



**THE HARMONY TRUST**

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Newsletter  
Date December  
2022

## THE HARMONY TRUST FAMILY SUPPORT TEAM OLDHAM

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**Family time is so important and we truly hope that you enjoy a fun and relaxing winter break.**

**We know for many families that this time of year can be difficult for many reasons.**

**This newsletter includes various key support services in Oldham that you can contact should you need to.**

**We look forward to seeing you on Tuesday 3rd January 2023, please contact your child's academy if you require any family support. Your academy may have its own food and clothes banks.**



**Family  
support**

### SPECIAL POINTS OF INTEREST

- HAF Holiday activities and Food
- Warm Food Hub
- Key Support services
- Emergency numbers



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## Holiday Activities and Food

**Between 17 December and 6 January, we are working with over 30 local providers to host some amazing activities for children and young people to enjoy.**

**These activities include everything from sports camps, family cooking and craft sessions to Christmas-themed theatre shows, with every activity providing a healthy meal too.**

**The Department for Education sets the eligibility criteria for the Holiday Activities and Food programme.**

**Children aged 5 to 16, who receive benefits-related free school meals in Oldham, can book these sessions for free.**

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<https://www.oldham.gov.uk/HAF>

## MAHDLO

**Open 7 days a week with activities for young people aged 8 to 19, or up to 25 with a disability. Our junior zone is for those aged 8 to 12, and senior zone for 13 and upward. Sunday's Family Zone is open to all Mahdlo members and their families.**

**Every session is 50p per young person (or 50p per person for Family Zone), in addition to a £5 annual membership.**

**You don't need to book to attend any of these sessions, simply turn up!**

**Holiday ZONE also available contact 0161 624 0111 check out their website <https://www.mahdloyz.org/>**



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**UKEFF**— <https://www.ukeff.org/help/>

**Address:** 72 Yorkshire St, Oldham OL1 1SR

**Phone:** 0161 660 6818

- Culturally appropriate food parcels
- Benefits advice and assistance
- Crisis financial support
- Women's support services

Our Christmas opening times are:

DATE	TIME	LOCATION
Monday 19th December to Friday 23 <sup>rd</sup> December	9.15am - 2.30pm	UKeff Shop & Offices 72 Yorkshire St
Sunday 25 <sup>th</sup> December (Christmas Day)	11am - 3pm	Oldham Chapel, Connaught St
Monday 26 <sup>th</sup> December & Tuesday 27th December	CLOSED	-----
Wednesday 28th December to Friday 30th December	9.15am - 2.30pm	UKeff Shop & Offices 72 Yorkshire St
Tuesday 3 <sup>rd</sup> January 2023	9.15am - 2.30pm	UKeff Shop & Offices 72 Yorkshire St



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## **MONEY WORRIES**

**We are aware that many families are currently experiencing difficulties due to the cost-of-living issues affecting the country at the moment.**

**We have provided some links below to online resources that may enable parents/carers to access some help and support.**

- **We Can Help:** If you're worried about your wellbeing, are struggling financially, or need food over Christmas, our helpline is available on the following days:

Friday 23 December, 9am–4pm

Wednesday 28 December to Friday 30 December, 9am–4pm

It opens as usual on Tuesday 3 January

You can ring the helpline on 0161 770 7007.

[www.oldham.gov.uk/wecanhelp](http://www.oldham.gov.uk/wecanhelp)

- **Warm Homes Oldham** on:  
Freephone: 0800 019 1084  
E-mail: [warmhomes@oldham.gov.uk](mailto:warmhomes@oldham.gov.uk)  
0161 770 4798 before letting them in.

[https://www.oldham.gov.uk/info/201222/help\\_in\\_a\\_crisis/2898/warm\\_banks](https://www.oldham.gov.uk/info/201222/help_in_a_crisis/2898/warm_banks)

- **Free School Meals (FSM) eligibility checker:** [www.oldham.gov.uk/freeschoolmeals](http://www.oldham.gov.uk/freeschoolmeals)
- **Children and family benefits:** [www.oldham.gov.uk/info/200230/early\\_years/194/children\\_and\\_family\\_benefits](http://www.oldham.gov.uk/info/200230/early_years/194/children_and_family_benefits)
- **Help paying for childcare eligibility checker:** [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)
- **Get Oldham Working:** <https://www.oldham.gov.uk/gow>



'ASDA "Kids eat for £1' deal across the UK, and are also offering 'OAP winter warmer' meal deals for just £1 as they look to help people struggling with the cost of living crisis.

All under 16s qualify for the scheme, with no minimum adult spend required.

