



Growing Up In Salford

Supporting young people
to prepare for adulthood.

Should I learn to drive?

I love spending time with friends

What about my health and support

Should I get my own place?

How do I get more support?

I can buy things I need

Should I stay on at school?

Maybe I'll check out wuuz.info

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♥ Who is this leaflet for?

This booklet is for young people, their families and carers, who might need a little bit of extra help and support as they grow up. The booklet aims to help young people get ready for becoming an adult. It is about all the support and services already in your community.

This booklet is not a directory of services, and there will be lots of things that are not in it, but don't worry. There is space at the end of each section for you to jot down useful names, numbers and websites.

This booklet talks a lot about being independent. This does not mean having to do everything for yourself or doing things on your own. When we talk about being independent, this is about you doing as much for yourself as possible and learning new skills. Being independent is different for different people. To be independent we often need a lot of help and support from our family, friends and community.

There is lots of information in this booklet, so it might be helpful to ask someone to help you go through the it.

Lots of people will help you as you grow, including your family, friends, people at school, college and youth clubs. Talk to them about anything you are worried about.

The internet is very good for finding out information, but remember to stay safe and not to trust everything you read or everyone you meet online.

www.safetynetkids.org.uk/personal-safety/staying-safe-online/ is useful

♥ Who to contact

Local

The best place for local information is the city council website – www.salford.gov.uk

www.salford.gov.uk/wuu2 has information about what's happening for young people in Salford, including, events, activities, jobs, forums etc.

www.connexions-salford.com has information, advice and guidance to young people who are 13 to 25 years old. **0800 0126 606**

www.salford.gov.uk/serviceinfo lists hundreds of services and activities across the city.

CAB health and wellbeing offers information and advice on lots of areas including, benefits, housing, employment and health and community. **0161 206 0274**

Salford Carers Centre supports and advises carers, including groups for young carers. **0161 833 0217** www.salfordcarerscentre.co.uk

Salford Being Heard is an advocacy group for people with learning difficulties. It can represent you if you need help. **0161 789 7878**

Mind in Salford offers support, advocacy and advice for people with mental health issues in Salford. **0161 839 3030** www.mindinsalford.org.uk

Salford Disability Forum supports and campaigns for all disabled people in Salford. **0161 737 1092** www.salforddisabilityforum.co.uk



Who to contact



National

www.nhs.uk for how to be healthy and well and what to do if you are ill. It also has information about living with a long-term condition.

www.gov.uk to find government services and information.

If you do not use the internet, then visit your **local Gateway** or **library**. You can also call the **Citizens Advice Bureau health and wellbeing information service**.



Notes

♥ Preparing for adulthood

When you are 14, people will start to talk to you about what you want to do when you leave school and grow up. This is called **transition**. This will start in your Year 9 Transition Review at school and each year your transition plan will be updated. There will be lots of changes happening in your life over the next few years. Some you will be happy with and some you will be sad about. This is all part of growing up and there are lots of people who can help you get ready and understand the changes.

Some of the things you might think about include

- Education – what do you want to learn?
- Job – what job would you like?
 - o what do you need to do to get ready for work?
 - o How can other people help you get ready for work?
- Hobbies - what do you want to do when you are not working?
- Living - where will you live?
- Health and support - what help do you need to stay healthy and safe?

You should visit places and groups that you are interested in joining. Ask questions and get information so you can make an **informed decision**. Lots of the groups and places will invite you to 'open days' where you can find out information.

Transition:

this is the change from being a child to adult. If you use Salford City Council's children social care services, this is what we call the change to using the council's adult social care services.

Making decision

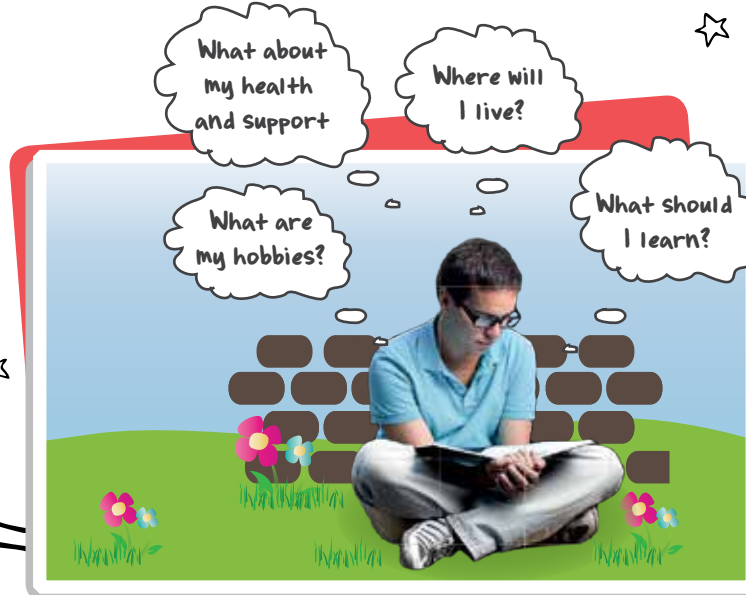
When you are 16, the law says you have the right to make decisions about your life. It is important that family, carers, teachers and other people who are paid to help you give you information so that you can make an **informed decision**.

