



Advice to keep you warm and well this winter

- ❄️ Help with energy bills
 - Warm welcome spaces
 - Cost of living support
- ❄️ How catching flu can cost you





Worried about energy bills?

Citizens Advice Manchester is working with Cadent – the company who supply gas to homes in Manchester.

They offer a **free**, confidential service to help you:

- Check if you are able to get financial support
- Manage energy debt
- Save money on energy bills
- Make sure your energy supply is safe
- Get new or better home heating



Phone: 0808 164 4406

Lines open Monday to Friday 9am to 5pm



You may be able to save on bills or use less carbon by:

- Switching to LED light bulbs
- Investing in energy efficient appliances
- Getting a smart meter
- Switching to green energy



Property repairs

If you have no heating or need emergency home repairs and are over 60 and on a low income, contact

Manchester Care and Repair

Phone: 0161 872 5500

www.careandrepair-manchester.org.uk





Manchester's free cost of living advice line

The free Cost of Living Advice Line can help with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support
- Support getting online

Phone: 0800 023 2692

Lines are open Monday to Friday 9am to 4.30pm or

Text: 07860 022 876

www.manchester.gov.uk/helpinghands

Helping Hands



Warm welcome spaces

Manchester has warm welcome spaces to go for a hot drink, a chat and a warm through this winter, these include your local library.

Libraries have free Wifi and data sims available to help you get online.

Find one near you: warmwelcome.uk

manchester.gov.uk/helpinghands

Call 0800 023 2692 or text 07860 022 876



Healthy start scheme

All children need a healthy start in life.

The NHS Healthy Start scheme could help you to buy healthy fruit, vegetables, milk, infant formula milk and vitamins.

Find out if you're eligible:

www.healthystart.nhs.uk



Flu vaccinations

Catching flu can cost you:

- Your time
- Your plans
- Your money
- Your health

And it is not just you. Flu can make people very ill, such as the very young, or old, or pregnant women and people with health problems.

The flu vaccination is safe and works. It is free and easy to have – check now if you should have it: www.manchester.gov.uk/flujob

If you are eligible for a flu jab you may also be able to get a free Covid vaccination.

If you need a flu jab but are not in one of the groups that will be called in and get it for free, you can pay for your jab at a local pharmacy.

