

Help and support with
food and medical supplies
for anyone living
in Greater Manchester.



Bolton	01204 337 221	Mon to Fri: 8.30am – 5.30pm, Saturday: 9am – 1.30pm
Bury	0161 253 5353	Monday to Friday: 9am – 5pm
Manchester	0800 234 6123	Monday to Friday: 9am – 5pm, Saturday: 10am – 2pm
Oldham	0161 770 7007	Monday to Friday: 9am – 5pm
Rochdale	01706 923685	Monday to Friday: 9am – 5pm
Salford	0800 952 1000	Monday to Friday: 8.30am – 6pm Saturday: 9am – 1pm
Stockport	0161 217 6046	Mon to Thu 9am – 5pm Friday 9am – 4.30pm
Tameside	0161 342 8355	Mon to Wed: 8am – 5pm, Thursday: 8am – 4.30pm, Friday: 8.30am – 4pm
Trafford	0300 330 9073	Monday to Friday: 8.30am – 5.30pm
Wigan	01942 489018	Mon to Fri: 9am – 5pm, Sat and Sun: 9am – 12 noon

Greater Manchester Textphone 07860 022876

Messages will be responded to by the next working day