

This winter will be hard



But there is help for people in Manchester

- Get protection from Flu and Covid
- Help if you get ill
- Support with money
- Advice
- Ways to keep warm



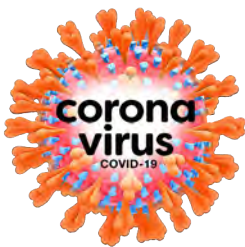


Flu and Covid

**Winter is when many people catch Flu (Influenza)
– and Covid is still about**

**Both of these viruses can make you very ill
– getting them together can be very serious**

**Protect yourself and people around you by
getting vaccinated against both**



Covid

Covid jabs are free and safe.

If you have had Covid, you can catch it again.

If you been vaccinated, the protection it gives wears off.



Get a free booster jab if you are:

- Over 50
- In a high-risk group, such as people with a learning disability
- Pregnant
- Work in health or social care

If you have any questions phone our free Manchester Helpline and speak to us about booking a Covid vaccination even if you have not had one before – because it is never too late to come forward.

Free phone: 0800 840 3858

Monday to Friday, 9 am to 5pm. Translation service is available

Text: 07890 036 892

www.manchester.gov.uk/getmyjab





Flu

These people will be contacted for a free flu vaccination:

- Children aged 2 and 3
- Children at Primary and Secondary school
- People who have health issues that make them 'at risk'
- People over 50 years old
- Pregnant women
- Health and social care staff
- Living in a care home
- People who live with someone with a weak immune system



Your GP, local hospital, or school will contact you.



The flu jab does NOT contain any pork or animal products.

Children are usually given a spray up the nose, this does have pork in it. They can have a jab instead.

www.manchester.gov.uk/getmyjab



How to stay well

- Wash your hands
- Wear a mask if it feels right to do so
- If you feel ill, stay at home

Get help with your health

If you need medical help there are lots of ways you can get help and advice



NHS 111

This is a 24-hour service that can help if you have an urgent medical problem and are not sure what to do.

They can give you medical advice, connect you to a nurse, emergency dentist, pharmacist or GP.

if you need to go to the hospital emergency department, they can give you a time.

Phone: 111

Website: 111.nhs.uk



Emergency 999

If someone is seriously ill or injured and their life is at risk

Phone: 999



Pharmacist or Chemist

They can offer advice and over-the-counter medicines for things like coughs, colds, sore throats and tummy aches.

If you cannot afford the medicine you need, ask if you can get it free under the Minor Ailment Scheme.



GP practices

You should be registered with a Doctor at a local GP surgery. They can treat you, or arrange for you to have tests or see a specialist in a hospital, or get care in your community.



GP Practices may also have nurses or other staff who see you.

Some GPs can give you advice over the phone or by video.



To make an appointment phone, call in, or go on the GP practice's website.



Mental health support

If you or someone you know is having mental health issues, contact the Greater Manchester Mental Health Crisis Helpline.

It is free to phone and is open all the time



**Greater Manchester
Mental Health**
NHS Foundation Trust

0800 953 0285

Help with money

If you have problems with money, paying for bills or food, or need advice about other things, help is here



Cost of Living Advice Line

For support with:

- Benefits and paying your rent
- Advice with debt and bills
- Food support
- Help to get online

Phone: 0800 023 2692

Monday to Friday, 9am to 4:30pm

If you are struggling with money

There are different types of support available

Check if you can claim Discretionary Housing and Council Tax payments

If are having a money crisis, apply for fuel and cash grants.

www.manchester.gov.uk/financialsupport



Benefits advice

Make sure you are getting everything you are entitled to.

Use online benefit checkers to claim extra benefits.

www.gov.uk/benefits-calculators





Paying fuel bills

If you cannot pay your electricity or gas bill, or top up the meter contact your energy supplier as soon as possible.

If you have a pre-payment meter you may be eligible for an emergency fuel grant.

www.manchester.gov.uk/helpinghands



Borrow money from a credit union

Manchester Credit Union offers a online short-term loans of between £100 to £750, over 3 to 9 months.

You can apply online and get a decision straight away.



www.manchestercreditunion.co.uk



Help with food

Your local food bank or community grocer can help.

www.manchester.gov.uk/helpinghands

Free school meals

Free school meals are free for all pupils in Reception, and year 1 and 2. If you get certain benefits your children can get free meals all the way through school.



www.manchester.gov.uk/helpinghands



Other help and advice

There is help available for many different problems



Citizens Advice

Can give free, confidential advice on many subjects.

Phone free: 0808 278 7800

www.citizensadvicemanchester.org.uk



Carers

If you are a carer or look after someone else, get help from Carers Manchester.



Phone: 0161 543 8000

Visit: www.carersmanchester.org.uk

E-mail: contactpoint@carersmanchester.org.uk



Help for older people

The charity Independent Age can help you claim Pension Credits.

Phone: 0800 319 6789

www.independentage.org





Free TV Licence

If you or your partner are claiming Pension Credit you are entitled to a free TV Licence.

Manchester's Free Cost of Living Advice Line can help.

Phone: 0800 023 2692



Somewhere warm to go

Your local library is friendly, warm and free to visit. You can stay as long as you like.



Run out of data

Use the free wi-fi in your local library and pick up a free SIM card.

Find out more:

Text: 07860 064 128

www.letsgetdigitalmanchester.com



Training

Manchester Adult Education Service offers free training.

www.manadulted.org.uk