Miles Platting Spotlegic Spotlegic Uniter 2023 - Issue 65

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LOVELL

 Pat's Gardening Corner

Christmas Cracker Find out more on page 3

This document is available in other languages, larger text, braille and on audio cd



Facebook: Jigsaw in Miles Platting

Jigsaw



MANCHESTER

Welcome

If you are new to the area – welcome! This is your quarterly Winter Newsletter.

I'm your Neighbourhood Engagement Officer, Gemma. I'm working with residents on local projects events. If you have any questions or ideas for a project – I would be happy to hear from you.

Contact us..

If you'd like to get in touch about anything related to Spotlight contact: Gemma Bennett by email at gemma.bennett@jigsawhomes.org.uk

LETS GET SOCIAL

Why not like our Facebook page for regular updates of community news:



We post all of our upcoming projects and events here so keep your eye out!

Jigsaw Rewards

JOIN JIGSAW REWARDS TODAY

 $\star \star \star$

Jigsaw Rewards is an exciting opportunity for Jigsaw Group residents to give us feedback on our services, and our plans for the future. Once signed up, residents receive points whenever they take part, which can be exchanged for gift vouchers or rent credits on their account.

Since the beginning of April 2022 we have done 41 consultations and surveys and from our residents feedback we have made some changes to the way we do things!

We would like more residents from the Miles Platting area to register onto Rewards so we have a good representation from our Manchester area.

To take part all you need to do is register on our website at: rewards.jigsawhomes.org.uk – if you have any difficulties registering please email jigsawrewards@jigsawhomes.org.uk

Local News

Be Aware

There are reports of someone claiming to remove your rubbish for a fee but they are fly tipping it elsewhere in the neighbourhood. Please let your neighbours and anyone vulnerable know so that they are not taken



advantage of. This is costly and causes fly tipping in your neighbourhood. Please use trusted methods for rubbish removal such as the council's bulky items collection service.

Bulky Rubbish

You can have 3 items per year removed FREE by Manchester City Council. You can book a pick-up online at Manchester.gov.uk or by ringing 0161 2345 004 (if you wait through the recorded message it does go through to the department).

You can take bulky rubbish to the **tip in Newton Heath**. The address is **Reliance Street Recycling Centre, Reliance Street, Newton Heath, M40 3EZ**.

Garden Waste

You can use a green waste bin to get rid of garden waste and food waste. If you do not have a green bin you can request a free bin using the website or telephone number above. You can also request a small green bin and biodegradable bags for kitchen food waste.

Overflowing Bins

You can reduce the amount of rubbish by recycling efficiently. If you crush cans and plastic bottles they take up less room. If you find you are filling the recycling bins you can have extra or bigger blue, brown and green bins. You can use the website or phone to request these bins. These bins are free but you have to pay for new grey bins.

If you place the wrong items in the bins they may not get collected. Ensure you do not put plastic bags, plastic food trays, plastic cling film or toys in any of the recycling bins. These should all go in the grey bin.

Paper and cardboard only in the blue bin.

Cans, plastic bottles and glass bottles and jars in the brown bin.

If you are a household of 6 or more people you can ask for a family size grey bin.



Walking With The Wounded

Boot up this December and take on Walking Home For Christmas

This December, Armed Forces charity, Walking With The Wounded, invites people of all ages, from across the country and beyond to unite and sign-up to Walking Home For Christmas to support struggling veterans and their families

Getting involved is as simple as a few steps. Sign up at **www.walkinghomeforchristmas.com** and you will have your own online fundraising page created for you. Additionally, when you raise £5.00, you will be sent a branded Walking Home For Christmas Santa hat and a comprehensive fundraising pack. Then plan your walk, whether you choose to walk home from work, walk home from school, or somewhere important to you. It is a challenge to be embraced, whatever the weather. And, you have the flexibility to take on your walk anytime between the 9th to 20th December.

Walking Home For Christmas presents an opportunity to tackle a memorable adventure this December whilst supporting the cause and those who served.

Sign up or find out more today: www.walkinghomeforchristmas.com or email events.team@wwtw.org.uk

What's ON?

Our Christmas Cracker event is back for 2023!

