






MANCHESTER CARES

Winter Wellbeing



If you're **over 65** we can help you stay **warm, active, healthy and connected** this winter.

Call **Amy** on **0161 207 0800**

...if you would like us to:

-  Deliver a **blanket** or item of **warm clothing** to your door
-  Connect you with **organisations** who could **help you reduce your bills** and offer benefits and insulation advice
-  Arrange a **small grant** for you if you're struggling to keep your home warm or are without a winter coat



-  Invite you to our 15 free social clubs a month and other activities in your area
-  Introduce you to a younger neighbour who could visit once a week for a chat over a brew



MANCHESTER CARES

Throughout the year our **community network** brings together younger and older neighbours across Manchester to share time, skills, friendship and laughter. We'd love it if you joined us!



Try the waltz with John...



Or have a chat with Sharlene.

Call **Amy** to find out more

0161 207 0800

www.manchestercares.org.uk

Email: amy.saunders@manchestercares.org.uk