www.tameside.gov.uk/Education/SchoolData/School-Meals

Did you know?

Tameside smokers spend about £1,945 on smoking each year. Quit smoking and start saving now.

Contact Be Well Tameside for free specialist stop smoking support: Be Well can also provide free health checks, help you get more active, have a healthier diet and lose weight.

- 0161 342 5050
- bewelltameside@tameside.gov.uk
- Self-refer online at www.tameside.gov.uk/bewelltameside

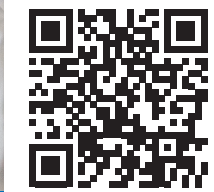
Or quit with the help of the **Greater Manchester Smokefree App** and get six months free at www.smokefreeapp.com

You are up to four times more likely to quit with the help of a specialist stop smoking advisor.



Helping Hand Tameside

Support services in Tameside to help you manage the cost of living



Scan QR code for more information

Find help local to you

Call our Customer Service Team on

0161 342 8355

www.tameside.gov.uk/helpinghand

Accessible formats and translated versions of this leaflet can be printed on request. Please contact communications@tameside.gov.uk

No one should struggle alone, find help local to you.

We can give you a helping hand, directing you to support services who can assist you in taking control of your finances, employment, housing and improving your mental health and wellbeing.

Get in touch:

Find information and service contact information at www.tameside.gov.uk – click on ‘Accessibility Toolbar’ in the top left corner of our website to translate information into different languages.

You can also change font size and colours and have the text read aloud.

Web Chat via our website - available from 8.30am each weekday (exc. Bank holidays) click the blue chat with us button to start a chat.

Contact Customer Services on **0161 342 8355**

Email at customer.services@tameside.gov.uk

Visit your local library during staffed hours.

Tameside libraries can help with locating local food support, paying Council Tax or requesting copies of bills and blue badge applications.

Libraries can also assist with housing benefit document verification and use of a pc to make applications, paying parking charges (card only) and adult Service charges.

At your library you can report Waste Service issues- report missed collection, collect caddy liners and order new bins. You can also report fly-tipping, street lighting issues or request a council service.

Don't forget when you are a member, PCs can be used free of charge.

Library membership is free and available for all ages! Join at any library or online.

Find a library near you:

- **Ashton Library** - Tameside One, Market Place, Ashton OL6 6BH
- **Denton Library** - Town Hall, Market Street, Denton, M34 2AP
- **Droylsden Library** - Guardsman Tony Downes House, Manchester Road, Droylsden, M43 6EP
- **Dukinfield Library** - Concord Way, Dukinfield, SK16 4DB
- **Hattersley Library** - The Hub, Stockport Road, Hattersley, SK14 6NT
- **Hyde Library** - Town Hall, Greenfield Street, Hyde, SK14 1AL
- **Mossley Library** - George Lawton Hall, Stamford Street, Mossley, OL5 0HR
- **Stalybridge Library** - Trinity Street, Stalybridge, SK15 2BN

More information on libraries and staffed hours can be found at www.tameside.gov.uk/libraries



Managing your Money

If you're feeling the pinch and have money worries, there's support for you.

Have you checked if you're eligible for financial help? Check anonymously on www.entitledto.co.uk it only takes 10 minutes.

Tameside Council Debt Advice Service offers free, independent, confidential advice and assistance with debt problems to people with rent or mortgage arrears. They also offer a twice weekly webchat service where advice is available on all debt matters.

Find out more at www.tameside.gov.uk/debtadvice provides the contact information you will need to contact this specialist service.

Call **0161 342 3494** between 9-4 Monday to Friday

Webchat 2pm-4pm on Tuesday and Thursday. The web-chat facility can be accessed by clicking on the pink web-chat box on the web page and selecting 'Debt Advice'.

Tameside Council's Welfare Rights can also advise Tameside residents on range of benefit and tax credit entitlements.

Call **0800 074 9985 (9:30am-12.30pm, Mon & Wed)**

Email welfare@tameside.gov.uk

Citizens Advice Tameside can help you with debt problems and welfare benefits.

Freephone Adviceline **0808 278 7805 (9am-1pm, Mon-Fri)**

Online chat www.tamesidecab.org.uk (9am-5pm, Mon-Fri)

Advice Tameside provides interactive maps to search for places near to you where you can get debt and benefit advice, training and use computer equipment.

Find out more at www.advicetameside.org.uk/map

The Council Tax Support Scheme provides financial assistance to Council Tax Charge payers on a low income whether they rent or own their home, or live rent-free, by reducing the amount of Council Tax they have to pay.

Exchequer Services **0161 342 3708**

(8:30am-5pm Mon, 8:30am-1:30pm Tues-Thurs, 8:30am-4pm Fri)

Pension Top Up

In Tameside, £5.2 million worth of pension credit remains unclaimed. This is a staggering 3,042 households missing out on support. Find out if you're one of them:

Call **0800 319 6789 (9am-4:30pm, Mon-Fri)**

Find out more at www.independentage.org/benefit-calculator

Age UK provide support for any older person who is worried about money and/or who may be entitled to claim benefits.

Call **0800 169 65 65 (8am-7pm, 365 days a year)**



Mental Health and Wellbeing Support

If someone is in immediate risk please contact 999. If you or someone you know is struggling with their mental health please contact:

Pennine Care 24/7 Helpline provides advice and support to patients and carers of all ages, 24 hours a day, 7 days a week.

Call **0800 014 9995** or visit www.penninecare.nhs.uk/help

Minds Matter Tameside and Glossop can help get you the right support with your mental health (Age 16+)

Call **0161 470 6100 (10am-2pm, Mon-Fri)**

Visit www.thebiglifegroup.com/service/mindsmatter/

Tameside, Oldham and Glossop Mind offer early intervention support for all ages including counselling, various training courses, workshops, advice, drop-ins and a dedicated Children and Young People's Service.

Call **0161 330 9223 (9am-4:30pm, Mon-Fri)**

Visit www.togmind.org/content/home

CALM is the Campaign Against Living Miserably, for those who identify as male aged 15 to 35.

Call **0800 58 58 58 (5pm to 12am, 365 days a year)**

Visit www.thecalmzone.net (Webchat available 5pm-12am, 365 days a year)

Health and Wellbeing College offers recovery focused courses, offering self-management education designed to support people (18+) take control of their mental health & wellbeing.

Call **0161 716 2666 (9am-5pm, Mon-Fri)**

Visit hwcollege.penninecare.nhs.uk/our-courses

Greater Manchester Bereavement Service offer support to all those in Greater Manchester who are bereaved or affected by a death.

Call **0161 983 0902 (Mon-Fri, 9am-5pm)**

Visit www.greater-manchester-bereavement-service.org.uk

Be Well Tameside offers a range of health and wellbeing support, advice on a range of day-to-day lifestyle issues.

Call **0161 342 5050** or email bewelltameside@tameside.gov.uk

Visit www.tameside.gov.uk/bewelltameside

My Recovery Tameside help all ages with Drug & Alcohol issues and/or addiction. Call **0161 672 9420** or email Tameside.Referrals@cgl.org.uk

Locals Health and Wellbeing are a Tameside sexual health service.

Call **0161 507 9460 (Mon-Thurs, 8:30am-4pm, Fri, 8:30am-11:30am)**

Visit orangerooms@locals.org.uk

Bridges are a confidential service who help with all levels of domestic abuse.

Bridges 24 hour support: 0800 328 0967

(offering advice support and emergency refuge for all genders)

*If you or someone else are in immediate danger always contact 999.

For more advice on how to take care of your mental health visit www.tameside.gov.uk/publichealth/mentalhealth