

# Monthly sessions

## 1st Tuesday of the month

### Energy Works

**9:30am - 12:30pm**

Energy saving advice and support with billing and supplier issues. Energy Works can provide free measures to make your home warmer and help to reduce your energy costs.

## 2nd Tuesday of the month

### Family Information Service

**10-1pm**

Free, impartial, confidential information & advice to mums, dads, carers, young people and professionals on a range of subjects including, childcare, SEND local offer & support with childcare costs.

## 3rd Tuesday of the month

### African Caribbean Care Group

**10am - 12pm**

ACCG supports people with long term health conditions, physical disabilities, and mental health to access culturally appropriate health care and activities that alleviate the impact of isolation and loneliness.

### Achieve

**10am-12pm**

Achieve support for individuals with substance misuse. They will be in the underhall available to chat.

## 3rd Tuesday of the month

### Caritas

**9:30am - 12:30pm**

Provides a wide range of support for people who are in crisis, disadvantaged, seeking asylum, and experiencing homelessness.

### Home Start

**9:30am - 12:30pm**

Home-Start steps in to offer volunteer-led support to help prevent crisis and family breakdown.

## 4th Tuesday of the month

### Trafford Leisure

**9:30am-12:30pm**

Support with an affordable way to get fit and to get active in Trafford. A chance to ask questions in person.

### Irwell Valley

**9:30am-12:30pm**

GM housing association. Support local residents with tenancy, rent, ASB, maintenance, budgeting, and housing options.

### Advice on ESOL and other courses

**10am - 12pm**

Signposting and information on English/other courses in the area for speakers of other languages, from Trafford Council.

**Visit our website for further details**

**[stretfordpublichall.org.uk](http://stretfordpublichall.org.uk)**

**or call 0161 989 1689**

V23 5/6/25

# 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



Stretford  
Public Hall



TRAFFORD  
COUNCIL



# Weekly sessions

## **Stretford Community Hub Support** **10am - 12pm**

Stretford Public Hall is one of the six community hubs across Trafford, providing advice and guidance to the M32 with food banks, emergency top-ups, support with fuel bills, other food support, and financial assistance. (Support is available throughout the week)

## **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)** **9:30am - 3pm**

Housing and homelessness prevention advice from HOST's officer. They provide information on Trafford Homechoice and give a range of options or signpost to relevant agencies to meet your needs.

## **L&Q Employment and skills support** **9:30-1pm (every 2 weeks)**

Housing provider L&Q are on hand to support their residents in Trafford with employment and skills.

## **Financial Inclusion Service** **(book only)** **9:30-12:30pm**

Foodbank clients have the opportunity to meet with a CA advisor who can help maximise income by looking at issues they may have with the benefits system or debt.

## **Digital support to get online** **10am - 12pm**

Friendly drop-in with Stretford Public Hall volunteers. Get support using your device safely – or borrow one from us!

## **Employment & Skills Space** **(Starting 17<sup>th</sup> June)** **10am-12pm**

Practical help looking for anyone looking for Jobs.

## **Work Well** **10am-12pm**

Support for people at risk of unemployment for health-related reasons.

## **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.

## **Scope** **10am-12pm**

Scope offers support and advice for anyone struggling with energy bills. They provide emergency help, tips to cut costs, debt advice, referrals, and more.

## **Working Wardrobe (book only)** **10:30am-3pm**

They provide a personal styling service which gives people the outfit and confidence they need to get the job that they deserve.

## **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.

## **Budgeting Support Officer, Trafford Council** **1pm - 3pm**

Offers support and advice on budgeting, rising costs, accessing help with energy, food, rent, and more.

**Free**  
**No need to book!**