



St Antony's  
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

## Family Support Hubs Newsletter

### Trafford Community Support Hubs

Trafford council have been working in partnership with a network of voluntary sector organisations and mutual aid groups throughout the pandemic. There are now 6 established Community Support Hubs that exist across Trafford that can offer support to you if you do not have support available through family, friends and neighbours. The support hubs can help you with or signpost you to help with:

- Access to food and fuel
- General Wellbeing and helping you to feel socially connected
- Covid Advice and Guidance
- Advice on how to become digitally connected

To access the Community Support Hubs, you can also go through the Community Response Line 0300 330 9073 that is managed by Citizen's Advice Trafford. They can also offer information and advice on a whole range of matters such as employment, benefits, housing, relationships and so on. You will be asked some questions that will help direct you to the nearest hub, or the most appropriate support relating to your needs.

Here is some general information on supermarket options and other support services across Trafford:

### Food and Shopping

If you are struggling to do this online, Morrisons offer a telephone ordering service to order essential food items for customers who live within 10 miles of a Morrisons store. To order, call 0345 611 6111 and select option 5. Sainsburys also offer a telephone ordering service. To order call 0800 917 8557. If you need help to find a slot or to register with Tesco you can call 0800 917 7359.

### Community Response Line

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 (8:50am to 5:30 pm, Monday to Friday). They can put you in touch with food banks and other crisis support.

Bradfield Road, Urmston, Manchester M41 9PD

Tel: 0161 911 8001 Email: [stantonys.admin@trafford.gov.uk](mailto:stantonys.admin@trafford.gov.uk) Website: [st-antonys.com](http://st-antonys.com)

Headteacher: Mrs F Wright



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## Wellbeing

We know that things are incredibly difficult at the moment and feeling anxious or down is normal. Please do not feel you have to deal with this alone, there is lots of support available.

- Bluesci- Wellbeing Support Line 0161 912 2177 between 10:00-14:00
- Bluesci- Wellbeing support over the phone to our Urdu speaking community 07547 548 101 (Tuesday between 10 am to 4 pm. Please ring or text)
- Samaritans - If people are feeling stressed/anxious 116 123 (free 2-hour helpline)
- Mind- Self-help support to cope with anxiety and stress 0300 123 3393
- No Panic- Anxiety support/self-help relaxation techniques 0844967 4848

## Safeguarding

If you have concerns about an adult in Trafford, aged 18 or over, and you are worried that they are being harmed or are at risk of harm, please ring 0161 912 5135. If you are worried about a child, please call 0161 912 5121. The out of hours number for all ages is 0161 912 2020.

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Support for people with communication or speech difficulties to access Community Hubs:

Greater Manchester Community Hubs SMS number 07860022876. Text messages will be responded to by the next working day.