Sometimes people may not agree with the decision you make or think you have made a bad decision. If you have made an informed decision, this does not matter. It is your decision.

If people think that you are not able to make an informed decision even if you as much information as possible, then a best interest meeting will make sure the right decision for you is made. Advocacy groups can help you gain the skills to make decisions.

The Mental Capacity Act is the law all about making decisions.

TAG (Teenage to Adult Group)



Informed decision:

when you have lots of information about a topic and you are supported to look at what is good and bad about it, you can make a decision.

TAG is a group that meet once a month for young people aged 14 to 25 years old. It is all about growing up in Salford and will give you the information you need. If you are worried about growing up, you can make some new friends and talk to each other.



Who to contact

TAG

07919 325660

Transition Coordinator

0161 793 2298

Mind in Salford

0161 839-3030

www.mindinsalford.org.uk

Salford Being Heard

0161 789 -7878

Salford Disability Forum

0161 737 1092

www.salforddisabilityforum.co.uk

Mental Capacity Act

www.salford.gov.uk/mentalcapacityact

Notes

♥ Education and training



The transition meeting and transition plan you complete at school will help you decide what education, training or employment would suit you, once you leave school. You might decide to:

- Stay on at school (if the school has a sixth form)
- Go to a college
- Start an apprenticeship
- Go on a traineeship
- Go to another, independent school or college (possibly residential)

As you get ready to leave school, the school will help you look at the different options. Colleges might invite you to come for the day and see if you like it. You might have a number of visits to get you ready for the move. If you are worried about moving on from school, it's good to talk to your teachers or head of year who can support you to get the advice and guidance you need.

Most colleges will offer extra support for students with disabilities or additional needs. It is best to apply early to give the college time to arrange the extra support.

Transport to and from school

Just because you used transport to and from school before, does not automatically mean you will get transport when you are 16. When you are 14, think about how you can get to school or college independently – by yourself.

Find out what help you can get with transport to school or college at www.salford.gov.uk/post16 or www.salford.gov.uk/schooltransport

Money for going to college

Depending on your situation, you may be entitled to help with the cost of college. Speak to your college about this to find out more information and see if you are eligible.



Who to contact

Connexions

08000126606

Salford College

0161 631 5000

www.salford-col.ac.uk

YMCA Training

The Coach House,
25 Bolton Road, M6 7HL

0161 737 6699

Pure Innovation

The Angel Centre

St Philips Place, M3 6FA

0161 909 6503

Princess Park Garden Centre

Princes Park

Liverpool Road

Irlam M44 6BR

0161 775 0039

www.princesparkgardencentre.co.uk

www.salford.gov.uk/skils-for-under19

Notes

♥ Where you live

One of the first things you need to think about as you grow up, is where you will live as an adult. Many young people choose to stay at home. There are lots of good reasons to stay living at home: you get support from family and carers; it is cheaper to live at home; you don't want to move.

This can be good, but you still need to think about developing your independence at home. Talk to your family or whoever supports you about learning how to cook simple meals, learning to tidy up and use the equipment in the house (like a vacuum cleaner or ironing your clothes). If you are disabled, there is lots of equipment and ways where you live can be changed so that you can be more independent at home. There are lots of simple gadgets that you can buy from the internet or the high street. If you want to try before you buy, or want advice, contact Disabled Living and make an appointment to visit them. They have a showroom where you can try out different pieces of equipment to see what works for you.

As you get older you may want to start spending some time in your home alone. This may sound scary at first but there is lots of equipment, such as sensors that can monitor your home and let someone one know if you might need help, or detectors to alarm if there is a problem such as smoke, gas and flood detectors. The Disabled Living Centre can tell you about this. ☆



Moving into your own place

You may have to move out of your current home, or decide that you are ready to live independently. The first thing you need to do is sign up to **Salford Home Search**, so you can bid for a property. If you are planning to move into your own home, it is important that you have the following:

- Your own bank account
- Benefits it place
- Photo identification eg, passport

If you become homeless you need to contact **Housing Options Advice Line 0161 793 2020**. If you are over 18 you have to go to **Abbots Lodge 4 Brindle Heath Road, Salford M6 6NR**. They will find out about your housing needs.

