**FINANCES**

You may feel you wont be able to cope or not be able to afford to live on your own or you may have not had control of your own finances. There is help available, this could be in the form of benefits, grants, help with rent etc. Speak with your local Citizens Advice Bureau or use a benefit checker to see how you could be supported.

**Finances;**

[Salford Assist • Salford City Council](https://www.salford.gov.uk/salfordassist) – Short term support to people in crisis

[Fighting UK Poverty - Turn2us](https://www.turn2us.org.uk/) – Practical help to people struggling financially

[Citizens Advice Salford (salfordcab.org.uk)](https://salfordcab.org.uk/) – Further help and support

[Get help with the cost of living - Citizens Advice](https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/) – help with energy costs/bills/food/clothes etc

[Turn2us Benefits Calculator](https://benefits-calculator-2.turn2us.org.uk/) – Calculate any benefit entitlement / apply for grants

[Spirit of Salford Helpline • Salford City Council](https://www.salford.gov.uk/spiritofsalford) - Cost of living help

[Household Support Fund•Salford City Council](https://www.salford.gov.uk/hsf) -  support with food, fuel, energy, Oct 24 to Mar 25

[What is a notice of disassociation? - Your Debt Expert](https://www.yourdebtexpert.com/latest-tips/what-is-a-notice-of-disassociation/) - removing yourself from joint finances

**Cheap/free services for services and goods/support banks**

**Get box support**

[Get Box Support — Jangala](https://www.janga.la/get-box-support) - free wifi available through Safe in Salford (25gb per month)

**Broadband and Data**

[Broadband for people on benefits and Universal Credit (broadbandgenie.co.uk)](https://www.broadbandgenie.co.uk/broadband/help/broadband-on-benefits) – cheap broadband

[Social tariffs: Cheaper broadband and phone packages - Ofcom](https://www.ofcom.org.uk/phones-and-broadband/saving-money/social-tariffs/#:~:text=Social%20tariffs%20are%20cheaper%20broadband%20and%20phone%20packages,as%20normal%20packages%2C%20just%20at%20a%20lower%20price.)

[How much mobile data do you need? Data allowance, explained - Uswitch](https://www.uswitch.com/mobiles/guides/internet-data-allowances/?msockid=39be9dde291869f604898c3c287b6828)

[A Detailed Guide to Ring Camera Bandwidth Usage](https://justsmarter.net/ring-camera-bandwidth-usage-guide/#:~:text=Here%E2%80%99s%20a%20brief%20breakdown%20of%20how%20much%20data,on%20the%20camera%E2%80%99s%20usage%20and%20motion%20detection%20frequency.) – how much data your video doorbell may use

[What Is The National Databank | Free Mobile Data For Digital Inclusion | Good Things Foundation](https://www.goodthingsfoundation.org/our-services/national-databank.html) – free phone data

**Fuel and cost of living help**

[Home | Fuel Bank Foundation](https://www.fuelbankfoundation.org/) - emergency financial support to households identified as being in fuel crisis

[Cost of living support: Overview - GOV.UK (www.gov.uk)](https://www.gov.uk/cost-of-living) - Find out what support is available to help with the cost of living.

[Portal homepage - Vicar's Relief Fund](https://smitf.flexigrant.com/) - Male and single females funding up to £350

[Apply for a Grant - Buttle UK](https://buttleuk.org/apply-for-a-grant/)

**Free items/clothes**

<https://apps.apple.com/gb/app/olio/id1008237086> - free stuff from neighbours including food supplied by supermarkets

[HOME - Wood Street Mission](https://www.woodstreetmission.org.uk/) – Family Basics/books/toys/clothes

[Freecycle: About Freecycle](https://www.freecycle.org/pages/about) - free or cheap household items

[FAQs - Salford Baby Bank](https://salfordbabybank.co.uk/faqs/) - in partnership with local Salford community groups to provide collection points for equipment and supplies that new parents need after the birth of a child.

[Home - Mustard Tree](https://mustardtree.org.uk/) - Food, furniture and clothing, Education, training & work placements, 121 support, advice and advocacy, Creative clubs and classes

**Food**

[The Trussell Trust - Stop UK Hunger](https://www.trusselltrust.org/) – Food Bank

[Feed My City](https://feedmycity.org/) - free food parcels

[Message Community Grocery](https://communitygrocery.org.uk/) - sign up for £5 to become an annual member of the Community Grocery, giving you access to multiple food shops each week

[Humans MCR - We meet food needs across Greater Manchester](https://humansmcr.org/)

**Various – removal costs and holidays**

[The River Manchester](https://therivermanchester.org.uk/) - cheap removal costs and supplies

[Advice for Families | Family Holiday Charity](https://familyholidaycharity.org.uk/holidays/advice-families)

**Debt Advice**

[Debt advice | Free debt advice | National Debtline | National Debtline](https://www.nationaldebtline.org/)

[Welfare Rights and Debt Advice Service • Salford City Council](https://www.salford.gov.uk/advice-and-support/welfare-rights-and-debt-advice-service/)

[StepChange Debt Charity - Free Expert Debt Advice.](https://www.stepchange.org/)

[Benefits Calculator - entitledto - independent | accurate | reliable](https://www.entitledto.co.uk/)

[Options if you cannot afford a deposit or rent in advance - Shelter England](https://england.shelter.org.uk/housing_advice/private_renting/rent_deposit_bond_and_guarantee_schemes)

[Discretionary housing payments • Salford City Council](https://www.salford.gov.uk/benefits/discretionary-housing-payments/)

[Renting from a private landlord • Salford City Council](https://www.salford.gov.uk/housing/find-a-home-including-social-housing/renting-a-home/renting-from-a-private-landlord/)  and Salford rental bond scheme