

Miles Platting spotlight



Autumn 2025 - Issue 72

Seasonal Activities

Find out more on page 4

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inside?

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



LOVELL

MANCHESTER
CITY COUNCIL

Jigsaw Homes North Miles Platting gets connected



Facebook: Jigsaw in Miles Platting



twitter: @JigsawNorthMP

Welcome

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

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

Contact Us...

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

Let's Get Social

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



Jigsaw in Miles Platting

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

Jigsaw Rewards



GET REWARDED FOR YOUR VOICE WITH JIGSAW REWARDS!

Jigsaw Rewards is our online platform that financially rewards residents for sharing feedback on the services we provide. Your input helps shape how we run things—making sure our services truly reflect what matters to you.

SIGNING UP IS QUICK AND EASY—IT TAKES JUST A FEW MINUTES!

Since April 2025, we've run 21 surveys and received over 4,000 responses. That's fantastic—but we want to hear even more, especially from residents in Miles Platting, to ensure strong representation from across Manchester.

Once registered, you'll earn points every time you complete a survey. These points can be

exchanged for gift vouchers or rent credits—your feedback really does have value!

PLUS, THERE ARE EXCITING PRIZE DRAWS:

Every completed survey enters you into a quarterly draw to win £100 worth of points.

All surveys completed this financial year will also enter you into our grand prize draw—one lucky member will win £500 worth of points!

The more you take part, the more chances you have, to win big!

READY TO GET STARTED?

Good luck—and remember, your feedback plays a vital role in shaping how Jigsaw Homes delivers services to you and your community. Be heard. Be rewarded.

rewards.jigsawhomes.org.uk – if you have any difficulties registering please email jigsawrewards@jigsawhomes.org.uk



Take part. Collect points. Be rewarded.

check out our
NEW WEBSITE

HAVE YOUR SAY!

Join Jigsaw Rewards to give us feedback on our services.

Complete quick and easy online surveys to earn Reward Points,
which can be exchanged for Gift Vouchers or Rent Credits!

You could earn over £175 worth of
SHOPPING VOUCHERS per year!



Registration is QUICK and SIMPLE
and takes less than 60 SECONDS!

Simply visit our new look website:

 rewards.jigsawhomes.org.uk

...and follow the instructions!



Vouchers include:

- ☒ Aldi
- ☒ Amazon
- ☒ Tesco
- ☒ Morrisons

...and more!



scan
me

Rated by Jigsaw Rewards users




For more information about
Jigsaw Rewards, please email:

The Jigsaw Rewards Team.

jigsawrewards@jigsawhomes.org.uk

Take part.
Collect points.
Be rewarded.



 rewards.jigsawhomes.org.uk

Website Accessibility



Language Translation



Large Text



Audio

Jigsaw Foundation

Our £500,000 community fund!

Jigsaw Foundation is an exciting opportunity for you to support local projects run by charities, resident and community groups, voluntary organisations, social enterprises and partner agencies.

Applications are open with funding £24,999 and under voted on by tenants through our Jigsaw Rewards surveys. Any entries over this amount will be approved by our Operations Directors. Applications will also be assessed alongside the Jigsaw Group's neighbourhood plans.

Jigsaw Foundation supports Jigsaw Group's vision of 'We want everyone to live successfully in a home they can afford' and mission of 'Creating homes. Building lives.'

How to apply?

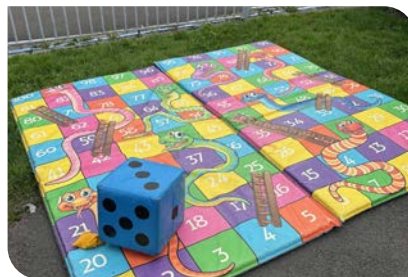
Applications can be made by residents and/or any of the groups mentioned above. Projects must demonstrate that they make a difference to our residents lives and their communities in one or more of the following areas:

- Health and wellbeing
- Employment, skills and training
- Environment and sustainability
- Financial wellbeing

<https://www.cognitoforms.com/JigsawHomes1/ProjectFundingApplication>

Local News

Summer Fun Day



On 16th August Jigsaw Homes hosted our annual summer fun day and welcomed lots of local families for fun activities. Families enjoyed face painting, mini golf, swing cars, fairground games, badge making, crafts, giant bubbles, inflatable axe throwing and darts. There was also tasty food to be enjoyed.



