



# A short guide to activities and services for older people in Salford

Growing older IN Salford



### **More and more of us are living longer.**

I remember when I started work in the 1950's many people considered they were lucky to reach retirement age and few thought that life after work was something to enjoy.

Thankfully times have changed. People are living longer. As a city council we want to ensure that as many people approaching retirement and beyond are able to enjoy as fit, healthy, active and enjoyable a lifestyle as possible.

Hopefully, old age is something to celebrate and enjoy, rather than to dread.

I hope that this booklet will give you some idea of the services provided by the city council and others including the NHS and voluntary organisations and can help you to enjoy your golden years.

Unfortunately, we all don't enjoy the best of health. Again the booklet will guide you towards those services which will help you to make the choices enabling you live in an independent and enjoyable environment.

As Salford City Council's Older Peoples Champion I am grateful for the support from our older people and their organisations in helping to shape the services we provide. If you have ideas or suggestions of how we can improve, we would be only too glad to hear from you.

**Councillor John Ferguson**

Executive Support (Community Services and Health)

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# Adult education

## Computer classes

### Broughton Database

Free computer training - including introduction for beginners, ECDL courses, digital camera and website design.

Tel: 0161 708 9971

### ICT in the community

We run free classes in most libraries and other venues across the city, Courses aimed at beginners. Also help with CVs if you are looking for work.

Tel: 0161 779 8080

## Other learning

### Lifelong Learning

Learn or develop your knowledge and skills by joining one of our courses. Courses include arts and crafts, IT, English and mathematics, healthy living and lip reading. Most are free.

Tel: 0161 778 0331

[www.salford.gov.uk/lifelonglearning](http://www.salford.gov.uk/lifelonglearning)

### Leisure Learning Courses

Salford College provides a wide selection of personal learning and health courses held at various locations across the city. A voucher scheme is in operation, please contact for further details.

Tel: 0161 631 5651

[www.salford-col.ac.uk/courses/llc.asp](http://www.salford-col.ac.uk/courses/llc.asp)





## Interests and hobbies

Many groups meet at local community centres and in church halls. Whether you want to join a group of people with similar interests or perhaps want to set a group up, you can get advice and perhaps a small grant from the city council. Existing groups include photography, fitness, history, environment, craft sessions.

Tel: 0161 793 2865

### Allotments

Why not rent an allotment to grow your own vegetables and fruit. Some allotments even allow you to keep livestock.

Tel: 0161 925 1020

## Arts and culture

### Local History Library

The local history library has archive books, maps and a collection of over 50,000 photographs.

Tel: 0161 778 0814

### The Lowry

Free exhibitions, art activities, national touring theatre and much more.

Tel: 0843 208 6000

Email: [info@thelowry.com](mailto:info@thelowry.com)

[www.thelowry.com](http://www.thelowry.com)

### Ordsall Hall

Come along to see the hall, find out about its history and what events are being held.

Tel: 0161 872 0251

### Salford Museum and Art Gallery

Come along to see the exhibitions and find out what events are being held.

Tel: 0161 778 0800

For more information about arts & culture

[www.salford.gov.uk/leisure](http://www.salford.gov.uk/leisure)

## Parks, events and activities

To find out where your nearest park is and about events and activities.

Tel: 0161 909 6500

## Reading

Salford's libraries offer much more than just book borrowing. If you can't get to your local library, you may be interested in books@home – the mobile library service. You may want a large print or talking book or to use the internet for free.

Tel: 0161 792 0190

[www.salford.gov.uk/mobilelibrary](http://www.salford.gov.uk/mobilelibrary)

## Reading Groups

Fancy joining one of the many reading groups across the city?

Contact your local library.

### Boothstown Group

Tel: 0161 799 6549

### Broadwalk Group

Tel: 0161 211 7304

### Cadishead Group

Tel: 0161 775 3457

### Height Group

Tel: 0161 736 1907

### Swinton Group

Tel: 0161 793 3560

### Walkden Group

Tel: 0161 909 6518

### Worsley Village Group

Tel: 0161 794 8750



# Volunteering

Use your skills and knowledge to support a voluntary organisation or try something totally new.