You can also contact **Shelter** or **Centrepont** for homelessness and housing problems.

The housing advice team will be able to tell you about help and support for you to find a home and manage your tenancy. If you need extra support they will contact someone to help you. ☆





Who to contact

Disabled Living

0161 xxx 8200
www.disabledliving.co.uk

Disabled Living Foundation

0300 999 0004
www.dlf.org.uk

Care on Call

0161 607 7133
www.salford.gov.uk/care-on-call

Housing Options Advice Line

0161 793 2020
Over 18

Salford Housing Options Point

Abbots Lodge, 4 Brindle Heath Road
M6 6NR
0161 793 2020

Shelter

0808 800 4444
www.shelter.org.uk

Salford Home Search

www.salfordhomesearch.co.uk
www.salford.ov.uk/enhancedhousingoptions
housing.advice@salford.gov.uk

Centrepoint

www.centrepoint.org.uk

Notes



Money is very important. As you get older you need to think about:

- How you get money
- What you do with your money

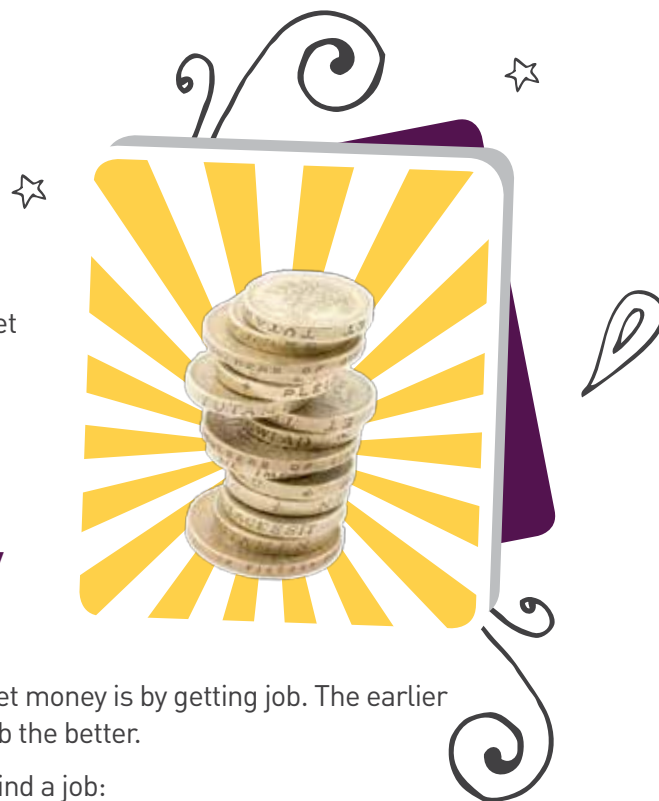
How you get money

Getting a Job

The best way for young people to get money is by getting a job. The earlier you start to think about getting a job the better.

There are lots of different ways to find a job:

- Tell friends and family you are looking for a job and they may know someone who can help
- Go to local shops and businesses, ask them if they have any jobs and give them your CV.
- Use the newspaper or internet to look for jobs
- Speak to your college tutors or a training centre as they can help you get ready for work, and give you the skills to look for and keep a job.
- Visit your local job centre which has an up to date list of available jobs and people who can help you. Ask for a disability employment officer. There are job centres in Salford, Eccles, Worsley and Irlam; to find out more information, visit www.salford.gov.uk/jobcentreplus
- Our supported employment service can also help you look for, find and keep a job; to find out more information, visit www.salford.gov.uk/ed-support-for-disabled-people



Benefits

When you are 16, you will be asked if you want to receive benefits in your own right. You may be able to get new benefits as well, even if you are still in education.

If you are worried about looking after your own money, you can ask someone to help you manage it - this is called an appointee. The Department of Work and Pensions (DWP) will visit you and your appointee to explain how it works and to make sure they are happy with it. The money is still yours and you can still go in your bank. If you have an appointee, they can fill in forms or talk to people about your money for you.

Welfare Rights and Debt Advice can tell you what benefits you and your family are entitled to, or you can go directly to the **Benefits Agency**. You can also contact Turn2us which is a charity helping people to claim all the money available to them through benefits and grants.