There was also information and split waste bags provided by Manchester City Council and information from Be Smoke Free. Dr Bike repaired bikes and there was canoeing on the canal with Canal & River Trust!

Thank you to everyone who joined us and made it a lovely day.



Summer School Holiday Fun

During the summer school holidays Jigsaw Homes provided weekly activities including football training and circus & nature craft workshops! Check our Facebook page for future activities -



Jigsaw In Miles Platting.



Halloween

We are planning our Halloween fun activities. Keep your eye on our Facebook page for further details - Jigsaw In Miles Platting



Manchester Volunteer Fair

Come join us on Saturday 20th September 10am – 3pm in St Ann's Square for a day filled with opportunities to make a difference in your community. Whether you're passionate about animals, the environment, or helping those in need, there's something here for everyone!

Meet with local Greater Manchester organisations and charities looking for volunteers just like you. This is a wonderful opportunity to meet and chat with groups to discover how you can help out in a meaningful way.

Stalls will be fun and interactive, and organisations would love to meet you. If you would like to meet new people, improve your English, get work-ready or just help out, this is the event for you!

Add this event to your Autumn calendar so you don't miss out on this chance to get involved and make a positive impact. See you at the Manchester Volunteer Fair!



Tenant Satisfaction Survey Results 2024

In Autumn 2024 the annual tenant satisfaction survey was carried out. Here is a summary of the key findings:

97%

Overall satisfaction with service provided

94%

Satisfied with Neighbourhood

74%

Satisfied with opportunities for resident involvement

93%

Satisfied with repairs service

94%

Satisfied with the time taken to complete most recent repair

86%

Satisfied that Jigsaw listened to tenants views and acted on them

80%

Satisfaction with complaint handling

81%

Satisfaction with maintenance of communal spaces

75%

Satisfied with handling of anti-social behaviour cases

93%

Satisfied Jigsaw provided a home that was well maintained

92%

Satisfied with the safety of their home

83%

Satisfied that Jigsaw made a positive contribution to the community

MPCAN

The Miles Platting Community and Age-Friendly Network (MPCAN) is an action-focused neighbourhood network made up of residents and community groups. We are passionate about making Miles Platting and its' surrounding areas a better place to live, age and bring up children.



We have had a successful year so far with lots of achievements to celebrate. At our Annual General Meeting in July, we presented our 2024-25 Annual Report and Accounts and elected our 2025-26 committee, alongside sharing exciting updates from across the network.

The member groups and projects involved in our network include:

- Monday Movers & Tuesday Walkers
- Holland Street & Ridgway Street Community Gardens
- Theatre Trippers
- Play Readers
- Social Super Market
- Many Hands Craft Collective
- Ged's Disco
- Miles Platting Savers



MPCAN member groups hold regular meet-ups and continue to organise activities which help to reduce social isolation and

improve the physical and mental wellbeing of their growing membership. Visit www.mpcan.org.uk/about-mpcan/ for more information on how to get involved with each group!

Our action groups have also been busy...

With support from the University of Manchester and a range of partners, the MPCAN Climate Action group were delighted to be a Round 3 Grantee of the Greater Manchester Green Spaces Fund. Partnering with Groundwork, they have successfully carried out wildlife interventions across key green spaces to create a Miles Platting Wildlife Corridor. These spaces include: Victoria Mill Park, Bollington Road Green, and the Community Gardens at Holland Street, Ridgway Street and Chippenham Road. Throughout the Summer we have seen the benefits of the improvements made as new trees, hedging and planting thrive, and ponds attract a wide range of biodiversity. Families and folks have also enjoyed a range of community events and workshops held at the spaces including fruit tree pruning, orchard leader training and a Summer garden tea party.



The Climate Action group are looking to fundraise for further planting interventions to continue resident engagement, increase knowledge and opportunities, and improve Miles Platting's green spaces to benefit the whole community.