CHRISTMAS CRACKER

Jigsaw Homes will be hosting their annual **'Christmas Cracker'** event on Tuesday 12th December at the community library. Father Christmas will be visiting to speak to children and give gifts, there will be refreshments and activities. All children must be accompanied by a parent or guardian.

> **Where** – Miles Platting Community Library, Lower Vickers Street, Miles Platting, M40 7LJ

> > When – Tuesday 12th December

Time – 3.30pm to 5.30pm

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Round up of 2023!

Jigsaw Homes' neighbourhood engagement officer, Gemma, worked with partners to deliver activities and projects throughout the year. Here's some highlights!

February

Half term fun with cycling activities, creepy crawlies and pancake decorating!









March - May

Community art project with local artist, Len Grant. A large piece of artwork has been produced with the involvement of local residents and community groups and will be displayed at Ancoats Heath Centre.

Round up of 2023!

July - August

We worked with MCR Active to bring in professional sports coaches to host summer holiday sports sessions. Local children enjoyed rugby, football and multi sports.











October

Half term consisted of Halloween crafts, face painting, bike repair workshop and pumpkin painting!

November

The start of our 'Sip & Sew' project – Social sewing classes with a professional instructor teaching local people how to hand and machine sew.

UUU





Health & Wellbeing

Miles Platting Community Grocer

Miles Platting Community Grocer is open, offering local residents a weekly shop for just £3.

Customers must be within a 15 minute walk/ drive from the community grocer.

Where – Queensbury Court community room, Queensbury Court, Wardle Street, Miles Platting, M40 7DD

When – Thursdays 12pm – 2pm

The community grocer is now being managed by Jigsaw Homes. Please email **gemma.bennett@jigsawhomes.org.uk** or call Gemma on **07793 186763** for more information.



Social Supermarket Miles Platting

The Social Supermarket located at The Church of the Apostles on ridgeway Street is an initiative to help local residents reduce the cost of their weekly food shop, and help to prevent food waste.

The weekly cost is £4 with a £5 sign up fee. The food is provided through FareShare which is paid on a quarterly basis and is topped up with other essential items by the project.

This group has been successful in applying for funding through the Jigsaw Foundation Fund this will enable the group to continue to support the community.

They are open 4 days a week which covers early evenings and weekends to be inclusive to working people.





WHAT IS THE SOCIAL SUPER MARKET?

The Social Super Market is a brand new initiative to help local residents reduce the cost of their weekly food shop, and help to prevent food waste!

It costs £5 to sign up, and then it is just £4 each time you shop. You can come twice a week - as long as it is not on consecutive days!

You can pay by cash or card - or set up a regular pre-payment via PayPal. You can even 'Pay it Forward' and help cover the cost of someone elses shop.

Your £4 allows you to choose from a large variety of items including groceries, fresh fruit and vegetables, plus all the usual store cupboard favourites - just like going to the supermarket!

Other than being a local resident, there are no other criteria for joining the Social Super Market.







Tackle Food Waste



Support your local community

If you have any questions, call or text us on **07393 574 571** or email **supermarket@greatertogethermanchester.org.uk**

HOW TO FIND US	OPENING TIMES	
	TUESDAY	12PM - 4PM
	WEDNESDAY	12PM - 7PM
1 month	FRIDAY	12PM - 4PM
	SATURDAY	12PM - 2PM

Church of the Apostles, Ridgway Street, Miles Platting M40 7FY

NOW RECYCLING AT SOCIAL SUPER MARKET Chostles

PLASTIC BAKERY PACKAGING

Any brand of plastic bread bags and closure tags.

Any brand of bakery plastic

Warburtons

Warburton's

packaging (eg. crumpet packaging, plastic trays, plastic bags).

No paper bags or wax wrap.

WARBURTONS WAX

Warburtons branded waxed paper bread packaging only.



No other brand of waxed paper packaging.

PRINGLE TUBES

Pringles branded tubes only.

No crisp packets or other types of tubes.

Plastic lids can be recycled at home.





DENTAL CARE PRODUCTS

Electric toothbrush heads and covers.

Electric flosser nozzles.

Flossing sticks and interdental brushes.

Dental floss containers.

Manual toothbrushes.

No battery operated toothbrushes, electric toothbrush handles, toothpaste tubes, or dental floss.

