

Help and support with  
**food and medical supplies**  
for anyone living  
in Greater Manchester.



<b>Bolton</b>	<b>01204 337 221</b>	Mon to Fri: 8.30am – 5.30pm, Saturday: 9am – 1.30pm
<b>Bury</b>	<b>0161 253 5353</b>	Monday to Sunday: 9am – 5pm
<b>Manchester</b>	<b>0800 234 6123</b>	Monday to Friday: 9am – 5pm, Saturday: 10am – 2pm
<b>Oldham</b>	<b>0161 770 7007</b>	Monday to Friday: 9am – 5pm
<b>Rochdale</b>	<b>01706 923685</b>	Monday to Friday: 9am – 5pm
<b>Salford</b>	<b>0800 952 1000</b>	Monday to Friday: 8.30am – 6pm Saturday: 9am – 1pm
<b>Stockport</b>	<b>0161 217 6046</b>	Mon to Thu 9am – 5pm Friday 9am – 4.30pm
<b>Tameside</b>	<b>0161 342 8355</b>	Mon to Wed: 8am – 5pm, Thursday: 8am – 4.30pm, Friday: 8.30am – 4pm
<b>Trafford</b>	<b>0300 330 9073</b>	Monday to Friday: 8.30am – 5.30pm
<b>Wigan</b>	<b>01942 489018</b>	Mon to Fri: 9am – 5pm, Sat and Sun: 9am – 12 noon

**Greater Manchester Textphone 07860 022876**

Messages will be responded to by the next working day