

Other helpful contacts

Here are a list of helpful contact numbers and websites. Christmas can be a difficult time for many of us and it may be even harder this year, due to coronavirus restrictions.

If you do not have access to the internet, ask a friend, family member, or a neighbour to print documents for you.

Please call the main Trafford helpline on 0808 2787 803 for support.

You can also call us at Stretford Public Hall on 0161 989 1689 and we can help you access the information you need.

NHS 111

If you have any concerns about your health.

Age UK 0800 169 6565

Call for local Age UK contacts. Provides help and information for people in later life.

Independent Age 0800 319 6789

Advice and support for older people including information brochures on a range of topics.

Silverline 0800 470 8090

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. It is open 24 hours a day, every day of the year.

Citizens Advice Trafford 0808 2787803

Free, independent confidential advice by telephone. **Samaritans 116 123**

Whatever you are going through, someone will help you. Open 24 hours a day, 365 days a year.

Refuge 0808 2000 247

National Domestic Abuse Helpline. **Carers**

UK 020 7378 4999

Advice and support for carers.

Dementia & Memory Loss Advice

0161 746 3944

Advice and support for those with dementia, run by Age UK Trafford **Carers UK 020 7378 4999**

Advice and support for carers.

Greater Manchester Bereavement Service 0161 983 0902

Offers support to anyone suffering a bereavement. **Greater Manchester Victim Support 0161 200 1950**

For support with any crime including domestic abuse. **LGBT Foundation 0345 330 3030**

A national charity delivering advice, support and information services to LGBT communities.

Age UK Trafford 0161 788 7300

Information and resources on nutrition and hydration.

You Can GM 0300 123 1044

Greater Manchester support to stop smoking.

Trafford Veterans 07947 865500

Support and advice for Veterans and their families in Trafford.

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