Borrowing money

If you need to borrow money, **Salford Credit Union** or **Moneyline** are good places to go. You can also ask your bank.

Payday loans are a very expensive way to borrow money. You will always have to pay back much more than you borrow. Even just looking on the internet for payday loans can cost you money. Do not give payday loan websites your personal information.

Worried about money?

If you are worried about money, ask for advice before you get into difficulty. Contact the Welfare rights advice line or, if you are in debt and owe money to people, you can contact the Debt advice line. You can also visit the Money advice service or the Citizens Advice Bureau, which are free and trustworthy services.

MoneySavingExpert has lots of advice for saving money, vouchers, calculators, guides and price comparison tables. There are also many discussion forums including 'disability and dosh'

What to do with money

As you're getting older, you will get more money either through work or benefits. This money is not just for spending on nice clothes, music and computer games. Your money is to help you pay for all your living costs including:

- Bills for electricity, gas and water you use
- Food
- Council tax
- Rent
- Clothes
- Hobbies and interests
- Travelling around
- Mobile phones

You also need to think about:

- If you are living at home with family, do you have to pay something to help out with the costs of the home. If so, how much will this be each week?
- If you are living on your own or living with other people, what is your share of the bills?
- How much do your hobbies and interests cost? Can you afford to do all of them?

If you do not pay your rent, bills etc, you can get into lots of trouble. It is important that you learn to budget so you don't end up owing lots of money. There are lots of people who can help you learn to budget, including school, college and www.moneyadvice.org.uk

The Health Improvement Service can direct you to short 'money management' or 'work readiness' courses.



Bank Accounts

It can be difficult to apply for a bank account when you're over 18 so it is important that you get one when you are 16.

The document 'opening a bank account' can help you think about what you need to do to open a bank account.

If you are struggling to open a bank account, you can phone the government department and ask them to open a post office card account www.postoffice.co.uk/post-office-card-account





Who to contact

Support with employment

Job centre plus

0845 604 3714

www.salford.gov.uk/jobcentreplus

Local Support with Money

Salford Citizens Advice Bureau (CAB)

0844 826 9695

(from landlines)

0300 456 2554

(from mobile phones)

www.salfordcab.org.uk

Salford Credit Union

0161 832 1998

www.salfordscreditunion.com

Health improvement Service

0800 952 1000

www.salford.gov.uk/health-improvement-service



Who to contact

National Support with Money

Information about all benefits

www.gov.uk/browse/benefits

Access to work

www.gov.uk/access-to-work

Information about how to open a bank account

www.bild.org.uk/easy-read-information/money

www.banking.making-money-easier.info

Money advice service

0300 500 5000

www.moneyadvice.org.uk

Moneyline

0161 736 6500

www.elmline.co.uk

www.turn2us.org.uk





Notes

(don't write down your bank account details here)



Getting around

There are different ways to travel to places including, getting a lift, walking, cycling, or using taxis, buses, trains and trams.

Your family, school and college can help you learn the skills you need to travel on your own or with friends. This is called travel training. If you are worried getting lost, bullied or into trouble, you can get a simple mobile phone from www.myownfone.com 0800 699 6699.

Tips for travelling to somewhere new:

- Plan the easiest route
- Only learn one new route at a time – start with walking to the local shop.
- Do the route with someone else a few times first.
- Plan with someone you trust what to do if something goes wrong.
- Ensure your mobile phone has credit so they you can phone someone if you get stuck
- Your phone may have a GPS in it. Make sure someone you trust has your phone number and password so they can find you if you get lost. Sometimes it is called 'find my phone'.

Public transport

Disabled people (including those with mental health problems) may be entitled to reduced fare or free public transport. However, just because you had a free bus pass once, does not mean you will automatically get one for life. You will have to reapply when you are 16 and 18 for a bus pass and it will depend on the eligibility criteria.



There are different types of bus passes which you can find out about at www.tfgm.com and search for 'low fares for disabled people'.

Door-to-door transport, such as Ring and Ride or Local Link, is also available to use.

Taxis

If you cannot use any public transport, Transport for Greater Manchester provides a travel voucher scheme, which can pay for taxis and door-to-door services.

Taxis can be expensive, so speak to friends and family who are going to the same place as you to see if they can share the taxi and split the fare. There are some taxi firms who specialise in supporting people with disabilities and/ or additional needs.

Learning to drive

At 17 you can learn to drive. You can find out about learning to drive at www.gov.uk and typing in 'learning to drive'. You can find information about driving if you have a disability. You can also find information at www.disabledtraveladvice.co.uk/learning-drive-when-disabled. There are some conditions which mean you will not be able to drive, such as if your eyesight isn't good enough or if you have epilepsy which is unmanaged.