## Age Concern Salford

Offers a range of volunteering opportunities allowing people to contribute their expertise, experience and time to the charity. For example you can make a difference to an isolated older person by befriending them for an hour or two each week.

Tel: 0161 788 7300

## Friends

Many of the city's favourite places have Friends groups which help with management and fund-raising – some of the city's parks, the Museum and Art Gallery and the Lowry. Contact them directly to find out how to get involved.

## Volunteer Centre Salford

Can support and advice you about volunteering opportunities in the city, with a list of 300 organisations.

Tel: 0161 787 7795

## Youth Offending

The city council's youth offending team is looking for volunteer mentors and mediators to help keep young people away from offending. Training and support is provided.

Tel: 0161 607 1900

Email: [soc.yot@salford.gov.uk](mailto:soc.yot@salford.gov.uk)



# Emergencies and keeping safe

## Criminal emergencies

### Police

Tel: 999

### Police (non emergency)

Tel: 0161 872 5050

## Supporting victims

If you are a victim of crime, neglect or abuse you can contact:-

### Victim Support & Witness Service

Practical help, advice and support if you are a victim of crime or a witness to crime.

Tel: 0161 727 0230

Fax: 0161 727 0238

Email: [info@victimsupport-salford.co.uk](mailto:info@victimsupport-salford.co.uk)

### Adult Safeguarding

If you are concerned about a vulnerable person (a neighbour, friend or yourself) being abused or neglected tell the police, a social worker or health professional.

Tel: 0161 909 6517

## Anti-social behaviour

Report anti-social behaviour on the action line:-

Tel: 0845 605 2222 (national number)

Fax: 0161 793 2228

Email: [community.safety@salford.gov.uk](mailto:community.safety@salford.gov.uk)

## Other useful contacts in an emergency

### British Gas

Tel: 0800 111 999

### British Telecom

Tel: 0800 800 150

### Floodline

Tel: 0845 988 1188

### National Grid Gas (Transco)

Tel: 0800 111 999

### Salford City Council

Tel: 0161 794 8888

Email: [emergency.services@salford.gov.uk](mailto:emergency.services@salford.gov.uk)

Monday to Friday 4:30pm - 8:30pm

### United Utilities: Electricity

Tel: 0800 195 4141

### Report a leak

Tel: 0800 33 00 33

### Sewers

Tel: 0845 602 0406

### Water

Tel: 0845 746 2200

# Health

As well as helping when you're ill, the NHS can help you stay well.

## Salford Primary Care Trust

Tel: 0161 212 4800

Fax: 0161 212 4801

[www.salford.nhs.uk](http://www.salford.nhs.uk) or [www.nhs.uk](http://www.nhs.uk)

### Continence nursing

Tel: 0161 212 5579

### Customer Care Team

Tel: 0161 272 4832

### Dentist

Tel: 0161 212 4842

### Diabetic clinic

Tel: 0161 212 2095

### Doctor

Tel: 0161 787 0310

### Occupational therapy and equipment services

Tel: 0161 607 1499

### Palliative care (end of life care)

Tel: 0161 206 4609

### Podiatry (feet)

Tel: 0161 212 5535

### Speech and language therapy

Tel: 0161 212 4023

### Wheelchair service

Tel: 0161 607 1499

## Falls

Falling is the most frequent and serious type of accident in people over 65 years old. Help yourself with five simple steps:

- check your medication
- take regular exercise
- wear the right shoes and keep your feet healthy
- have an eye test
- check for hazards

Tel: 0161 212 4435

## Mental health

Specialist services for older people with mental ill - health, including dementia and depression. In the first instance you should contact your GP.

### Greater Manchester West Mental Health NHS Foundation Trust

Tel: 0161 773 9121

[www.gmw.nhs.uk](http://www.gmw.nhs.uk)

### Voluntary Friends for Older People

If you're lonely and mildly depressed, volunteers visit you at home for a chat and talk.

Tel: 0161 772 3893

## Smoking

Stopping smoking improves your health, whatever age you are. Getting help to quit doubles your chances of success.

