



Help for Winter

We're here to help if you need some support with food and energy costs, and the chilly weather ahead.

Got money worries? Our Money Advice Team's got your back:

We offer free, confidential, and independent advice on a full range of money matters to anyone living in a Bolton at Home property.

We can help with:

- better managing the money you have,
- working out which debts to pay first,
- getting the right income and benefits,
- accessing affordable credit (Hoot Credit Union),
- managing your bank account, and more.

Could we help? Call **01204 328000** (and ask for our Money Advice Team) or email **moneyadviceteam@boltonathome.org.uk**.

Find your nearest warm space:

Warm spaces are friendly local places where you can expect seating, food/drink, and various social activities like films, arts and crafts, exercise classes and internet/Wi-Fi. Help's also at hand for housing issues, health and wellbeing, money matters, employment, and more.

For details on the ones closest to you, call our Tonge Moor UCAN Centre on **01204 329563** or email **CITEAM@boltonathome.org.uk**.

Digital support from Debbie:



Debbie's our Digital Engagement Officer and can support you to develop digital skills like online shopping, using search engines, sending/receiving emails, accessing health services, and more.

For more information, contact Debbie on **07384 114180** or email **debbie.mercer@startswithyou.org.uk**.



Home energy advice sessions with Tom Kirby:

If you'd like some free tailored support to reduce your energy bills, our Tom's here to help.

He can:

- review your energy tariffs,
- check if there are any grants/trust fund applications you could apply for,
- check whether you're entitled to certain payments,
- share tips to reduce energy costs,
- and provide more tailored support.

To book, call **07782 522498** or email **tom.kirby@startswithyou.org.uk**.

Support with food and essential items:

We run food pantries in four areas of Bolton where you'll be able to shop for food, drink, and other household essentials at low cost with a temporary membership fee.

You'll get a warm welcome, a choice of goods, and one-to-one support for anything troubling you.

For more information, call **Sarah Cunniffe** on **07787 002802** or email **pantries@boltonathome.org.uk**.

Help into work and/or training:

We offer a range of services to help you gain the skills, confidence, and motivation to get into work. We can help with:

- CVs/application forms,
- job searching,
- training/volunteering/work experience opportunities,
- IT support,
- one-to-one guidance,
- interview clothing and prep,
- and more.

Think we could help you? Call Mary Winrow on **07825 193230** or Alex Warburton-Eccles on **07787 341882**.



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