SNACK WRAPPERS

All brands of biscuit, cake and cracker wrappers.

No seed packets, dried fruit packets, meat snack packets or crisp tubes.



AIR, HOME AND LAUNDRY

All brands of plastic air freshener containers, cartridges, caps and car air fresheners.

All brands of flexible laundry washing capsules and dishwasher tablets packaging.

All brands of tinted fabric conditioner bottles and caps.

All brands of flexible wipe packaging and tinted plastic tubs used for home cleaning.

Lenor tumble dryer sheets.













manchester.gov.uk/helpinghands

Need help with your finances?

You may qualify for help through Discretionary Housing and council tax payments.

In a financial crisis, you can apply for fuel and cash grants.

manchester.gov.uk/ financialsupport

Run out of data?

Use the free Wi-Fi in your local library. To find out more, text **07860 064128**

or visit **letsgetdigitalmanchester.** com

Have you used the benefits checker?

Make sure you're getting everything you're entitled to.

Find out more: gov.uk/ checkbenefitsfinancial-support

Mental health support

You're not alone if you need support. People aged 11–25 years: www.kooth.com If you need immediate support, contact: Shout 24/7 Text: 85258 Samaritans Tel: 116 123 Email: jo@samaritans.org In an emergency, call 999.

Measles cases are increasing in the UK.

Two doses of the MMR jab give lifelong protection against measles.

Unsure if your MMR jabs are up to date?

Contact your GP for a catch-up appointment.

Citizens Advice are here to help.

We offer free confidential, impartial and independent advice on many subjects.

0808 278 7800 citizensadvicemanchester.org.uk

Food for thought!

Local foodbanks and community grocers can help you put food on your table.

manchester.gov.uk/helpinghands

Free travel around Manchester.

Free city centre bus service: tfgm.com/public-transport/bus/ free-bus

Discounted and free travel: tfgm.com/tickets-and-passes

Call Manchester's free Cost-of-Living Advice Line

0800 023 2692

Lines are open Monday to Friday 9am–4.30pm

Text us on 07860 022876 manchester.gov.uk/coladvice

Money Matters

Since the coronavirus lockdown, a lot of people have seen their circumstances change, especially seeing a change in income. Tina Chadwick is here to help you deal with all your benefit problems, debt problems and provide advice on other matters concerning finances.

What sort of help is provided?

- To find out what benefits you are entitled to claim.
- To advise and assist with claiming state benefits, including help completing forms and online applications, if required.
- To write letters seeking review and appeal.
- To give budgeting and money advice, including finding the best deal on your fuel supplies and utilities.
- Debt advice including negotiating repayments with creditors on your behalf.
- Advice on the availability of suitable financial services.

To arrange an appointment, or for further information about the service, you can contact Tina in a number of ways:

- Through a referral from your Housing Officer
- Call Tina directly on **0161 203 2605 or 07793 186804**
- Email christina.chadwick@jigsawhomes.org.uk

Scope

Support with your energy and water needs

Our expert advisers can support you through a wide range of topics related to your energy and water needs, including:

- managing energy and water debt
- changing your meter
- energy and water efficiency
- accessing benefits, grants, and trusts
- contacting or complaining to your supplier
- understanding your gas and electricity bills
- understanding how to use your heating systems
- support registering with the Priority Services Register



Scope

Disability Energy Support

We offer free energy and water advice to disabled people, helping them to manage their energy and water needs.

The service is open to:

- any disabled person or households where 1 or more disabled people live, and
- those households are in England or Wales

Telephone appointments

You will get a telephone appointment with an energy adviser that will last up to 45 minutes. During this appointment you will get information and advice specific to your needs.

Your adviser will arrange any follow-up appointments, if you need them.

To get the most out of your appointment, please try to give your adviser as much detail as possible. You should have pen and paper for taking notes and the following information easily available:

- your most recent gas or electricity bill
- an up-to-date meter reading, if possible
- details of any missed payments or arrears
- details of any payment plans agreed with your energy supplier



Email support

You will receive an email from one of our advisers containing advice that is tailored to your situation. You should receive this within 10 working days.

Applying for energy and water support

During your application you will be asked about the type of support you need. Here you can choose how you would like to receive your advice.