Tel: 0161 212 4050

# Carers

A carer is someone who without payment provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help. We can often help and support carers, you can ask for an assessment of your own needs for help and support.

**Princess Royal Trust  
Salford Carers Centre**

Tel: 0161 833 0217

[carerscentre@salford.gov.uk](mailto:carerscentre@salford.gov.uk)



# Fitness

Being active is one of the best ways to look after yourself. Just 30 minutes moderate activity most days of the week can keep your body and mind in tip-top condition.

## Active Lifestyle

Salford Community Leisure supports all sorts of clubs as well as organising more gentle exercise sessions - health walks, healthy hips and hearts, Tai Chi, weight loss classes and chair based exercises.

### Active Lifestyle team

Tel: 0161 778 0541

### Sports clubs

Tel: 0161 778 0553

Email: paul.thomas@salford.gov.uk

### Health Walks

0161 778 0559

### Healthy@heart

0161 778 0558

### Healthy Hips & Hearts

0161 778 0497

### Healthwise

0161 778 0557

### Assisted exercise

If you haven't done any exercise for some years, BASIC has a suite of exercise machines which help you get fit without over-exerting yourself.

Tel: 0161 707 6441

Email: bodybasic@basiccharity.org.uk

## Dance sessions

A number of community centres and churches host dance sessions – whether you're interested in line, tea or ball room dancing, it's a great way to keep fit and meet new people.

Tel: 0161 778 0548

## Fit City leisure centres and swimming pools

Fully trained staff can advise you about the different exercise classes and equipment at each of the eight centres across the city. Some pools and centres have improved access for disabled people.

### Broughton

Tel: 0161 792 2375

### Broughton Pool

Tel: 0161 792 2847

### Cadishead

Tel: 0161 775 7928

### Clarendon

Tel: 0161 736 1494

### Eccles

Tel: 0161 787 7107

### Irlam

Tel: 0161 775 4134

### Pendlebury

Tel: 0161 793 1750

### Worsley

Tel: 0161 790 2084

### Sports Village

Tel: 0161 604 7600

# Holidays

You may be able to get great deals on your holidays by travelling out of season, or looking for special travel insurance. A number of organisations also cater just for older people.

## Age Concern Salford

Offers products and services designed for the over 50s with no age limit insurance to suit your needs.

Tel: 0161 788 7300

Fax: 0161 707 2953

## The National Benevolent Fund for the Aged (NBFA)

Provides free holidays to pensioners on low incomes who have not had holidays for at least three years.

NBFA, 32 Buckingham Palace Road,  
London SW1W 0RE

Tel: 020 7828 0200 (national rate call)

[www.nbfa.org.uk](http://www.nbfa.org.uk)

## SAGA

SAGA offers a wide selection of holiday destinations and accommodation from hotel stays, self-catering, tours, cruises, safaris and all inclusive for people 50 years and over.

[www.saga.co.uk](http://www.saga.co.uk)

Email: [reservations@saga.co.uk](mailto:reservations@saga.co.uk)

Email: [travelshop@saga.co.uk](mailto:travelshop@saga.co.uk)

Special Needs department: 0800 373 034

## The Salfordian

The hotel is based in Southport, run by the Salfordian Trust and caters mainly for older Salford residents and less mobile people but we also welcome other guests. Special rates are available for group bookings.

Tel: 0161 925 1233

## Tourism For All

Information for people with disabilities and older people about accessible accommodation and other tourism services.

Vitalise, Shap Road Industrial Estate,  
Shap Road, Kendal, Cumbria LA9 6NZ

Tel: 0845 124 9971 for information

(minicom 0845 124 9976)

[www.tourismforall.org.uk](http://www.tourismforall.org.uk)



# Housing

You've told us that staying safely and comfortably on your own home for as long as you want is important to you. There are a range of services to help you do this.

## Disability adaptations

If you become disabled, you may be able to get some help with adaptations to your home - things like making bathrooms into wet rooms or installing lifts.