Supported by Participate and Locality, the St Cuthbert's Action group have successfully set up a new charity called St Cuthbert's Communities Together to take forward the redevelopment of St Cuthbert's church (located on the corner of Fir Street and Oldham Rd). This will be a community-led project which MPCAN are hopeful will provide a much-needed space for local residents to come together, worship, and socialise. Following extensive community consultations, this will also include a range of possible services from health to housing.



With representation from the Parochial Church Council and MPCAN, the Board of Trustees are now working with architects and applying for further funding to begin working on feasibility studies for the project. Exciting stuff!

MPCAN have also been advocating for an increased number of homes for social rent to be built in Miles Platting. Members launched a city-wide campaign called Social Homes for Manchester at a family funday event back in October 2023.

MPCAN members sit on the Manchester Social Housing Commission alongside academics, charities such as Mustard Tree and Shelter, Greater Manchester Tenants

Union and housing professionals working to address the city's housing crisis. Miles Platting was the first neighbourhood to screen a short co-created film called 'What is the City but the People?', raising awareness through lived experiences from two inspiring women leaders. Local residents were encouraged to take easy and urgent actions supporting the campaign's headline ask for 30 per cent of all new housing developments of 10 homes or more to be homes for social rent. Members have been meeting with their local councillors and MP to garner support for this ask with the aim of it being written into local planning policy.



For more information on the Social Homes for Manchester campaign, please visit www.socialhomes4mcr.org.uk.

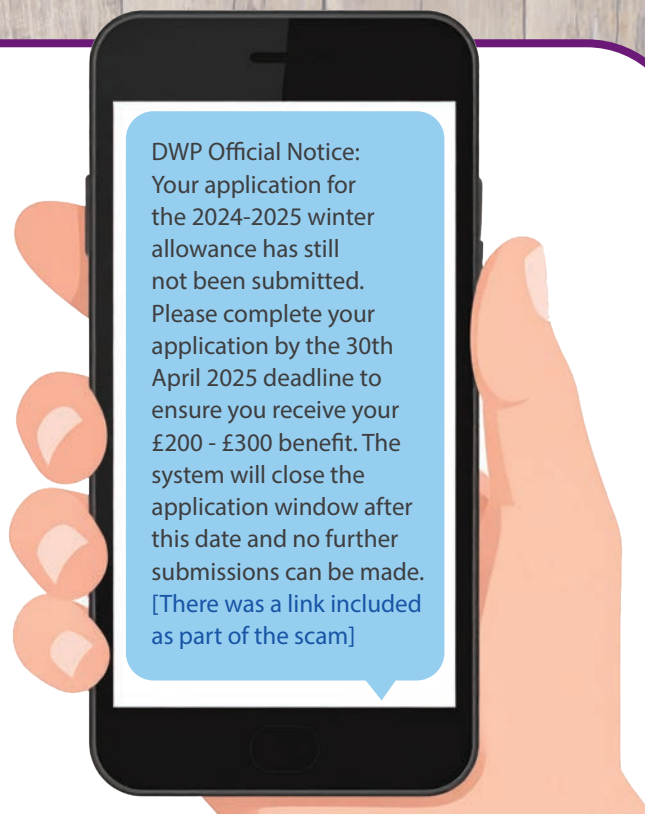
If you are interested in the work of MPCAN and wish to get involved, please email **milesplattingcommunitynetwork@gmail.com** or ring Ellie on **+44 7887 601451** for an informal chat.



Scam Warning

We have received information that a new scam is being sent in the form of a text message as seen in the image.

DWP do not send text messages for winter fuel and it is paid automatically. You do not have to fill out a form and claim it. Please be aware of these scam text messages.



Waste Removal

How can you help with flytipping in your neighbourhood? Familiarise yourself with the waste removal options below and let your neighbours know. If you see flytipping, report it on the council website.

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.



What's On?

Community garden

Whether you want to dig in, learn, or simply enjoy the fresh air, you're always welcome at Chippenham Community Garden - Contact Sal on **07805901752**

Baby Bees Mum & Baby group

Our mum and baby group is a relaxed group for mums and babies aged 0-10 months. Come along to meet other local mums, share tips and tricks, socialise or just get out for a change of scenery. It's ok if your baby is being fussy, feeding or napping, please still come along and join us.

