



TRAFFORD BOROUGH – SUPPORT LINKS AND RESOURCES

We understand that these are challenging times. Across Trafford borough there is a network of charities and support groups that work to provide local people with food, clothing and other essentials.

[Trafford Hub Support](#) - Trafford's six community hubs were set up in March 2020 by voluntary organisations working in partnership as part of the borough-wide response to the covid-19 pandemic. You can get general information and advice issues such as

- Food bank voucher issuing
- Food bank parcel collection (emergencies only)
- School uniform help
- Emergency financial assistance
- Budget/debt advice or referral
- Clothing support
- Energy top-ups
- Children's food help during the holidays
- Courses (mums, dads, parenting, wellbeing for children)
- Employment support
- SEN support (play groups, carer support, SEN assessments, parent advice)

[Energy Works](#) - Works across Greater Manchester to help make your home warmer and more energy efficient with free equipment. They can also help a family or individual swap to a cheaper supplier.

[Breathe Space](#) and [Breathing Space Mental Health Crisis Debt Scheme](#) - Breathing Space, supports people to get their finances under control by allowing them a 60 day break from paying interest. Breathing Space is applied for through a debt advisor and can only be granted once in a 12-month period.

If you're being treated for a mental health crisis and are also struggling with debt, then the government's second new initiative, called Breathing Space Mental Health Crisis Debt Scheme, is there to help. You can seek help from this crisis debt scheme yourself, but an approved mental health professional must then confirm you are receiving mental health crisis treatment.

[Trafford Carers Centre and Trafford Young Carers](#) - To provide information, advice and support to all carers, former carers and those working and for Trafford carers. Aiming to improve carers physical, psychological and social lives.



[LMCP Care link](#) - Information and advice on welfare benefits and money management for the South Asian community, over the phone and in person.

[African/Caribbean Care Group](#) - Advice, information and individual support about welfare benefits, housing, energy, food aid, employment, support in a crisis, debt and money, family advice and outreach services.

[Mental Health and Well-being – Children and Young People](#)

[Mental Health and Well-being – For Adults and Other People](#)