Tel: 0161 607 1499

## Home improvements and maintenance

### Affordable warmth

Owner occupiers and private tenants maybe entitled to a grant to help towards insulation, repairing and replacing central heating systems to keep bills down and warmth in. Advice on energy efficiency and free energy checks are available. Older people are entitled to winter fuel payments.

Tel: 0161 922 8732

Email: [keepingwarm@salford.gov.uk](mailto:keepingwarm@salford.gov.uk)

### Helping Hands minor repair service

Helping Hands can help with small jobs in your home, such as DIY, basic plumbing, electrical work, guttering, decorating and gardening. Charges vary, depending on the service provided.

Tel: 0161 793 9419

[www.helpinghandssalford.co.uk](http://www.helpinghandssalford.co.uk)

### Home Improvement Agency

Salford Home Improvement Agency can help you if you need repairs, adaptations or improvements to your home, helping you to stay put in comfort and safety.

Tel: 0161 793 2896

Email: [home-improvement.agency@salford.gov.uk](mailto:home-improvement.agency@salford.gov.uk)

### City West handy van service

Eccles, Irlam, Barton, Winton, Cadishead

Tel: 0161 605 7220

Little Hulton, Walkden, Worsley, Swinton, Clifton, Pendlebury

Tel: 0161 605 7210

## Housing support

### Care on Call mobile warden

Care on Call will give you a special alarm unit and a small pendant which can be worn or kept close at hand. In an emergency – if you have a fall for instance – press the button on the alarm unit or the pendant. This will connect you directly to our Control Centre from where we can direct staff to come and help you. We can also help customers who are prone to having falls by providing fall detectors and bed sensors (called Telecare) which can be activated automatically if a fall occurs.

Tel: 0161 607 7133

## Housing choice

If you are over 50 and your home doesn't meet your needs we can help you search for other properties. We'll support you through the move and help with all the practicalities involved. We can also help make your home safe and warm, supporting you with everyday living tasks or carrying out essential repairs.

Tel: 0161 793 2829 or 0161 793 2879  
or 0161 793 2881

## Residential homes

The Care Quality Commission regularly inspects care homes. If you are interested in a care home, ask to see its inspection report and pick up a Help the Aged leaflet from social services offices about what to look for. You may want to contact social services to find out about the support available.

Tel: 03000 61 61 61  
[www.cqc.org.uk](http://www.cqc.org.uk)

## Sheltered housing - Forum

Sheltered housing is accommodation for older people who wish to have the added benefit of living with a warden service. There are sheltered schemes across Salford, close to amenities, with communal areas and with the added security of 24 hour emergency care.

Tel: 0161 607 7135

## Other housing issues

### Fire risk assessment

The home risk assessment team offers free home safety checks, free fitted smoke alarms (where appropriate) and advice on fire safety to anyone who might be at risk.

Tel: 0161 608 4216 or 0800 555 815

### Refuse service

If you are finding it difficult putting your bin out apply for an assisted collection service. You can also request a smaller or larger bin.

Tel: 0161 909 6500

Email: [environment@salford.gov.uk](mailto:environment@salford.gov.uk)

### Graffiti

To report a graffiti problem

Tel: 0161 909 6500

Email: [environment@salford.gov.uk](mailto:environment@salford.gov.uk)

# Money

If you have money worries or want advice about your money and assets, such as your home, mortgages, pensions, loans, savings, credit cards and benefits.

## Benefits advice

Many people don't claim all the benefits they're entitled to. It is always worth checking.

### Salford Welfare Rights and Debt Advice Service

Free, confidential and independent advice on welfare benefits and tax credits.

