



**It's ok to ask for help.**

We know it's a difficult time for lots of residents with increases in food prices and energy bills. Organisations across the city are working together in the Spirit of Salford to help support you.

To find the help you need, visit [www.salford.gov.uk/costofliving](http://www.salford.gov.uk/costofliving) or scan this QR code with your mobile phone to go straight to the webpages.



If you'd like to talk to someone face to face, pop into your local gateway centre. These accessible one stop shops for council and community services have free internet and are open late every weekday - Monday to Thursday 8am to 10pm, Friday 8am to 6.30pm and Saturday 9am to 1pm

Eccles Gateway, 28 Barton Road, Eccles M30 0TU  
Pendleton Gateway, 1 Broadwalk, Pendleton M6 5FX  
Swinton Gateway, 100 Chorley Road, Swinton M27 6BP  
Walkden Gateway, 2 Smith Street, Walkden M28 3EZ  
Broughton Hub, 50 Rigby Street, Broughton M7 4BQ  
You can contact our **Spirit of Salford helpline** by calling **0800 952 1000** or completing the online form at [www.salford.gov.uk/spiritofsalford](http://www.salford.gov.uk/spiritofsalford)

Translations and alternative formats available on request.

**If you know the type of help you need contact the service direct using details below. If you're not sure, please use the general contact information overleaf.**

### Emergency help

Salford Assist can help with the cost of essential items and referrals for other support

**[www.salford.gov.uk/salfordassist](http://www.salford.gov.uk/salfordassist) 0800 694 3695**

Mon to Fri 10am-12pm, 2pm-4pm.

### Welfare Rights and Debt Advice

Advice about welfare benefits and support with appeals

**0800 345 7375** Mon to Fri, 10am-12pm; Independent debt advice including court representation for rent or mortgage arrears

**0800 345 7323** Mon and Wed 1pm-4pm,

Fri 9.30am-12.30pm **[www.salford.gov.uk/welfare-contact](http://www.salford.gov.uk/welfare-contact)**

### Salford Citizens Advice

**0808 2787802** Mon to Fri 9am-4pm or **0161 850 5053**

6pm-9pm every day. Help to make a Universal Credit claim

**0800 144 8444** Mon to Fri 8am-6pm. **[salfordcab.org.uk](http://salfordcab.org.uk)**

### Household Support Fund

DWP have provided discretionary funding until March 2023 to support those struggling with the cost of living, especially food and fuel **[www.salford.gov.uk/hsf](http://www.salford.gov.uk/hsf)**  
**0800 011 3998**

### BetterOff Salford

If you're struggling but not sure where to turn, visit **[www.salford.gov.uk/betteroff](http://www.salford.gov.uk/betteroff)** to talk to someone at a coffee and chat or check online to see if you're entitled to benefits.

### Council Tax

See if you're eligible for a discount or reduction from your bill or for help with managing your payment plan.

**[www.salford.gov.uk/backontrack](http://www.salford.gov.uk/backontrack)** or call **0161 793 2500**

### Housing

Salford Housing Options Point is a one stop shop for all aspects of housing advice

**[www.salford.gov.uk/housingoptions](http://www.salford.gov.uk/housingoptions)** or email [housing.advicecentre@salford.gov.uk](mailto:housing.advicecentre@salford.gov.uk)