



SAVE MONEY & GET READY FOR WINTER

The current Cost of Living crisis means times are difficult – and getting more challenging for everyone. Trafford Council has teamed up with partners to offer help to those individuals and families who need it most.

We've organised a number of events and offered some top tips on how you can save cash.

DATE	LOCATION	THEME	ORGANISATION
Monday 17th October	Sale West Youth and Community Centre M33 4QW 12:00 - 16:00	Employment Money Support Health	Trafford Housing Trust Greater Manchester Poverty Action NHS Greater Manchester Mile Shy Club Trafford Council
	St John's Centre M16 7GX 12:00 - 14:30		The Bread and Butter Thing
	Sale West Youth and Community Centre M33 4QW 10:00 - 15:00	Money Management	Groundwork
Tuesday 18th October	Stretford Public Hall M32 0LG 12.00 - 16.00	Get Ready for Winter	Trafford Housing Trust Energy Works Citizens Advice Age UK Greater Poverty Action Trafford Council
	Altrincham Community Hub WA14 2SZ 13:30 - 15:30	Wellbeing/Food Support	The Counselling and Family Centre
	Sale West Youth and Community Centre M33 4QW 10:00 - 15:00	Money Management	Groundwork
Wednesday 19th October	Limelight Hub M16 9NW 12:00 - 16:00	Energy Advice	Trafford Housing Trust Trafford Council
	Partington Community Hub (The Hope Centre) M31 4LT 10:00 - 16:00	Energy Advice	Your Housing Group
	Trafford College Altrincham Reception Area WA14 5PQ 13:00 - 15:00	Financial Advice	Trafford College
Thursday 20th October	The Toy House, Flixton M41 6DU 12:00 - 16:00	Money Support	Trafford Housing Trust The Bread and Butter Thing



TRAFFORD
COLLEGE



Money Saving Tips

Reduce Gas/Electricity Costs:

- Use the microwave instead of the cooker (it uses 60-80% less energy).
- Try to batch cook, use a slow cooker.
- Reduce the number of washes per week, only wash a full load, and keep the temperature down.
- Always dry clothes outside if possible. Avoid using a tumble dryer – it is one of the least energy efficient appliances – and use a clothes airer if you can.
- Unplug appliances by switch and do not leave them on standby.
- Only boil the kettle for the amount you need, and boil water for the day and keep in a flask.

Heat The Person, Not The House:

- Use blankets, add extra layers and stay active to keep warm.
- Check for draughts and use a draught excluder, as well as a letterbox cover.

Save costs on food and other items :

- Swap branded food and medicines to supermarket or unbranded varieties.
- There are a number of holiday activities available for children during the school holidays.
- Pop in and visit or contact your local community hubs or food banks for help. For more helpful information go to traffordhubs.org.
- The red box project in Trafford supports young people to obtain free period products.
www.redboxproject.org/about/

Check Your Benefits Entitlement:

- Does your child qualify for free school meals?
- Healthy start vouchers - Are you pregnant or have a child under 4? You can receive up to £8.50 a week depending on the age of your child.
www.gov.uk/healthy-start

Staying healthy on a budget

- Visit www.nhs.uk for advice on keeping healthy and to find out if you are entitled to free medicines.

Money Saving Sites:

- Visit the Martin Lewis Household Hacks website.
www.moneysavingexpert.com

Save Cash On Petrol:

- Consider walking and cycling short distances.
- Use public transport if you can.

Make use of your local library:

- Use free Wi-Fi computers and borrow books instead of buying them.

Safer Sleep in Winter :

- Keep your baby safe when the weather gets cold.
www.lullabytrust.org.uk/safer-sleep-advice/safer-sleep-winter/