Our group is free to attend and refreshments are provided. Every Monday (except bank

holidays) 10.30am – 12pm at Miles Platting Community Library.

If you have any queries, please contact Gemma on **07793186763**



Community Library

The library's opening hours are:

Tuesday 10am – 5pm

Thursday 1pm – 7pm

Saturday 10am – 1pm

The library are offering a warm space and a cuppa during opening hours.

You can also go to the library during their opening hours to ask for parking permit advice.



Fancy a Brew?

JOIN US FOR A DRINK AND A CHAT AT OUR WEEKLY DROP-IN FOR OLDER PEOPLE



Tiny Tots & Toddler Time

Date: Every Thursday (excl. school holidays)

Time: 1.15pm

Location: Miles Platting Community Library, located in Victoria Mill Park

Address: Lower Vickers Street, Miles Platting, M40 7LJ



Bike Loan Library

Date: Last Saturday of every month

Time: 10am - 1pm

Location: Miles Platting Community Library, located in Victoria Mill Park

Address: Lower Vickers Street, Miles Platting, M40 7LJ



Wellbeing and Tenancy Support

Jigsaw Support provides a Wellbeing and Tenancy Sustainment Team for Jigsaw tenants, to help our customers live a fulfilled life. This support is tailored to individual needs and can include building resilience, confidence and providing support to reduce and manage anxiety and stress. We also provide support to help people understand their tenancy, set up of bills, utilities and payment plans, budget advice and to put you in touch with other agencies and wider community groups for further advice and support.

To find out more or to access the service, please speak to your housing officer.



Health & Wellbeing

Miles Platting Community Grocer

Miles Platting Community Grocer is open, offering local residents a weekly shop for just £4. 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.

We now have a loyalty scheme at the grocers, please call in to find out more.

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.

It costs £5 to shop. The food is provided through FareShare which is paid on a quarterly basis and is topped up with other essential items by the project.

Opening hours are:

Wednesday: 12pm-7pm

Friday: 12pm-4pm

Saturday: 12pm-2pm



SOCIAL SUPER MARKET @ Apostles

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 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 else's shop.

Your £5 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.



Save Money



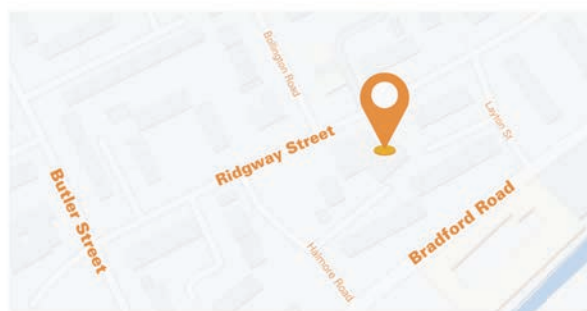
Tackle Food Waste



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

WEDNESDAY 12PM - 7PM

FRIDAY 12PM - 4PM

SATURDAY 12PM - 2PM

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

NOW RECYCLING AT SOCIAL SUPER MARKET @ Apostles



PLASTIC BAKERY PACKAGING

Any brand of plastic bread bags and closure tags.

Any brand of bakery plastic packaging (eg. crumpet packaging, plastic trays, plastic bags).

No paper bags or wax wrap.



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.



WARBURTONS WAX WRAP

Warburtons branded waxed paper bread packaging only.

No other brand of waxed paper packaging.



SNACK WRAPPERS

All brands of biscuit, cake and cracker wrappers.

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



PRINGLE TUBES

Pringles branded tubes only.

No crisp packets or other types of tubes.

Plastic lids can be recycled at home.



No aerosols, glass air freshener cartridges or flexible packaging not used for home cleaning (eg. baby wipes packaging).



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.



Swap to Stop

Manchester is taking part in a scheme to help adult smokers stop smoking by giving out free vaping starter kit and liquids to people who want to quit. It's called Swap to Stop.

Many people smoke tobacco products such as cigarettes, shisha or other forms of tobacco. We know it can help some people relax and that it can be hard to quit, but over half of smokers will die from their addiction. Did you know that there are other products that can still help you relax, provide the nicotine you're craving and help you quit tobacco? It is the tobacco, not the nicotine which kills. If a vape isn't for you, we have other free medicines for you to try. We want to help you. The government wants to support smokers to stop - for their sake, the good of the people smokers live with and our NHS. Swap to Stop is part of Be Smoke Free Manchester. Swap to Stop is for people aged 18+ but Be Smoke Free can support anyone aged 12+.

