

# Winter Warmer 2022

Here is our guide of some resources and support available to residents of Tameside this winter.

We want to help keep you well – reach out to us if you need any further support or information.

## You are not alone

These helpline services provide support if you are struggling with your mental health:

☎ 116 123 (free)

**SAMARITANS**

Talk about anything that is upsetting you, 24 hours a day, 365 days a year.

☎ 0300 304 7000



Specialist support for anyone affected by mental illness, 4-10pm daily.

☎ 0800 689 5652



Supportive listening for anyone with thoughts of suicide, 6pm-3:30am daily.

☎ 0800 58 58 58



Helpline for anyone finding life tough, especially men aged 18-45, 5pm-12am daily.

☎ 'SHOUT' to 85258

**shout** 24/7 support via text, for anyone, about anything

**85258**

here for you 24/7

☎ 0300 330 0630

For LGBT+ people, and run by LGBT+



**Switchboard** LGBT+ helpline

# Get a Helping Hand

Tameside Council have launched a scheme called **Helping Hand**, which brings together advice about all sorts of issues that might be affecting you this winter.

Visit [tameside.gov.uk/helpinghand](http://tameside.gov.uk/helpinghand) to read about financial support, wellbeing, energy efficiency, plus housing & employment. Pop in to Level 1 of the Tameside One centre (OL6 6BH) for more help.

## Warm Welcome Hubs @ Tameside Libraries

Use the computers, relax with a book or charge your phone in their cosy spaces.



# Food banks

The Trussell Trust also run food banks in these areas:



Stalybridge Hattersley  
Ashton Hollingworth  
Dukinfield Hyde  
Millbrook Droylsden

To receive a voucher for a 3 day food parcel, you will need to get referred. Doctors, health visitors, social workers, your key worker and Citizens Advice can refer you.



## HELP THROUGH HARDSHIP HELPLINE 0808 208 2138

They also run a helpline. If you're experiencing hardship, they will work with you to help find a way forward. Runs Mon-Fri, 9am-5pm.

# Financial support



## Energy & Heating

LEAP help people keep warm and reduce bills by providing & fitting energy efficient appliances to anyone in the area who is eligible - for free.

[applyforleap.org.uk](http://applyforleap.org.uk)

citizens advice  
Tameside District

Specialist services in housing, employment and debt. Plus advice on welfare, financial capability, healthcare, immigration and residency, human rights, family and personal issues. Weekly drop-ins in Ashton, Denton, Dukinfield and Hyde ([see website](http://see website)).

0161 342 5005



## Welfare Rights

Advice on a range of benefits and tax credit entitlements. All advice is free, impartial and confidential.

0800 074 9985



## Energy & Heating

Groundwork provide information on energy saving measures, grants or discounts, plus support to make contact with energy providers, and some support to access replacement white goods.

0800 090 3638



## Debt advice

Free, independent, confidential advice and support with debt problems.

0161 342 3494

# Government help with energy bills

From Oct 22 to March 23, every household is entitled to £66 per month discount off your energy bill.

This amount will be automatically deducted from your bill or a refunded to your bank account after direct debit is taken.

**IMPORTANT:** If you have a prepayment meter, you are entitled to discount vouchers but you need to claim these - check your emails or contact your provider about how to do this!

## Additional grants

Cost of Living payments worth £650 may be available to you if you receive low income benefits, Universal credit, tax credits, or some disability benefits. Check the gov.uk website or speak to Citizens Advice to ensure you receive the financial support you're entitled to.

It is also worth contacting your energy supplier if you cannot pay your energy bill, many of them are offering grants to cover customer's bills - often named "Energy Fund" or "Support Fund".

The Trussell Trust provides a really helpful Grants Search website which you can use to check what other support you are eligible for:

 [trusselltrust.org/get-help/grants-search](https://trusselltrust.org/get-help/grants-search)

## Top tips to keep bills down:

- Only heat the rooms your using
- Adjust heating timings so it only comes on when you need
- Fit reflective foil behind radiators
- Shut the curtains to keep heat in (doors, windows)
- Keep radiator free from obstructions (furniture)
- Fit a radiator shelf
- Block out any draughts

# Food pantries

**Dukinfield Food Pantry, SK16 4LE**  
07938 801279

**Tue 9:30am -12:30pm**

£3 a week, bag of shopping worth £15-18. Fresh, frozen & cupboard items available.

**Barty's, SK15 2JR**  
stevenbarton70@hotmail.co.uk

**Wed & Fri 9:15-11:15am, Tue 9am-1pm**

£4 for 12 food items. Slot must be booked, contact email address above to do so

**Tuesday 9am-12pm**  
£3.50 for one bag of food, worth £20/30. Proof of ID & address required on first visit. Bring a bag!

**Fri 9:30am -12:30pm**

£3 a bag, no criteria. Can also deliver for £4.50 a bag, contact to arrange.

**Smallshaw Hurst Action Group, OL6 8EG**  
07523919189

**The Together Centre, SK16 5AU**  
0161 366 1987



**£35 worth of food shopping for only £7.50.**

**AREA + POSTCODE DAY/TIME**

Droylsden - M43 7QS	Mon 2pm
Denton - M34 7PH	Tue 1.30pm
Ashton - OL6 0SA	Wed 1.30pm
Stalybridge - SK15 1EB	Thu 2pm
Hattersley - SK14 3EQ	Fri 1.30pm
Hyde - SK14 1JZ	Fri 2pm

No joining criteria, you just need to be able to get to one of the collections. Contact them to get started.

 **07860063304**

 **hello@breadandbutterthing.org**

 **breadandbutterthing.org/members**

Please confirm all dates/times are still up to date by checking online or when you contact them!

# Get a warm welcome (& food!)

Wednesday  
10:30am-2:30pm

Free tea, coffee, hot chocolate, juice, toast, beans, soup, fruit toast, in a warm comfy space with good company.

The United Church, Union St, Hyde SK14 1ND

Mon & Wed  
11am-12:30pm

Drop in just to pick up a free box of cereal and some milk so you have a tasty breakfast for a few days.

Wednesday  
9:30am-11:30am

Breakfast club: free hot meal & hot drink. Charge your phone & get support with finances/ benefits while your there, if you like.

New Life Church, St James St, Ashton, OL6 6SF

Thursday  
4-6pm

Thursday Feast: free evening meal & hot drink (and more, see Breakfast Club)

Hope Christian Centre, Mottram, SK14 6NF

Thursday  
10am-2pm

A safe place for refugees & asylum seekers to get a hot meal, ESOL, support sessions & activities.

Church of the Nazarene, Ashton OL6 7LJ

Thursday  
9:30am-11:30am

Meet others, work at a table, read, relax and enjoy a drink & chat in a comfy warm space.

# Support for substance misuse

If you or someone you know is struggling with substance misuse, we are here to help.

**BRANCHING  
OUT**



Provided by



**Change  
Grow  
Live**

My Recovery Tameside provide face to face support sessions, groups and workshops, prescribed medication if it's needed and can help you to stop using through a 'detox'. We try to understand what it is that you want and then support you in a variety of different ways to achieve your goals. Our workers are welcoming and are here to support you.

Branching Out is the service supporting young people and their families/carers who are impacted by drugs and alcohol. Both services are completely free and confidential.

If you have any questions about our service and what we offer, get in touch.



Tameside.Referrals@cgl.org.uk



0161 672 9420



[cgl.org.uk/my-recovery-tameside](http://cgl.org.uk/my-recovery-tameside)