



## We can help families

This is a tough time for families in Oldham, but **we can help**.

Winter can be a hard if you've got less money or have gone through the wringer during the pandemic. Oldham partners are working together to offer all families a little more help. Just go to [www.oldham.gov.uk/WeCanHelp](http://www.oldham.gov.uk/WeCanHelp) for our top 10, or speak to an Oldham professional.

- 1. Mental health** — Taking care of ourselves and our loved ones is really important. [5 steps to mental wellbeing](#) is a good starting point. It helps to talk to family or friends. [Kooth](#) is for 10-25 year olds to confidentially explore feelings with professionals and peers. Or your child can attend a MIND [Take5](#) drop in session. You can also visit your GP, or if in immediate danger call **999** or go to A&E.
- 2. Parenting** — we've paid for every parent, grandparent and carer to access £88 of [parenting courses](#). Claim yours today with the code "**TBC**". Courses cover all ages from bump to 19; get tips to manage challenging behaviour. Also see our [Oldham speech and language](#) online courses.
- 3. Community support** — Oldham has lots of amazing voluntary community and faith groups which provide help and run activities. See the Action Together [Community Activities Directory](#).
- 4. Winter activities** – [Holiday Activities and Food](#) are available over the winter for children of all ages. For younger children download the [50 things to do before you're five](#) app, and young people can check out local [youth groups](#). Oldham's [local offer website](#) also includes a range of support and activities including for children with additional needs.
- 5. Food** — we don't want any Oldham child to go hungry. There is direct help such as [free school meals](#) or local grants, and you can also find your local [foodbank](#).
- 6. Financial help** — if you've lost your job or are struggling with [rent](#), [heating](#), [debt](#) or [benefits](#) we can help.

7. **Domestic abuse** — if you or your family are affected by domestic violence or abuse you can get advice through the Greater Manchester Domestic Abuse Helpline on **0800 254 0909** or **End the Fear** website. You can **ask for ANI** to get help confidentially in any pharmacy. In an emergency, call **999** to contact the Police. If it isn't safe to speak and you have called from a mobile, press **55** when prompted and your call will be transferred to the police.
8. **Problems with drugs or alcohol** — **Turning Point** offer advice and support if you want help about drugs or alcohol. You can call them on **0300 555 0234**. The national charity **Smart Recovery** also provides help and support in recovering from addictive behaviour.
9. **Safeguarding** — if you have a concern about the safety or welfare of a child, young person or vulnerable adult, please contact the Oldham Multi-Agency Safeguarding Hub on **0161 770 7777**. If you believe they are at immediate risk of harm, contact Greater Manchester Police on **999**.
10. **Covid-19** — take a look our **Covid page** for the latest advice or to book a vaccination.