STOP SMOKING



To take up this offer or more information, contact: **Email: SwapToStopBSF@cgl.org.uk**
Website: changegrowlive.org/be-smoke-free Telephone: 0161 399 2946

Recycle your vapes: E-cigarettes and vaping device waste should be taken to the recycling centre, where the batteries can be disposed of in the battery container.
recycleforgreatermanchester.com





**MAKING
MANCHESTER
FAIRER**



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/ check-benefitsfinancial-support](http://gov.uk/check-benefitsfinancial-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 food banks 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

Money Advice

Energy support

For people struggling to pay energy bills or top up prepayment meters, they may be able to get help through grants or benefits. More information can be found on the Citizens Advice website here - <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/#h-check-if-you-can-get-a-fuel-voucher>

The Fuel Bank Foundation provides advice for people who are struggling to top up their prepayment meters. This includes advice on energy-saving measures, budget cooking and where to get help.

<https://www.fuelbankfoundation.org/>

Jigsaw Homes also offer free energy advice if you are struggling to warm your homes. Contact gemma.bennett@jigsawhomes.org.uk.

Beware of fake prepayment meter top-up cards/ keys

This scam involves someone knocking at your door with discounted prices on prepayment meter cards. Energy companies do not sell top-up cards/ keys at the door. These cards are cloned, which means the energy company will not receive your payment. Only use authorised outlets to top up your prepayment meter, you can check with your supplier for the nearest places or use the paypoint locator website

<https://www.paypoint.com/storelocator> or payzone locator, which also includes post office pay points too, <https://storelocator.payzone.co.uk/> Contact your energy supplier as soon as possible if you think you may have been a victim of this scam.

For energy advice contact Citizens Advice consumer advice service 0808 223 1133, Welsh-speaking adviser 0808 223 1144.

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: 18001 then 0808 223 1133.

www.citizensadvice.org.uk/consumer/get-more-help/if-you-need-more-help-about-a-consumer-issue/

For further information about additional cost of living help that may be available to you speak to your local Citizens Advice or visit www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/

Cost of Living Scams!

Scammers are using the cost of living crisis to mislead people into providing their personal information and bank details, believing that this is needed in order to receive rebates or cost of living payments.

Beware of texts, emails, social media messages or letters that ask you to follow a link and ask for your personal information. This may then allow them to hack into your account or use your bank details. If you want to check if a message or letter is genuine do

not use the contact details provided, check on official websites or with your own bank, internet or energy provider account details. If you receive a phone call don't engage with the caller but again, use the contact details you have with your account and call directly to check if the call is genuine.

Scammers use worrying or time-limited messages to make us react, take time to think and find out how the cost of living payments will be paid.

Cost of living payments

If you are eligible you do not need to apply, payments will be made in the same way you usually receive benefits or tax credits. If you get a text or email regarding this, it may be a scam. Do not click on links or give personal information. The eligibility criteria, with payment amounts, is listed on the gov.uk website <https://www.gov.uk/guidance/cost-of-living-payment>. You can also use the report missed payment reporting tool if you think you have not received a payment you were entitled to. You can also contact your local citizens advice if you need help or advice with benefit claims or to check if something may be a scam. <https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

Energy rebate scams

There are a number of ways scammers target people about energy rebates, such as:

- 'Claim your energy rebate' emails or texts with links for you to input your personal information in order to receive the payment.
- Bogus letters, emails, texts or social

media messages pretending to be government organisations such as gov.uk or Ofgem (the energy regulator) again asking you for your personal information in order to receive the payment.

You do not need to apply for the payment as it will be paid to you by your energy company. This will be paid in instalments and will vary depending on how you pay (direct debit, prepayment meter etc...) The information about how you will be paid can be found here <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/>

Fake supermarket vouchers

These can be offers seemingly from well-known supermarkets or shops, offering today-only offers, which then ask you to input information in order to receive the voucher code or discount. You should check with the supermarket or shop if the offer is genuine. Do not click on links or provide your personal details, as again scammers can use this to access your accounts or money.



