

Sport England have provided some useful ideas about how to stay active if you are at home. They can be accessed from their website on

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

- **The Launch Project:** Is doing emergency packs for people self-isolating or finding it hard to get out 0161 883 3192
- **Salford Assist:** People in crisis who don't have money for food or heating call 0800 694 3695
- If you are down to £4 on your gas and electric pay and go. You can phone your provider and ask for a fuel voucher. You can do this twice a year and don't have to pay it back. £40 credit will be given to you.
- If you can't get baby formula, if you ring your local pharmacy they should be able to order you some.

Or if you look on the back of the baby formula tin some have helpline numbers and they should be able to deliver some to you.