Tel: 0800 345 7375

Minicom: 0800 345 7375

Urdu or Punjabi: 0800 345 7371

Arabic: 0800 345 7370

[www.salford.gov.uk/welfare-advice](http://www.salford.gov.uk/welfare-advice)

Welfare Rights Service, FREEPOST,  
Manchester M27 1BX

Opening times: Monday to Friday

10:00am – 12:00 noon

### The Pension Service

If you are 60 years and over and would like to claim your state pension or have an enquiry about your state pension or pension credit

Tel: 0845 60 60 265

Minicom: 0845 60 60 285

[www.thepensionservice.gov.uk](http://www.thepensionservice.gov.uk)

Opening times: Monday to Friday

8:00am – 8:00pm

If you need advice about funeral payments, bereavement benefits or winter fuel payments:

Tel: 0800 055 6688

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

## Housing benefit

### Private and council tenants

Tel: 0161 909 6504

### Housing repairs - City West

Tel: 0300 123 5522

### Housing repairs - Salix Homes

Tel: 0800 218 2000

### Council tax benefit

Tel: 0161 909 6502

## Consumer advice

Consumer Direct's specialist trained advisors give practical advice on all consumer issues - from problems with cars and faulty household appliances, cowboy builders and pushy sales reps.

Tel: 0845 04 05 06

[www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk)

## Debt advice

### Salford Welfare Rights and Debt Advice Service

Free, confidential and independent debt advice.

[www.salford.gov.uk/welfare-advice.htm](http://www.salford.gov.uk/welfare-advice.htm)

Tel: 0800 345 7323

Minicom: 0800 345 7323

Fax: 0161 793 3785

Urdu or Punjabi: 0800 345 7371

Arabic: 0800 345 7370

Welfare Rights Service, FREEPOST,  
Manchester M27 1BX

Opening times: Monday, Wednesday  
and Friday 1:00pm – 4:00pm

### National Debtline

We will discuss your debt problems with you and the options available to you. The specialist advice that we give over the telephone is backed up with written self-help materials which we can send out to you for free. If your circumstances meet certain criteria, we can, if you are interested, assist in setting up a Debt Management Plan for you, for free.

Tel: 0808 808 4000

Fax: 0121 410 6230

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

National Debtline, Tricorn House  
51-53 Hagley Road, Edgbaston

Birmingham B16 8TP

Opening times:

Monday to Friday 9:00am - 9:00pm,

Saturday 9:30am - 1:00pm

## Financial advice

Use only a financial adviser registered with the Financial Services Authority. Many financial advisors are connected to a bank and are not independent.

Tel: 0845 606 1234

25 The North Colonnade, Canary Wharf,  
London E14 5HS

[www.fsa.gov.uk](http://www.fsa.gov.uk)

If you want an Independent Financial Adviser you can search

[www.unbiased.co.uk](http://www.unbiased.co.uk). This does not guarantee the quality of the advice.

[www.unbiased.co.uk](http://www.unbiased.co.uk)

## Insurance

Ask your insurance company if they offer special rates for older people.

### Age Concern Salford

Tel: 0161 788 7300

### Age UK

Tel: 020 7278 1114

### SAGA

Tel: 0800 559 3231



# Places of worship

Many places of worship offer a range of activities for example, coffee/tea sessions, outreach services, senior citizens parties, dances and luncheon clubs. Religious communities may also be able to offer befriending services at home. This is a small selection of religious organisations.

## **Buddhist temple (Chinese)**

Tel: 0161 872 3338

## **Church of England**

Tel: 0161 828 1400

## **Eccles and Salford Islamic Mosque**

Tel: 0161 789 2609

## **Greek Orthodox church**

Tel: 0161 792 2694

## **Jewish Representative Council of Greater Manchester**

Tel: 0161 720 8721

## **Polish community**

Tel: 0161 226 1588

## **Roman Catholic churches**

Tel: 0161 834 0333

## **Salford Methodist church**

Tel: 0161 789 1869

# Support services

Good friends, good health and good fun are the best ways to enjoy growing older. However, as we grow older we may need some help getting out and about and staying sociable, healthy and active.

## Day centres

Meet other people, enjoy a meal and take part in a range of social activities. For council run day centres, you'll need to speak to Community, Health and Social Care. There are also centres run by voluntary organisations.