Personalised action plans

You will also get support through a personalised action plan, setting out steps for you to take to resolve the problem. This may include contacting other services for additional advice and support.

Further support

You can also look at our online advice and support for help with:

- energy saving tips
- accessing energy benefits, grants and trusts
- understanding how to use your heating controls
- discount on water bills

If our adviser believes you could be entitled to further benefits or need advice on managing debt not related to energy. They will point you to other services that can help you.

Making adjustments

We can make adjustments, such as:

- video calls with British Sign Language interpreters
- language interpreters if you wish to talk to us in another language

If you have questions about accessing the service, please get in touch.

Office opening times

We are open Monday to Friday from 8am to 8pm.

Energy Redress Scheme funded

This service is funded by the Energy Redress Scheme set up by the Energy Saving Trust.

We are supported by UK Power Networks, Anglian Water, SGN, Cadent, Wales and West Utilities, Northern Gas Networks, Outfox the Market, Bristol Water and Wessex Water.

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Contact Disability Energy Support

Phone: 0808 801 0828

Email: Disability.EnergySupport@scope.org.uk



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Advice Line for Cost of Living Crisis Support

To support Manchester residents through the cost-of-living crisis, Manchester City Council have an advice line that offers:

- 1. Support with benefits and help with your rent (this is an existing offer made available through the contact centre)
- 2. Advice about debt and paying bills (this will be done in conjunction with Citizen Advice Manchester)
- 3. Food support (residents will receive a call back to understand their needs and connected into a local food offer)
- 4. Support getting online (residents will be linked in with the Council's digital inclusion team)

Open 9am to 4.30pm, Monday to Friday.

Phone free 0800 023 2692.

The person you speak to will have access to language line for residents whose first language is not English. Sign Video will also be available.

You can Fill in the Request Cost of Living Advice form to get online support.

Look on manchester.gov.uk/helpinghands for advice on the cost of living crisis.

Cost of Living Local Help

If you are struggling to pay your water bill you can contact **United Utilities** so they are aware and can offer support.

If you are claiming Universal Credit, Pension Credit, or some other benefits you may be able to access social tariffs for cheaper broadband and phone packages. Find out more on the **Ofgem** website.

Greater Manchester Poverty Action (GMPA) provides a map of foodbanks, furniture repairs and advice centres in Manchester.

Streetsupport provides further details of support available across Greater Manchester for people in poverty and experiencing homelessness.

You can apply to the **local welfare assistance scheme in Manchester**, which may provide help with furniture or energy payments.

Mustard Tree and Wesley Community Furniture offer help with affordable furniture.

These links were recommended by Manchester Mind, for anyone who wants support.

Citizens Advice

Citizens Advice Manchester offers free, confidential, impartial and independent advice and information on a wide range of subjects. Find out more on the Citizens Advice website.

Groundwork

Energy, advice and support

Helping Greater Manchester residents become warmer, healthier and better off in their homes by providing energy saving advice and home improvements to put an end to cold homes.

Free SIM cards with internet access

Any Manchester resident (over the age of 18) who is on a low income and struggling to pay for internet access can now get a free SIM loaded with free data.

SIMs come with free internet access for up to 6 months!

All you have to do is pop into your local library and ask for help.

General advice and support

Tax Credits are Changing - time to claim Universal Credit

Some benefits including Working Tax Credits and Child Tax Credits are ending. If you get any these you need to apply for Universal Credit. This is a way of having all your benefits in one place.

If your benefit is changing to Universal Credit, you will get a letter from the Department of Work and Pensions. This letter is called a Migration Notice and the letter asks you to claim Universal Credit. It is very important you keep the letter. The letter will have a date on it, you must have applied for Universal Credit by this date, or you may lose money. You will usually have three months to claim.

You can get help to claim by calling the **free helpline 0800 328 5644.**

If you have problems hearing or speaking on the phone, you can use **Relay UK Dial 18001** then **0800 169 0328.**

If you need extra support to apply, you can use the Citizen Advice Bureau's Help to Claim Service. **Freephone 0800 144 8444 Monday to Friday 8am to 6pm**. A translation service is available, just ask when you call.