Universal Credit Update

This is the latest about Universal Credit Managed Migration:

- All Migration Notices will be sent by the end of September 2025.
- IR-ESA, IS and IB-JSA to close from April 2026.
- DWP use permitted earnings figure held by ESA when calculating a manage migrating claimants Transitional Element.
- More complex case coaches have been employed to support those claimants who are on the Enhanced Support Journey.
- Those ESA claimants who have never (due to an error) had a WCA will need to provide fit notes and have one on migrating to UC.
- The UC system highlights a migrating claimant - once they have provided their NI number and verified their ID a banner appears within the service to identify claimants who are claiming under Move to Universal Credit. This banner is replaced by a smaller label once the claimant's Transitional Protection has been calculated or if they have been identified as not eligible for Transitional Protection.
- In England, Scotland and Wales the majority of Migration Notices being sent out in 2025 will be IR-ESA claimants, in Northern Ireland (who started the Managed Migration process later) Notices are currently being sent to IS and IB-JSA claimants, and Notices will start to be sent to IR-ESA claimants in May.





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.

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.



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

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.

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.

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.



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



Job Search and Support

CV Support
Job searching
Employment Advice
Searching for volunteer work
Training and Skills advice

**Due to demand these sessions are now
appointment only - please contact to book.**

Every Tuesday 11.30am - 1.30pm

***Miles Platting Community Library, Lower Vickers Street,
Miles Platting.***



**For more information contact
Vikki Barry 07708835624
vikki.barry@jigsawhomes.org.uk**

Volunteer Centre Manchester

Looking to Volunteer?

Pop into our Drop-In!

Our new Volunteering Drop-In is open and ready to welcome you! Whether you're new to volunteering or just exploring your options, come along for tea, biscuits and a chat with the friendly team from the Volunteer Centre.

We'll take time to get to know you and what you're looking for, then help match you with volunteering opportunities that suit your interests and goals. We can even sign you up there and then!

Need a bit of extra support to get started? No problem—we're here to help, and you're welcome to return over multiple weeks for ongoing support with applications until you've found the perfect role.

When and where?

Every 2nd and 4th Tuesday of the month

10am – 3pm

Manchester Central Library, St Peter's Square, M2 5PD

No need to book—just drop in!

Contact us

Phone: 0161 830 4770

Email: info@volunteercentremanchester.co.uk

Website: www.volunteercentremanchester.co.uk

Instagram: @VolunteerCentreMCR

Facebook: /VolunteerCentreManchester





Department
for Work &
Pensions

Need support
to get back
on track?

Motiv8
can help

Motiv8 provides one-to-one support to help people in Miles Platting overcome barriers to employment.

We can help if you

- Are aged over 18
- Are not in education, training or employment
- Have multiple support need

A life saver!

"Motiv8 has been literally
life saving.

Having you in my corner has made
everything a lot less daunting, so
thank you for doing an amazing
job and actually caring."

Your support needs might include:

- Mental health issues including self-harming and/or suicidal thoughts
- Physical health issues or disabilities
- Substance misuse or addictions (including gambling)
- Homelessness or housing issues
- Debt or financial hardship
- Domestic abuse
- Current or historic criminal offences
- Social isolation or loneliness
- Or other barriers preventing you from moving forward



0161 331 2048



support.jigsawhomes.org.uk/motiv8-gm



motiv8@jigsawhomes.org.uk

Referrals into Motiv8 can be made to Jigsaw or through your Jobcentre Plus Advisor

Motiv8 is funded by Jigsaw Support and Department for Work and Pensions



Looking for a new opportunity?



Yes Manchester is a local charity, providing free one-to-one support for anyone that's looking for work or training.