Private transport

Passengers, as well as car drivers, can have a blue badge, depending on their disability. The badge allows the car you are in to park closer to where you need to go. You may also be able to pay for a dropped kerb and a disabled parking bay on the road outside your home.



Who to contact

Fab travel taxis

0161 288 2828
www.fabtravelsalford.co.uk

Blue Badges

0161 909 6508
www.salford.gov.uk/bluebadges

Local Link

0845 605 5505
www.tfgm.com/accessible_transport

Disabled Living

0161 607 8200
www.disabledliving.com

Community Transport

(travel for voluntary and community groups.) 0845 077 2246

Motability

0845 456 4566
www.motability.co.uk

Disabled Parking Bays

0161 909 6505
www.salford.gov.uk/disabled-parking-bays

Ring and Ride


0845 688 4988 (enquiries)
0845 688 3989 (bookings)
www.tfgm.com/accessible_transport

Transport for Greater Manchester

0161 244 1050
www.tfgm.com



Notes



Support for hobbies, interests and a social life

When you finish college you may have a lot of free time. Taking part in activities or having hobbies and interests outside of the home can help you meet new people, keep fit, stay active and be happy.

There are lots of clubs and groups. some are especially for young people with additional needs and others are open to everyone.

www.wuu2.info has lots of information about activities in Salford.

Oakwood Youth Club offers a range of different activities for young people between 11 and 25, including sports, outdoor pursuit, performing arts as well as lots of social activities.

Community centres, leisure centres, many churches, and other religious centres also have events that you could join and our **health improvement service** may also be able to help you find activities or groups across the city.



★
★
★ If you do not feel confident about going to a group by yourself, ask a friend to come with you.

Unlimited Potential's health trainers and **Social adVenture's** courses can help you build your confidence, get healthier and get happier.



Who to contact

Oakwood Youth Club

0161 921 2898

www.oakwoodyouthclub.co.uk

www.salfordcommunitylesure.co.uk

www.salfordsportsnetwork.co.uk

www.salford.gov.uk/WUU2

www.salford.gov.uk/serviceinfo

Salford CVS

0161 787 7795

www.salfordcvs.co.uk

Health Improvement Service

0800 952 1000

www.salford.gov.uk/health-improvement-service

Social AdVentures

0161 833 0495

www.socialadventures.org.uk

Salford Talking News

0161 736 8670

www.salford-talking-news.org.uk

www.bbc.co.uk/webwise/0/

Unlimited Potential

0161 743 0088

www.unlimitedpotential.org.uk



Notes

Friendships and Relationships

Staying in Touch with Friends

Young people often tell us that the most important thing to them is keeping in touch and having places to go to with their friends.

There are lots of ways you can keep in touch with your friends, including swapping phone numbers, using social media sites such as facebook, using skype or 'live' computer gaming.

If you want to see your friends, you may want to go to each others houses, or go out to places like the cinema, a restaurant or a local pub. If it is difficult to organise getting together, ask your family or college tutor if they can help you to arrange to meet up. It can you remember if you arrange to meet at the same time and same day each week or month, or you can write it in a diary.

The **Heroes Project** is for people with learning difficulties. It is involved with a radio station, nightclub and other activities and events you might like.

You can 'google' for disabled access nightclubs or bars in Manchester.

Remember:

when using social media sites, it's important to keep yourself safe - if you feel worried or are getting bullied, tell your parents, tutors or carers.



Falling in Love

As you get older you may start to fancy someone, and want to be their boyfriend/ girlfriend. This can be exciting but you might be worried about whether the person likes you or how to go about asking the person out. Talk to someone you trust, who can give you help and advice. If you are thinking about having sex with your boyfriend or girlfriend, the **Brook centre** can give you all the information and advice you need.

Understanding your emotions and sexuality can be difficult. If you are, or think you are gay, lesbian, bisexual or transgender, you might want to speak to someone from **LGBT groups**.

Missing someone

Sometimes people you love may leave you. This can be because you have fallen out with each other, they have moved home or they may have died. It's normal to feel anger, guilt, fear and depression. This is called grief. If you feel grief, it is important to talk to someone you trust. You could speak to **Cruse bereavement**. If you are always feeling sad and angry you may need to speak to a councillor who can help you manage your feelings. If you want to speak to someone about how you feel, confidentially call **the Samaritans**.

Being bullied?