### Community, Health and Social Care

Tel: 0161 909 6517

### African and Caribbean Care Group for the Elderly

Tel: 0161 226 6334

### Age Concern Humphrey Booth day centre (Eccles Old Road)

Tel: 0161 737 5989

### Nicky Alliance day centre (for older Jewish people)

Tel: 0161 740 0111

### Salford Link Project (for older southern Asian people)

Tel: 0161 787 8219

### Salford Yemeni Community Development Action Group

Tel: 07840 438 469

### Wai Yin Chinese Women Society (for older Chinese people)

Tel: 0161 237 5908



## Equipment

Equipment really helps around the home, making daily tasks such as cooking, cleaning and bathing much easier. Look under 'mobility equipment' in the business section of the phonebook.

### Assist UK

Usually free, impartial information and advice about all types of mobility and disability equipment from national charity.

Tel: 0870 770 2866

Fax: 0870 770 2867

Email: [general.info@assist-uk.org](mailto:general.info@assist-uk.org)

### Disabled Living

Provides advice and information about equipment and products to help people make a more informed choice that will enable easier, safer and more independent living.

Tel: 0161 214 5966

Fax: 0161 835 3591

### Disability Service

The city council's one-stop disability service includes equipment, radar keys, social work, occupational therapy, housing adaptations and wheelchair service.

Tel: 0161 607 1499

Minicom: 0161 607 1490

Email: [social.services@salford.gov.uk](mailto:social.services@salford.gov.uk)

## Home care

Home care organisations must be registered with the Care Quality Commission and you should ask to see their latest inspection report and think about what you want from the service. You can speak to Community, Health and Social Services for advice.

### Care Quality Commission

Tel: 03000 61 61 61

Fax: 03000 61 61 71

Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

[www.cqc.org.uk](http://www.cqc.org.uk)

### Community, Health and Social Care

Tel: 0161 909 6517

Email [social.services@salford.gov.uk](mailto:social.services@salford.gov.uk)

### Luncheon and social clubs

Many community centres and churches run luncheon and social clubs where you can get hot, healthy, good value meals as well as having a chat, meeting new people and getting out of the house.

Tel: 0161 909 6517

### Manchester Jewish Federation

Older Jewish people may want to contact 'The Fed' which provides a range of social services such as luncheon clubs, day care and home care.

Tel: 0161 795 0024

### Salford Link Project

Salford Link Project supports older people from south Asian communities, with a range of projects.

Tel: 0161 787 8219

## Meals services

If you can't cook for yourself, Salford City Council may arrange for hot meals to be delivered to your door. You'll need to speak to social services first.

## Oak House Foods

Tel: 01756 796 336

Email: [enquiries@oakhousefood.co.uk](mailto:enquiries@oakhousefood.co.uk)

## Wiltshire Farmfoods

Tel: 01225 756019

[www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

## Social services

Salford City Council's Community, Health and Social Care can advise you about buying social care services or may arrange services for you, depending on the level of your needs. Social workers will need to talk to you and anyone who cares for you to find out what things you are finding difficult to manage. The social worker will make sure you and your carer receive the services you need to keep healthy and fit.

## Salford City Council

Tel: 0161 909 6517

Email: [social.services@salford.gov.uk](mailto:social.services@salford.gov.uk)

[www.salford.gov.uk/health](http://www.salford.gov.uk/health)

## Age Concern Salford

Support services such as day care, luncheon club, befriending, information, advocacy, and work with people caring for and those with dementia.

Tel: 0161 788 7300

Fax: 0161 707 2953

Email: [administrator@ageconcernsalford.org.uk](mailto:administrator@ageconcernsalford.org.uk)

## Salford Carers Centre

The Princess Royal Trust, Salford Carers Centre offers support services such as free newsletter, coffee mornings, pamper sessions, young carers service, carers short breaks and an information and advice service.

Tel: 0161 833 0217

Fax: 0161 833 1992

Email: [carers.centre@salford.gov.uk](mailto:carers.centre@salford.gov.uk)

## Sight and hearing difficulties

If you have a sight or hearing loss we can help you with equipment, training and support.