You can get help from an adviser using online chat: www.citizensadvice.org.uk/helptoclaim

Find out more: www.understandinguniversalcredit.gov.uk/tax-credits-customers/support-available

Get help to buy food and milk

Help your family stay healthy and apply for your prepaid Healthy Start card.

For more information and to apply to the NHS Healthy Start scheme, visit: **www.healthystart.nhs.uk** Or call on **0300 330 7010.**

Manchester MIND

Their **Food For All Team** offer support for those experiencing food poverty and mental health problems. You can also access support from an Advice Worker at these sessions.

United Utilities

United Utilities is offering online debt support service to everyone in the North West amid ongoing cost of living crisis. You can visit their **Hardship Hub** to find out more about the support available for you.

Lets Get Digital

As the cost of living crisis continues, the MCC Digital Inclusion team want to share the support they can offer to residents who are struggling.

From cheap laptops and PCs to free WiFi and smartphones, they can get the kit and data that residents need to get online and for those who need to boost their digital skills, there are many locations across the city offering free classes and drop ins.

They also offer free telephone support to people who have internet access at home, but don't have the skills or confidence to use it effectively. To access this free support,

Text: 07860 064128 or Email: digitalinclusion@manchester.gov.uk

Digital exclusion is far more likely to affect those on low incomes, can cost households up to £560 per year from the missed savings of shopping and paying bills online, and will negatively affect earnings. People with higher digital skills earn 3-10% more than those with low skills, make greater savings online and can access public services more easily. They believe that digital inclusion is an essential part of the response to the cost-of-living crisis. Please get in touch or see our website to find out more: **www.letsgetdigitalmanchester.com**

Max Your Money

The Growth Company launched this initiative to support GM residents with the cost of living crisis. **Max Your Money** allows residents to easily understand what services they offer which can help them maximise their income whether it is finding employment, securing an additional job, gaining new skills to secure a better job or accessing support to develop their business.

They are working with a partner network which includes Citizen's Advice, Trussell Trust & GM Poverty Action who will promote their offer to their customers, many of whom are accessing advice services for the first time.

Jobs & Skills

Jigsaw Employment & Training Team

Are you looking for a job, a change in career or have an idea to start a new business? Are you interested in one-to-one advice or accredited and non-accredited training? If you answered yes to any of these questions, please contact our friendly and dedicated Jigsaw employment & training team who are experienced in all aspects of employment, learning and skills development.

Email: employmentsupport@jigsawhomes.org.uk



Jobs & Skills



"let's talk about@"

At Yes Manchester, we believe in the power of a personcentered approach. We recognise that each individual has their own unique journey and challenges. That's why our services are designed to provide comprehensive support tailored to your specific needs. Whether you are unemployed or under-employed, an adult or a young person, we are here to help you navigate the obstacles holding you back from reaching your full potential.

Looking for Digital support ?

Our team of experts are equipped to address a wide range of barriers that may be affecting your life, such as debt, literacy, housing, mental health, and more. We take the time to understand your circumstances, listening with empathy and offering guidance every step of the way. Together, we will develop a personalised action plan to help you overcome these challenges and create a brighter future.

Choosing Yes Manchester means choosing a community of support and opportunity. We are dedicated to making a positive impact in North Manchester, and we want you to be a part of this transformative journey. By utilizing our services, you will gain access to a wealth of resources, professional expertise and ongoing support.

VISIT

Yes 35-39 Southchurch Parade, Collyhurst, Manchester, M40 7GE

CALL

0161 260 1600

EMAIL

yesinfo@yesmanchester.co.uk

- Looking for meaningful employment?

Yes Manchester, is a registered charity committed to supporting the vibrant community of North Manchester into meaningful employment or training opportunities. We are a dedicated team of 10 individuals driven by a shared passion to uplift and empower individuals like you.



Through strategic partnerships and collaborations with training providers, we offer a diverse array of services to support your journey. From building a standout CV to mastering effective job search strategies, we provide the tools and resources necessary to enhance your employability. We also facilitate access to vital skills training, equipping you with the expertise needed to excel in your chosen field. Our commitment goes beyond just finding you a job; we ensure sustainable employment that empowers you to thrive.

Looking for interview advice and guidance ?

VISIT

115 Briscoe Lane, Newton Heath, Manchester, M40 2TP

Pat's Gardening Corner

As another long British winter begins, it's the thought of those first spring flowers pushing up through the ground that gives us something to look forward to – and hope for another fine summer to come.