What we do? ✓

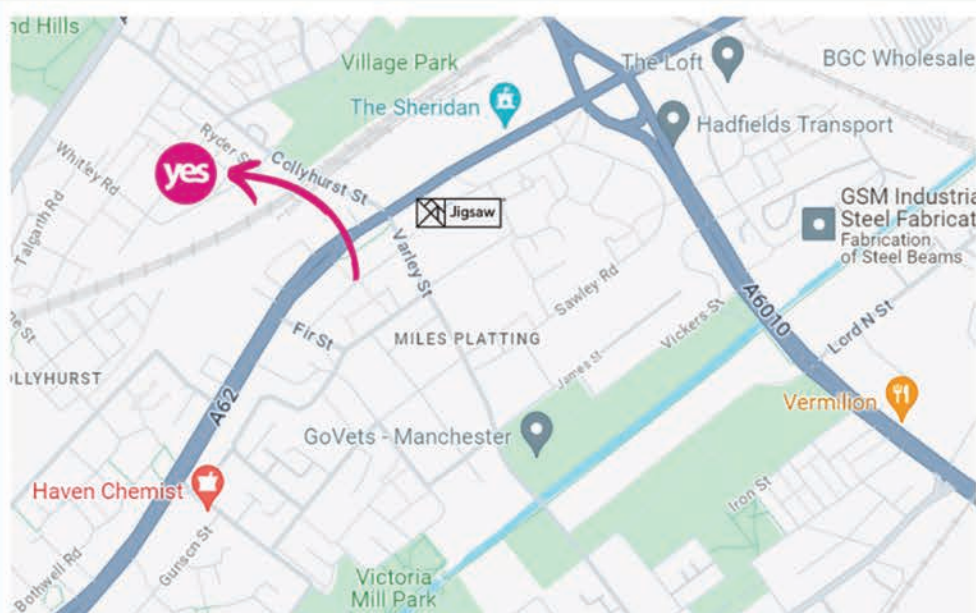
- One-to-one appointments
- Information, advice, and guidance
- Interview skills & job application support
- Computer access & digital skills
- Volunteering opportunities
- Citizens Advice drop in sessions (every Tuesday from 10.30am to 1.00pm)

Scan here for website



Where to find us?

Yes Collyhurst: 35-39 Southchurch Parade, Collyhurst, M40 7GE
Open 9.30am to 4.00pm, every Monday & Tuesday.



How to book an appointment?

Contact our team today by phone or email:



0161 260 1600



yesinfo@yesmanchester.co.uk

Pat's Gardening Corner



As I write I can't believe its autumn already - I don't think we've done too badly this summer with the weather.

I'm sure like me you have taken the opportunity to spend time in your garden to enjoy the hot summer days and lovely warm evenings we've had, I've got my fingers crossed for a long Indian summer!

If you're not much of a gardener I hope this article may convince you to give it a go. Once you get your head around the basics and watch your plant knowledge grow you will start to enjoy spending more time out doors in your garden. Working outdoors in your garden has many benefits; it can give us a great sense of self-achievement and well-being as well as being a great way to keep fit!

Creating a green space where we can sit and relax can make a huge difference to our lives.

Gardening is not just about cutting the lawn, weeding and watering – it's about water pistols with the kids, barbecuing on a summer's evening or sitting outside on a crisp Sunday morning with the papers or a book while enjoying a morning cuppa.

For non-gardeners, getting started can seem a little daunting. You might even find walking into a garden centre a little bit daunting. So here are some pointers to help you get into gardening if you have never done it.

A good place to start is at your garden centre. Staff are ready to help you get on the right track if you have never gardened before or you are feeling overwhelmed and out of your depth. They won't load you down with heavy Latin names or steer you towards anything over-ambitious. Remember I'm always here too for any advice you may need.

Clearing your space is a good way of kicking things off if your patch has grown wild. It will help you see what you are dealing with.

There is no need to splash out tons of cash either.

Just borrow or hire a strimmer, maybe an electric hedge trimmer and buy some secateurs. Make sure you are wearing gloves and eye protection as strimmer's can throw up stones and sticks.

Once the lawn has been cleared, you can cut back hedges, shrubs and trees.

Get to work on the borders. A decent spade or fork and a hoe will get you going. Clear weeds – get them out by the roots wherever possible and make space for plants.

Once you have got nature back under control you can start some planting. The best thing to get you started growing is a pot. Just buy a pot and then a bag of multi-purpose compost to go with it. Choose a couple of plants you like the look of, plant them up and stick them outside the back door (if buying new plants towards the end of the year, check they are frost hardy).

