

Cost of Living Toolkit

We know that this is a challenging time for many people, but help is available. Whether you're facing challenges with debt, finding work, heating your home, or putting food on the table, there are people and resources to support you. This toolkit doesn't cover everything but will help you get started.

For more detailed information and additional support, visit our Cost of Living webpage at rochdale.gov.uk/cost-living. You can also speak directly with someone by calling our Cost of Living Helpline at [01706 923685](tel:01706923685).

*Further details regarding all the services listed here and other key services can be found on page 2 & 3 of this document

What is your priority now?



I want help with getting started

Start with **1**



I need support with food

Start with **1** or **2**



I need help with energy costs or keeping warm

Start with **3**



I need assistance with benefits or managing debt

Start with **4** **5** or **6**



I want to improve my skills or find work

Start with **7** or **8**



I'm looking for support from others who have had similar experiences

Start with **6**



I want to feel less stressed and worried

Start with **9**

Who can help?

1 Cost of Living Helpline

Our Cost of Living Helpline can assist you with feeding your family, heating your home, managing debt, finding employment, accessing local services and activities, and much more.

 www.rochdale.gov.uk/health-wellbeing/social-prescribing

 01706 923 685


2 Food Banks, Food Clubs, and Pantries


There are many food banks, food clubs, and food pantries to help with essential supplies.

 www.ourrochdale.org.uk/kb5/rochdale/directory/advice.page?id=oilvDziJqE

3 Warm Homes Scheme

Groundwork offers a free service to help with energy bills, heating system repairs, energy efficiency installations, energy-saving advice, white goods provision, and more.


 www.groundwork.org.uk/greatermanchester/gm-about/gm-our-programmes/warm-homes-rochdale/

 0800 090 3638

4 Citizens Advice

Citizens Advice is a charity providing free, impartial, and confidential advice on benefits, debt, money management, employment, consumer rights, legal issues, energy, and immigration. Face-to-face drop-ins and appointments are available across the borough.

 www.citizensadvicegm.org.uk/citizensadvicesort

 0808 278 7803

 Universal Credit Support: 0800 144 4 444

5 Customer Services Team

Our Customer Services Team provides face-to-face support to residents for accessing money, benefits, food banks, welfare advice, debt support, housing, and homelessness services.

 bit.ly/4isGOqS


 customer.services@rochdale.gov.uk

 01706 924403

6 Living Well's Community Champions

Community Champions are volunteers offering one-to-one support to overcome barriers to a healthier life, such as finding work, accessing benefits, budgeting, managing mental health issues, help to stop smoking and more. They bring a range of skills from their training, professions, or lived experiences.

 www.livingwellrochdale.com/community-champions

 01706 392210

7 Rochdale's Work and Skills Team

Whether you need help finding job opportunities, writing a CV, or preparing for an interview, our staff can guide you. We hold drop-in sessions across the borough every week, offering friendly chats to explore your career options.

 www.rochdale.gov.uk/jobs/job-support-training


 JobsAndSkills@rochdale.gov.uk

8 Action Together

Action Together supports individuals looking to volunteer in Rochdale.

 www.actiontogether.org.uk/rochdale

 volunteering@actiontogether.org.uk

 0161 339 2345

9 Rochdale Mind

Rochdale Mind ensures that no one faces mental health issues alone, offering non-emergency support groups, an information line, counselling services, and more, free from stigma and discrimination.

 www.rochdalemind.org.uk

 01706 752338

 info@rochdalemind.org.uk


Other support

Support with Digital

You can borrow a laptop, Chromebook, or tablet from your local library to use at home through our Digitech Library. This works similarly to borrowing a library book. You can also access free SIM cards and data.

 www.rochdale.gov.uk/libraries/digitech-digital-tech-library

 DTL@rochdale.gov.uk


 01706 926653

Adult Care

If you are a Rochdale Borough resident aged 18 or over and have care and support needs or find it difficult to look after yourself, the council may be able to provide assistance.

 bit.ly/4i9cNvI

 adult.care@rochdale.gov.uk

 0300 303 8886


Domestic Abuse

Support is available for families, children, and individuals experiencing domestic abuse, including early help for children, safe places to stay, and confidential victim support.

If you are in immediate danger, call 999.

 www.rochdale.gov.uk/domestic-violence-abuse/get-help-domestic-abuse

 rochdale@victimsupport.org.uk

 0161 507 9609

HMR Circle

HMR Circle is a membership-based service for people over 50. They offer a range of social events, including meals, day trips, and more. They provide a befriending service and volunteers to assist with gardening, household tasks, and technology.

 www.hmrcircle.org.uk

 0800 112 3440

Homelessness

Rochdale Council's homelessness team provides advice and support for individuals who are homeless or at risk of homelessness.

 www.rochdale.gov.uk/housing/support-people-risk-homelessness


 homelessness@rochdale.gov.uk

 0300 303 8548

Drug and Alcohol – Turning Point

The adult substance misuse treatment and support service for Rochdale Borough residents

 www.turning-point.co.uk/services/rochdale-oldham

 0300 555 0234

Carers Hub

The Carers' Hub Rochdale offers a single point of access for all young and adult carers in the borough, providing information, advice, and support services.

 www.rochdale.gov.uk/adult-social-care/carers-hub

 enquiries@rochdalecarers.co.uk

 0345 0138 208

Gambling

If you think gambling might be harming you or someone you care about, Chapter One can help.

 www.chapter-one.org

 hello@chapter-one.org

Illegal Money Lending

If a loan shark is victimising you or someone you know, contact the Stop Loan Sharks team for help and support.

 www.stoploansharks.co.uk

 reportaloanshark@stoploansharks.gov.uk

 0300 555 2222