## Salford Disability Service

Burrows House

10 Priestley Road

Wardley Industrial Estate

M28 2LY

Tel: 0161 607 1499

Fax: 0161 607 1412

E-mail: [social.services@salford.gov.uk](mailto:social.services@salford.gov.uk)

Minicom: 0161 608 4551

Text: 07970 134894

## Pets

### Pet Pals

Provides dog walking when needed or on a regular basis. We also provide homes for cats, if you are going into hospital.

Tel: 0161 794 4485

### Pet Sitter Swap

Puts pet owners who live close to each other, in touch for pet sitting.

[www.petsitterswap.com](http://www.petsitterswap.com)





# Transport

If you're 60 years old and over, you can travel for free on off-peak bus services across England, if you have a national pass. You can apply for a pass from your local GMPTE travelshop. The pass will also let you use the trams and trains in Greater Manchester for free between 9:30 am and midnight Monday to Friday, all day at weekends and bank holidays.

## Public transport

### GMPTE Travelshop

Tel: 0161 244 1000

### National Rail enquiries

Tel: 08457 48 49 50

### Metrolink

Tel: 0161 205 2000

## Accessible transport

### Blue Badges

Tel: 0161 909 6508

[www.salford.gov.uk/bluebadges](http://www.salford.gov.uk/bluebadges)

### Community Transport

Affordable, accessible transport for groups and individuals. Community transport can also help with furniture recycling and home moves.

Tel: 0161 736 8852

### Local Link

Operates in the east of the city providing door-to-door services as required for local people. You need to phone to book a journey and we'll pick you up.

Tel: 08456 05 55 05

### Ring and Ride

Book regular or one-off door-to-door journeys if you find it difficult to use public transport or to get from a bus stop to your home.

Tel: 0161 745 7459

### Salford City Council Transport Section

Groups may be able to hire the city council's accessible minibuses for day trips and events.

Tel: 0161 925 1360

### Travel vouchers

If you are unable to use buses, trains or Metrolink because of a disability you may be able to get travel vouchers to help pay the cost of taxis. You can't have both a travel pass and use the travel vouchers.

Passes and Permits, GMPTE

2 Piccadilly Place, Manchester M1 3BG

Tel: 0161 244 1050

# Getting involved

Throughout the city there are citizens, service users, carers and staff who meet to discuss what is going on in their community or in their lives. There are community committees, forums, residents associations, task groups, friends groups and partnership boards. You may want to share your experiences and raise issues with other people.

## Community Committees and Neighbourhood Management

There are eight Neighbourhood Management Teams which work to improve local communities. They support community committees, made up of elected councillors and residents and work closely with groups and professionals. Neighbourhood Management Teams also have lots of information about local groups, such as residents associations and activities.

Tel: 0161 793 2309

Email: [social.services@salford.gov.uk](mailto:social.services@salford.gov.uk)

### Boothstown

Tel: 0161 790 4562

### Broughton

Tel: 0161 708 9455

### Claremont/Weaste

Tel: 0161 789 4081

### Eccles

Tel: 0161 603 4290

### Irlam/Cadishead

Tel: 0161 606 6786

### Little Hulton

Tel: 0161 975 7400

### Ordsall/Langworthy

Tel: 0161 603 4092

### Swinton

Tel: 0161 607 1961

## Service user and carer involvement

If you use health or social services, there's a range of ways that you can help us make them better.

### User Development Workers Older people and disabled people

Tel: 0161 793 2209

### People with a learning difficulty

Tel: 0161 793 2120

### People with mental health problems

Tel: 0161 793 3832

### People with physical and sensory disabilities

Tel: 0161 793 3833

## Forums

The older people's forum and salford disability forum are two groups which meet regularly and aim to influence city council, NHS and other organisations' services and improve the lives of salford people.

### Older People's Forum

Tel: 0161 793 2209

### Salford Disability Forum

Tel: 0161 737 1092

Email: [office@salforddisabilityforum.co.uk](mailto:office@salforddisabilityforum.co.uk)

### Partnership Board for Older People

Help to decide how to spend money on improving and developing health, social care and housing in the city. Representatives of older citizens are elected to sit on this board.

Tel: 0161 212 5631

Email: [social.services@salford.gov.uk](mailto:social.services@salford.gov.uk)



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