Before you know it, you'll be flying. Soon you will find it all totally addictive. Once you have got one pot going, you will want another, then a trough and maybe a hanging basket or two for the spring and summer months.

Bulbs are another starter project and its a good time to start with them now. You will now find an array of them in supermarkets and garden centres at the moment. Plant them in the ground to a depth of about two and a half times the height of the bulb and nature will do the rest. The bulbs will start sprouting next spring – daffodils, crocuses, tulips and snowdrops – they are so easy. They only cost a couple of pounds.

The bulbs will come up every year without fail and transform your garden with an explosion of colour.

Suddenly it becomes an immensely rewarding hobby as your confidence grows, along with your plants. Don't worry too much about soil type or which way your garden faces. The more you learn the more ambitious and confident you will become. What are you waiting for give it a go!

As our summer days slowly drift into autumn there are things we can do to prolong our summer colour in the garden:-

- Keep deadheading summer plants such as dahlias and geraniums this will prolong flowering
- Keep up weekly plant feeds
- Replace bedding plants that are finished with vibrant violas and asters

Autumn is a time when we need to prepare our gardens for the coming winter months ahead, start by:-

- Trim hedges before the onset of winter to keep them compact and bushy from ground level.
- Check your lawn and make sure any weeds you sprayed last month are dying. Repeat the treatment if necessary. Aerate the lawn with a garden fork and scatter lime lightly over it.

This sweetens the soil after many years of lawn food application. Rejuvenate tired lawns with an autumn feeding to ready them for the onset of cool winter weather.

- Gather fallen leaves, grass clippings, kitchen scraps and shredded prunings, and layer them in a compost bin. Turn periodically with a garden fork to allow air to circulate and feed organisms, and decompose the organic matter quickly. Don't overload your compost with one particular ingredient – maintain a mix.
- Transfer the leaves that fall on your garden and lawn to the compost bin on a regular basis, otherwise they will smother your plants and grass
- Divide evergreen perennials. Lift them from the soil, divide at the root and re-plant into well-conditioned soil.

DON'T FORGET THE WILDLIFE THIS AUTUMN AND WINTER.

Encourage birds into your garden by hanging out a couple of bird feeders; you can buy wild bird seed at most supermarkets or garden centres. (or be quick and ask for our free autumn giveaway bird feeders). Fat balls in the coldest of months are a favourite and a welcome treat!

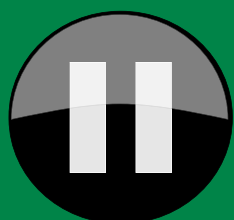


Autumn Garden Giveaways!!



- Spring bulbs
- Gardening gloves
- Selection of flower seeds
- Bulb baskets for ground planting
- Bug hotels
- Hanging bird feeders

All you need to do to get your pick of our fantastic autumn giveaways is to contact Pat at Baker House as soon as possible. Stocks are limited and its 1 per household. Email milesplattling@jigsawhomes.org.uk or call 0800 234 6826 option 3.



.....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!



ARABIC
هذه الوثيقة متاحة باللغة العربية عند الطلب.

BENGALI
অনুরোধ করলে এই ডকুমেন্টটি বাংলা ভাষায়ও উপলব্ধ।

CANTONESE
本文件可以應要求，製作成中文（繁體字）版本。

FARSI
این مدرک در صورت درخواست به فارسی موجود است.

KURDISH
ئەم بەلگەیه بە پێی داواکاری بە زمانی کوردی ش دەس دەکەوێت

MANDARIN
本文件可以应要求，制作成中文（简体字）版本。

POLISH
Dokument ten jest na życzenie udostępniany w języku polskim.

PUNJABI
ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ ਇਹ ਦਸਤਾਵੇਜ਼ ਮੰਗ ਕੇ

SOMALI
Dokumentigaan waxaa lagu helaa Soomaali haddii la codsado.

FRENCH
Ce document est disponible en français sur simple demande.

GUJARATI
આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં મળી રહેશે.

HINDI
अनुरोध पर यह दस्तावेज़ हिन्दी में भी उपलब्ध है

URDU
درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

VIETNAMESE
Tài liệu này có sẵn bằng tiếng Việt khi được yêu cầu.

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 10am - 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