

Ring us for COVID-19 Support

The COVID -19 has caused many difficulties and challenges for individuals and families. If you need help with:

- Accessing to food
- Help with picking up medications / prescription
- Help with getting essential shopping
- Advice on benefits
- Struggling with low moods / stress / anxiety / feel isolated and lonely / struggling with losing a family member and want to talk to someone
- Want help to stay healthy at home
- Or if you are just unsure of where to get help and support

We can help you!

Please call our multilingual team on **0161 368 3268** Mon to Fri, 10am – 4pm and leave your name and number in English, Bangla, Urdu, Hindi or Punjabi and one of the team will call you back.



We speak English, Bangla, Urdu, Hindi and Punjabi

Helping you get help during the pandemic



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