

Monthly sessions

1st Tuesday of the month: Age UK Trafford

10am - 12pm

(appointment only)

Free and confidential advice session for anyone with concerns about memory loss, for themselves or for family or friends. Contact Urmston Age UK on 0161 746 9754 or email urmstonhub@ageuktrafford.org.uk

1st Tuesday of the month: Energy Works

9:30am - 3pm

Energyworks offer energy saving advice, can support with billing and supplier issues. They provide free energy saving measures to make your home warmer and help to reduce your energy costs.

3rd Tuesday of the month: Trafford Carers

10am - 12pm

Advice & information from the team at Trafford Carers Centre about support and help available to unpaid carers who are caring for someone living in Trafford.

4th Tuesday of the month: Advice on ESOL courses

10am - 12pm

Signposting and information on English courses in the area for speakers of other languages.

Visit our website for further details
stretfordpublichall.org.uk or call 0161 989 1689

Stretford Advice Hub

Face-to-face support
Every Tuesday

Stretford Public Hall
Chester Road
M32 0LG

Hall opening hours:
Mon - Fri, 9.30am - 4.30pm



**Free face-to-face support, every Tuesday.
No need to book, just come along.**

Stretford Community Hub Support

10am-12pm

Stretford Public Hall is one of the six community hubs across Trafford, providing advice and guidance to the local community with food banks, emergency top-ups, support with fuel bills, other food support, and financial assistance.

Citizens Advice

9.30am - 3pm

Confidential and independent advice on legal, debt, consumer, housing and other problems, with advisors from Trafford Citizens Advice.

Housing Options (HOST), Trafford Council

9:30am - 3pm

HOST officer deals with enquiries such as looking to prevent homelessness and making decisions around homelessness. They also provide information on Trafford Homechoice and offer housing advice by providing a range of options available or signposting to relevant agencies to meet the customers need.

Debt Advice

10am-1pm

Pop along for a face-to-face debt assessment plus additional information and guidance from the debt team.

Digital support to get online

10am - 12pm

Friendly drop-in session run by Stretford Public Hall, to help you get online and safely. Use your own mobile or other device - or borrow one from us!

Volunteer Advice Drop-In

1pm - 3pm

Our Volunteer Coordinator Kaf is available to talk to about volunteering at the Hall and across Stretford. She can help you find the right volunteering role for you, whatever your reason for volunteering.

Budgeting Support Officer, Trafford Council

1pm - 3pm

Provides support and advice on budgeting, managing rising expenses, accessing available support (eg gas and electricity, cost of food) and increasing rent.

Free
No need
to book!