






# We are here for you.

## Trafford's Community Response

COVID 19 (Coronavirus) is affecting us all.

Do you need help with anything such as:

-  Food shopping
-  Getting fuel (if you're on a pre-paid meter)
-  Getting essential medication
-  Looking after pets
-  Someone to talk to

Across the borough of Trafford, your community of charities, businesses, community groups and the council have all come together to make sure you have the support you need during this challenging time.

### Get Help – 0300 330 9073

If you live alone, are struggling to make ends meet, are self-isolating or generally in need of advice or support please contact 0300 330 9073 (8.30am to 5.30pm, Monday to Friday).

The advice line is for Stockport, Oldham, Rochdale and Trafford. Please select option 4 for Trafford, then ignore the options for 'goods and services' or 'pensions' - just hold the line and we will signpost you to one of the Trafford Community Response Hubs to access the support you need.

### Give Help: [thrivetrafford.org.uk/covid-volunteer](http://thrivetrafford.org.uk/covid-volunteer)

If you are able to volunteer in your community, or are a local business who can support with anything from supplies to logistics— please visit the Thrive Trafford website: [www.thrivetrafford.org.uk/covid-volunteer](http://www.thrivetrafford.org.uk/covid-volunteer)

(If you are part of a community group who are already offering support to your community – we could help with supplies, training, environmental health and safeguarding support. Please email: [social.investment@traffordhousingtrust.co.uk](mailto:social.investment@traffordhousingtrust.co.uk))








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