Bullying can be things like name-calling, hitting, happy-slapping or stealing. Bullying can happen anywhere, including at school, college, on social media sites, or at work and it can make you feel sad and scared. There are lots of reasons why people get bullied including because of their clothes, the music they like or because of their disability. It is not your fault but it is really important that you tell someone you trust such as a family member, college tutor or carer.

If someone is bullying you because of your disability, sexuality, culture or religion, this is called as a **hate crime** and is very serious. If you think you have been victim of a hate crime it is important that you report it.

Sometimes you may feel under pressure to do things because your friends and the people you know are doing them. This is called **peer pressure** and it can be difficult to say No. Some people may pretend to be your friend and then make you do things you do not want to do, such as spend your money, smoke, drink or even have sex. You may get into trouble because of these friends. It's normal to want to fit in but it's important that you learn to make your own choices and become friends with people who like you for who you are.

Domestic Abuse

Bullying and being picked on can also happen in your home. This is called domestic abuse. It may be that someone:

- hurts you physically (e.g. hits you)
- sexually (e.g. touches your private parts without your permission)
- financially (e.g. takes your money without asking)
- emotionally (e.g. always being horrid to you)
- neglects you (e.g. where someone does not give you enough food, clothes or keeps you warm)

None of this is OK and you must tell someone you trust who will help you get the support you need. You can tell Childline if you are under 18 or phone the Salford police domestic abuse unit or the safeguarding unit.

Peer pressure: when your friends and people you know try to make you do something because they are doing it.



Who to contact

Adult safeguarding

0161 909 6517

worriedaboutanadult@salford.gov.uk

Oakwood Youth Club

0161 921 2898

www.oakwoodyouthclub.co.uk

Brook service

0808 802 1234

www.brook.org.uk/brook-Salford?rc=136

Childline

0800 1111

Salford Community Leisure

www.salfordcommunityleisure.co.uk or www.salford.gov.uk/serviceinfo

Cruse Bereavement

0844 477 9400

www.crusebereavementcare.org.uk

1YSS Disability Youth Group

788 0700

Greater Manchester Police Hate Crime reporting

0800 555 111

www.salford.gov.uk/reportingahatecrime

Lesbian, Gay, Bisexual and Transgender information

www.salford.gov.uk/lgbt.htm



Who to contact

Salford police domestic abuse unit

0161 856 5171 or 0161 872 5050
www.bullyingonline.org
www.nspcc.org.uk

- National 24 hour helpline: 0808 2000 247
- Salford Women's Aid Outreach: 0161 736 0737
- Victim Support line: 0845 303 0900
- Men's advice line: 0808 801 0327
- Broken Rainbow: 0845 260 4460 (a helpline for lesbian, gay, bisexual and transgender people)

Samaritans

08457 90 90 90
www.samaritans.org

Swinton and Worsley Mencap

0161 728-3246

Wuu2

www.salford.gov.uk/WUU2

Netbuddy

www.netbuddy.org.uk

CHANGE (national human rights organisation led by disabled people)

www.changepeople.org



Notes

Staying healthy

Staying fit and healthy is important no matter what your age and it can be good fun as well. If you are physically and mentally healthy it is called wellbeing.

How can you improve your wellbeing?

Exercise classes and groups for all ages and abilities take place across the city in leisure centres, community centres, church halls and other venues. **Oakwood Youth Club** offer a wide range of sports and outdoor pursuits for young people, or visit www.wuu2.info that has groups for young people.

If you need help with getting started, our **health improvement service, Unlimited Potential, Social adVentures** and **Big Life Centres** can help you get healthier. This might include healthy eating, cookery or gardening.

Sometimes when we grow up we may try things that are not good for us, such as smoking, drinking or drugs, which can lead to having an addiction.

If you think you have an **addiction** for drinking or harmful drugs you can contact the **Drug and Alcohol team**, who can offer help and advice on how to stop or manage your addiction. If you want to stop smoking contact the **Stop smoking health line**.



Addiction:

when the feeling that you must have or do something is harmful to you.

Looking after your own health

As you get older, you have to look after your own health. This includes going to hospital, dentist and optician appointments.

It is good to talk to your family, carers or school or college about teaching you how to make sure you remember to go to health appointments and practice going to the surgeries etc.

If you have any worries about your health then go and see your doctor. If you had help from a health professional when you were younger and feel you still need support ask your doctor who can help you get in contact with someone who can help.

Some people with a learning disability will be invited to have a full health check every year, but you can just go along to your doctor to ask for one.

