

We Can Help



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

We've all faced difficulties, coming out of the Covid pandemic, the rising cost of basic goods and even the ability to heat your home. That's why Oldham partners are working together to offer families a little more help to get them through a tough winter.

We've put together our top 10 tips for families as part of our We Can Help campaign. Simply visit:

www.oldham.gov.uk/We-Can-Help-Families



1. **Mental health** — Our mental health is equally as important as our physical health. We have resources such as [5 steps to mental wellbeing](#), or [Kooth](#) which is a service for 10-25 to talk confidentially with trained professionals and peers, and you can take your child to a [Take5](#) drop-in session run by MIND. You can also visit your GP, or if in immediate danger call [999](#) or go to A&E.



2. **Parenting** — We've pre-paid for every parent, grandparent and carer to access £100 of [parenting courses](#). You can claim yours today with the code "DAISY". Courses cover all ages from bump to 19; get tips to manage challenging behaviour. Also see our Oldham [speech and language](#) resources and GM [10 Tips for Talking](#).



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](#) for more information.



4. **Winter activities** – [Holiday Activities and Food](#) will be available over the winter for children aged 5-16 who are receiving free school meals. 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 [family information service](#) includes support and activities for all children including additional needs.



5. **Food** — We don't want any Oldham child to go hungry. There is direct help such as [free school meals](#), and you can also find your local [foodbank](#). If you're pregnant or have a child under 4, you may be able to access the NHS [Healthy Start](#) food and milk scheme.



6. **Financial help** — If you've lost your job or are struggling with [rent](#), [heating](#), [debt](#) or [benefits](#) we can help. There are people to talk to so you're not alone.



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.