## The Bread and Butter Thing

We provide weekly groceries at a fraction of the high street prices through our membership scheme. We will try and always give you something for your cupboards and fridge and we are slowly building our supply. We take what is available and make up food bags for our members. A typical order is Three Shopping bags, one with fridge goods, one with cupboard goods, and one full of fruit and veg.

Step 1: Send us a text to 07860 063256 with your full name and Postcode and the name of your Hub (OL1) and we will get in touch.

Step 2: Select the size of your order you would like. A typical family order would be £7 and an individual would be £3.50. An extra large family would be £14.

Step 3: We'll send you a text every Tuesday to see if you want an order. All you have to do is reply 'YES' to the text by 12:00pm on Wednesday and we'll deliver your order to Barker Street Community Centre that Thursday at 1.30pm. Step4: Collect your goods from Barker Street Community Centre, (off Eden Street) Oldham, OL1 2XA.

Drop us a line to try it out, there is no commitment, if you want an order just reply to the weekly text. As this is a new thing, your first order will be free of charge, so try us out at no cost to you!

Contact for further details:

Contact phone number: 07860063256

Day: Thursday

Time: Collection Time is at 1.30pm.

Frequency: Weekly

Cost: £5 - £10, £10 - £15



- Emergency Numbers



<b>Emergency Services</b>	Dial 999	<b>Concerns for your own safety or safety of someone else and believe you or they are at immediate risk of danger contact the police</b>
<b>Oldham Social Services</b>	<b>Tel: 0161 770 7777</b>	<b>Out of hours telephone 0161 770 6936</b>
<b>Samaritans</b>	<b>Tel: 116 123</b>	
<b>NSPCC</b>	<b>Tel: 0808 800 5000</b>	
<b>Royal Oldham Hospital</b>	<b>Tel: 0161 620420</b>	
<b>7-day GP access:</b>	<b>Tel: 0161 934 2827 or 111</b>	
<b>Dental Emergency Service:</b>	<b>Tel: 0333 332 3800</b>	
<b>Citizens Advice Oldham :</b>	T: 0808 278 7803	Free confidential advice on welfare benefits, financial capability, family, personal issues, housing and employment.
Oldham foodbank	T: 0161 770 7007 www.oldham.foodbank.org.uk	If you're not sure how you're going to feed yourself or your family, Oldham Foodbank can help. To be referred, contact our Helpline:
<b>UKEFF:</b>	<b>Tel: 0161 660 6818</b>	<b>Food parcels, advice and support on social isolation, benefits, food poverty, utility bills and mental health for people who are vulnerable and in need.</b>
<b>Housing options Oldham Council</b>	0161 770 4605 (Mon to Friday 8.40-5.00) housing.options@oldham.gov.uk  <a href="https://www.oldham.gov.uk/info/100007/housing/1821/apply-for-social-housing">https://www.oldham.gov.uk/info/100007/housing/1821/apply-for-social-housing</a>	Housing advice, homelessness service, apply for social housing, Tenancy Relations Service, CAP (Central Access Point) for supported housing
<b>Homelessness:</b>	<b>Tel: 0161 770 4605</b>  <b>Out of hours: 0800 988 7061</b>	<b>Any homeless assessments will be completed over the phone by a homeless officer on the same day.</b>
<b>Local Welfare Provision</b>	T: 0161 770 5468	If you have a home and need help to meet short term emergency needs, such as money for food, energy bills or housing costs, We Can Help by reviewing whether you're eligible for the Local Welfare Provision.

Greater Manchester Immigration Aid Unit	<a href="https://gmiau.org">Greater Manchester Immigration Aid Unit (gmiau.org)</a> 0161 7407722	GMIAU can help with applications to have the “no recourse to public funds” restriction lifted and also help people with asylum support applications
<b>Oldham Baptist Church Food support</b>	70-76 Brunswick St, Oldham OL1 1BT <b>Phone:</b> 0161 624 1214	Drop in for collection only food bank for asylum seeking and no recourse to public funds families/individuals. It is held on Thursdays 12pm-2pm.
Turning Point	0300 555 0234 wellbeing.turningpoint.co.uk	The adult substance misuse treatment and support service for Oldham
Early Intervention and Prevention Service	<a href="https://www.positive-steps.org.uk/">https://www.positive-steps.org.uk/</a>  If you are a family with children under 18 (with you please contact MASH at Oldham council on 0161 770 7777 or for professional they can complete the online form	The Early Intervention and Prevention service for Oldham residents provides support for whole families as well as individual adults and adult-only household around a wide range of issues including housing, finances, mental health, physical health, parenting, looking for work.