

# Get Help in tough times

LET'S  
do it!

## We all want to live our lives without worry and stress

but the current tough times are putting a strain on us all.

That's why people across your area are getting help with the cost of living including help with managing your money.

If you are struggling with the cost of living you may be able to get extra help. You don't need to be on benefits.

There's immediate help for pensioners, those of working age and for families which can help with the cost of food and fuel.

- Extra financial help may be available to help towards your **rent and Council Tax**
- The **Household Support Fund** can provide one-off payments for food, fuel, repairs, school uniforms and clothing and other essential provisions
- **Pension Credit** can provide additional funds to top up retirement income
- We can provide **food and fuel vouchers** as well as emergency food parcels
- A confidential **benefits checker** to make sure you are receiving all the benefits you are entitled to
- For further information on advice and services check out **The Bury Directory**

For immediate financial help from Bury Council  
visit: [bury.gov.uk/hardshiphelp](https://bury.gov.uk/hardshiphelp)



**Bury**  
Council

# Let's help you to manage tough times

## **Further advice and support is available through the Community Hubs:**

Community Hubs are available to support residents and help with essential supplies or for any worries or concerns you may have about money or your general wellbeing.

Contact your local Community Hub by calling 0161 253 5400 or email:

**North Community Hub** - Elton, North Manor, Tottington and Ramsbottom  
[Northcommunityhub@bury.gov.uk](mailto:Northcommunityhub@bury.gov.uk)

**Need help with food?** - Find out about foodbanks/pantries near you at [theburydirectory.co.uk/bury-food\[1\]banks](http://theburydirectory.co.uk/bury-food[1]banks). The Eat Drink Live Well Booklet offers tips on how to eat well and stay hydrated as you get older. [rebrand.ly/eatlivedrinkwell](http://rebrand.ly/eatlivedrinkwell)

**Scam awareness** - If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, contact Action Fraud on 0300 123 2040 or at [actionfraud.police.uk](http://actionfraud.police.uk). Call the police on 101 if you know the suspect or they're still in the area.

**Home Fire Safety Assessment** - The Fire and Rescue Service provide free fire safety assessments including safety advice and equipment depending on risk. See if you are eligible by checking out [safelincs.co.uk/hfsc/](http://safelincs.co.uk/hfsc/)

**Staying Well Team** - Bury Council, Staying Well Team will be able to provide you with advice, support and assistance to enable you to remain healthy, happy and independent for longer. You can also refer yourself to the service by simply ringing 0161 253 5151 or emailing [stayingwellteam@bury.gov.uk](mailto:stayingwellteam@bury.gov.uk)

**Bury and Bolton Citizens Advice Bureau** provide tailored advice to your individual needs with support including debt advice and how to deal with priority payments. Freephone Adviceline: 0808 278 7804 available Monday to Friday between 10am and 4pm and bookable face-to-face appointments available. Video drop-in service available: [cabb.org.uk/video-advice/](http://cabb.org.uk/video-advice/)

For further information on benefits, tax credits and Universal Credit which you may be entitled to, a free online calculator is available at: [entitledto.co.uk](http://entitledto.co.uk)

## **Support is available to help with your mental wellbeing:**

A confidential helpline is available for anyone experiencing difficulties with their mental wellbeing, including those struggling because of financial hardship. The **Getting Help Helpline** is available Monday to Saturday 8am-8pm and offers non-clinical support from experienced call-handlers, call 0161 464 3679. You can also contact trained crisis volunteers, supported by clinical supervisors, 24 hours a day, 7 days a week, by texting **GMBury** to 85258.