So if you want a blaze of colour next spring now's the time to get planting.

Getting bulbs into the ground now gives them a chance to charge over winter, ready to burst into spectacular colour in the New Year.

Plant the right mixture and you could be looking at a kaleidoscope of colour from January all the way through to June – and of course they'll be back every year, growing and multiplying with each season.

Spring bulbs have a range of flowering times. You can choose bulbs with different schedules for a succession of colour or pick ones which flower together for a fabulous display.

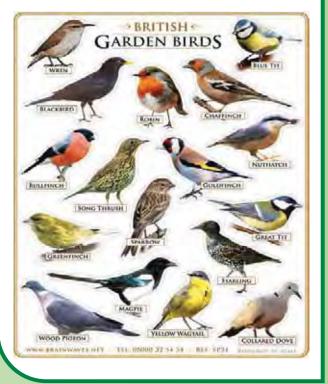
Dwarf Iris, Snowdrops are all late-winter flowering, popping up in Jan and Feb. Appearing in early to mid-spring most varieties of narcissus, tulips and hyacinth. The large daffs flower from early Feb to April. Finally, in late spring, alliums join in the party. Most varieties of these prefer full sun so bear this in mind when planting. Although it's easy to think that the garden is something to be wrapped up, put away and left until next spring, there are lots of things that can be done now to ensure your garden is ready for the new gardening year ahead...

- Pick a dry still day to rake up fallen leaves; don't put them on the compost heap, as leaves break down in a cold process, whereas a traditional compost heap breaks organic matter down in a warm/hot process. Put them into a leaf composter, or make leaf mould.
- Jet wash pathways that have become slippery with algae.
- If you have any decorative plant pots that aren't frost proof empty them of all soil and store them in the shed, greenhouse or garage.
- Keep an eye on the weather forecast and cover shrubs that are likely to be damaged by frost with garden fleece, sacking or an old light blanket.
- Leave the old growth of tender plants unpruned over the winter months. This will help to protect the central crown of the plant and take the brunt of any frost damage. If plants are cut back hard in autumn new growth could be damaged by frost.





Don't forget about our winter wildlife throughout the winter months – encourage birds into your garden by hanging up bird feeders and fat balls – a tasty welcome treat! Use the picture below to identify your feathered visitors.



BE THE FIRST TO BAG YOUR FREE CHRISTMAS GARDEN GIVEAWAYS*

- A selection of summer flower seeds
- Garden trowel
- Bug houses
- Bulb baskets (for ground planting)
- Selection of spring bulbs
- Handy hessian gardening bag
- Garden twine
- Garden sprinkler hose attachment
- Kitchen Herb garden starter kit
- Hanging bird feeders (peanut and fat balls)

*Jigsaw residents ring Jigsaw Homes 0800 234 6826 option 2. 1 item per household.

. PAUSE FOR THOUGHT

Pause for thought – consider your garden as 'an extra room' - it deserves as much consideration as the inside of your home. Please care for your garden and keep it tidy - IT'S YOUR RESPONSIBILITY!

Twould like to wish you all a Merry Christmas and a Happy and Healthy New Year!

LanguageLine	<u>KURDISH</u> ئەم بەلگەيە بە پىيى داراكارى بە زمانى كوردى ش دەس دەكەريت	ERENCH Ce document est disponible en français sur simple demande.
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Baker House Office Open Monday to Friday, 9am to 5pm (6pm on Wednesday)	T 0800 234 6826
Emergency Repairs	T 0800 234 6826
Allpay For direct debit, debit/credit card payments & ordering new rent cards	T 0800 234 6826
Housing Benefit queries: e: benefit.enquiries@manchester.gov.uk	T 0161 234 5003
Council Tax queries: e: ctax.enquiries@manchester.gov.uk	T 0161 234 5002
Miles Platting Outreach Library Open: Tuesday 2pm - 5pm Thursday 1pm - 7pm Saturday 10am - 1pm	T 0161 227 3787
Environment on call: e: contact@manchester.gov.uk	T 0161 234 5004
Find out your utility supplier: Gas: T 0870 608 1524 Electric: T 0870 751 0093	