Health Action Plans (HAPs)

These booklets can help you to understand your health. There are many different types of HAPs so you can choose the one that suits you best. The HAP can be used to record information about your health like allergies, medications and past operations and can also cover any health issues you have now. It can be taken to health appointments so that the health worker can understand more about you and your needs. The things discussed at the appointment can be added to your HAP so that it is up-to-date. If you want any further information about the HAPs (or want a copy for yourself) then ask your school nurse, teacher or your carer or support worker or contact **Cath Rotherham: 0161 793 2467**.

Understanding your long term conditions

Whether you have ADHD, Autism, diabetes, epilepsy or another long term condition, it is important that you know about it, understand the impact it can have on your life and how you can manage it. **The health improvement team** can give you help and advice and point you in the right direction of groups and services that can also help. If you have ADHD you may find the ADHD training program useful. There are life coaches for people who are on the Autistic spectrum

Feeling stressed?

The stuff that happens as you get older may make you feel anxious and stressed which can affect your health and wellbeing. If you are anxious or stressed, you can feel sick, be unable to sleep, get snappy with people, feel bad about yourself. It can make you feel like you can't cope. If you feel like running away, hurting yourself, not wanting to get out of bed or taking your own life, it's important you talk to someone. There are lots of people to help you:

- a family member
- school nurse
- teacher
- GP
- Samaritans
- 42nd St

Knowing where to turn

Your pharmacist (chemist) can give you some advice if you are feeling ill but not very bad. If you are feeling very bad try to see your doctor.

If you have a bad accident or you need to see a doctor straight away, go to Accident and Emergency or phone 999 (the nearest Accident and Emergency departments are at Salford Royal Hospital, Royal Bolton Hospital and Manchester Royal Infirmary).

If you are not sure you can phone 111.

If you want to find your nearest health service (doctor, dentist, optician, pharmacist etc.) go to www.nhs.uk



Who to contact

42nd St

0161 228 1888
www.42ndstreet.co.uk

ADHD

- learning to live with ADHD

0161 793 2298

Autism life coaches

0161 866 8485
aspirations@asgma.org.uk

Being well Salford

Cath Rotherham:
0161 793 2467
www.beingwellsalford.com

Drug and alcohol team

www.salford.gov.uk/drugs-alcohol
For young people under 21 Lifeline SMART can give you help and support if you are worried about alcohol or drugs 0161 743 0167 or 07971913293

Big Life Centres

0161 212 5805

Health Improvement Service

0800 952 1000
www.salford.gov.uk/health-improvement-service

NHS

111 (non-emergency) 999 (emergency) www.nhs.uk



Who to contact



Salford Community Leisure

salfordcommunityleisure.co.uk



Samaritans

08457 90 90 90

Social Adventures

www.socialadventures.org.uk or 0161 833 0495



Stop smoking health line

0800 952 1000

www.salford.gov.uk/dealingwithcravings or www.nhs.uk/smokefree

Unlimited Potential

www.unlimitedpotential.org.uk or 0161 743 0088

Websites for accessible
(easy read) health information



www.easyhealth.org.uk/



NHS

www.nhs.uk

www.youngminds.org.uk

www.ru-ok.org.uk



Contact a Family
(medical information link)

www.cafamily.org.uk



Notes



♥ If you need more support

Sometimes you may need more support than you can arrange for yourself or that your friends, family or community can give you.

This is when Salford City Council may be able to help.

If you are aged under 18, you need to telephone **MASH 0161 603 4222**

If you are 18 or over you need to contact the adult social care contact team **www.salford.gov.uk/contact-socialservices** or **0161 909 6517**

If you already have support from children's social services, they will tell adult services when you are 16. An adult worker will then come out and speak to you about whether you need a support package and what this might look like.

Things you need to know about adult social care

Adult social care is all about promoting independence and will aim to make you as independent as possible

Fairer Access to Care Services (FACS) states who can have support. In Salford we help people who have substantial or critical needs. This means that just because you had a service in children's services, it does not mean you will get the same type of service in adult services. Information about what support you can have can be found at **www.salford.gov.uk/facs-faq**

There may be a cost to you for the services you get **www.salford.gov.uk/supporting-people-paymentsandfairercharging**

The greater the risk to your health, safety and independence, the more we can support you.

How can we help?

We can **assess** your situation to find out if you are entitled to social care support from us. We can put you in touch with other people who may be able to support you such as speech and language therapists, physiotherapists etc. If you are not entitled to support, we will give you information and advice and suggest other groups and services, which can help.

Assess:

This is where we talk with you, and anyone who helps you, about what you can do for yourself, what you need support with and the sort of support you might need.



♥ List of useful organisations

Care on Call

We are a mobile warden service, offering a range of support to help you stay living, safely at home.

www.salford.gov.uk/care-on-call.htm

0161 607 7138

Carers Centre

If you provide unpaid support to family or friends who could not manage without this help, you are a carer and we can help you.

www.salfordcarerscentre.co.uk

0161 833 0217

Disabled Living

We provide independent information about equipment. You can try items out in our showroom.

www.disabledliving.co.uk

0161 607 8200

Health and wellbeing information and advice

Whether you are funding care yourself or are thinking of a social work assessment, this Citizens Advice Bureau service can give you information and advice

www.Salfordcab.org.uk

0161 206 0274

Salford Disability Forum

Offers support and advice for people who have a disability and live in Salford.

www.salforddisabilityforum.co.uk

0161 737 1092

Salford Being Heard

Self-advocacy organisation run by and for adults with learning difficulties.

www.actionforadvocacy.org.uk

0161 789 7878

Salford Credit Union

We are a not-for-profit co-operative offering an easy way to save and an affordable way to borrow.

www.salfordcreditunion.com

0161 832 1998

Mind in Salford

This website is a mental health resource for the residents of Salford.

www.mindinsalford.org.uk

0161 839 3030

Moneyline

We offer small, unsecured loans, usually for periods of less than one year. We lend to people who struggle to borrow from banks, or who pay too much for their money with higher cost lenders.

www.elmline.co.uk

0161 736 5000

Welfare Rights and Debt Advice Service

We can check that you are getting all your benefits and help you if you are in serious debt.

www.salford.gov.uk/welfarerights

0800 345 7375 for benefits advice

0800 345 7323 for debt advice



This document can be provided in large print, audio, electronic and Braille formats. Please telephone 0161 793 2862.

If you need this document translated, please contact us on the number below.

Czech

Pokud potřebujete přeložit tento dokument do vašeho jazyka, kontaktujte nás na uvedeném čísle.

French

Si vous avez besoin d'une traduction de ce document, veuillez nous contacter sur le numéro mentionné ci-dessous.

Polish

Jeśli potrzebują Państwo kopię tego dokumentu przetłumaczonej na Państwa język, prosimy o kontakt na numer podany poniżej.

Somali

Haddii aad u baahan tahay dukumiintigan oo luuqaddaada ku turjuman, fadlan naga la soo xiriir nambarka hoos ku qoran.

Russian

Если Вам нужен перевод данного документа на русский язык, пожалуйста, свяжитесь с нами по ниже указанному номеру.

Chinese

如果您需要此文件翻譯成中文，請用以下電話號碼與我們聯絡。

如果您需要此文件翻譯成中文，請用以下电话号码与我们联系。

Hindi

यदि आपको इस दस्तावेज का अनुवाद आपकी भाषा में चाहिये, तो कृपया नीचे दिये नंबर पर हम से संपर्क करें।

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਤਰਜਮਾ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

Tigrinya

ከዚህ ሰነድ ላይ ያለውን ሰነድ ለማንኛውም ቋንቋ ለማተርጎም፣ በዚህ አብ ታሕቲ ተጠቅሱ፡ ዘሎ ቁጽሪ ተጠቅሙ፡፡

Arabic

إذا احتجت لان تترجم هذه الوثيقة الى لغتك، فالرجاء الاتصال بنا على الرقم المبين اسفله.

Farsi

اگر شما ترجمه این مطلب را به زبان خود نیاز دارید، لطفاً از طریق شماره تلفن زیر با ما تماس بگیرید.

Kurdish Sorani

ئەگەر دەخوازیت ئەم دۆکیۆمێنتە (بەلگە نامەییە) وەرگیردریت بۆ زمانی خۆت، ئەوا تکایە پەڕیوەندیمان پێوە بکە لە ڕێگەی ئەم ژمارەییە خوار موه.

Pashto

کچیری ددی سند ترجمه پخپله ژبه غواری، لطفاً په لاندی شمیره مونږ سره اړیکه ونیسی.

Urdu

اگر آپ اس دستاویز کا اپنی زبان میں ترجمہ چاہتے ہیں، تو برائے مہربانی نیچے دئیے گئے نمبر پر رابطہ کیجئے۔

0161 793 2862

Salford City Council

■ **Community, Health and Social Care**

Salford Civic Centre

Chorley Road

Swinton

Salford

M27 5BY

📞 **Telephone 0161 793 2862 (to order more copies)**



Web www.salford.gov.uk/health