

Parent Fact sheet Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

We know everyone is feeling the pinch this winter and we want to support those families in our school community who are impacted the most. If you're struggling with your finances, please do get in touch to let us know, as there may be things, we can suggest which will help. We want to do everything we can to help you and your child through this difficult winter.

Contact your local Citizen's Advice Bureau

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](https://www.citizensadvice.org.uk/)'s website or contact your local branch to book an appointment

114 Church Street Church Gresley
SWADLINCOTE
Derbyshire
DE11 9NR

<http://www.citizensadvicemidmercia.org.uk/>

0808 2787972

Check you're paying the right amount of tax

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

Claim any benefits you're entitled to

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- [Turn2us](#)
- [Policy in Practice](#)
- [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim.

Check you've received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website

Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. Please contact the office to find out more information.

See what other support you can get from your local authority

The local authority has a range of support for families which can be found here: [Household support fund - Staffordshire County Council](#)

Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

- If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
- TCC, 63 Main Street, Stapenhill, DE15 9AR. Every Monday 10am to 12pm or call and leave to arrange a convenient time for collection outside these hours on 01283 295678.
- YMCA Foodbank call – 01283 547211.
- Burton Salvation Army – 07514666759

Warm spaces

There are several local organisations and venues providing warm spaces throughout the week. A full list can be found at: [Local Warmer Public Community Spaces | ESBC \(eaststaffsbc.gov.uk\)](https://www.eaststaffsbc.gov.uk/local-warmer-public-community-spaces)

Some local venues include:

- Princess Street Training, Education & Enterprise Centre, Princess Street, Burton DE14 2NW running Mondays & Tuesdays 11am to 3pm and the 3rd Wednesday of every month from 12pm to 2pm
- Warm 'n' Welcome, The Glebe, Stanton Road, Burton DE15 9RW running Fridays 11.30am to 1:30pm
- Heat and Eat, The Community Church, No. 1 Ferry Street, Burton DE15 9EU running Wednesdays 2pm to 4pm and Thursdays 6pm to 9pm
- Short Street Community Café, Stapenhill DE15 9LT. Starting w/c 21st November running Tuesday 10am to 12pm and Thursday 4pm to 6pm
- Riverside Church, High Street, Burton DE14 1LD running Tuesday 11am to 1pm

Further information

- Contact [StepChange](#), if you're struggling with debt
- Contact [Shelter](#) if you're having issues related to housing
- Get free household goods on [Freecycle](#)
- Contact the [Salvation Army](#) for emergency assistance if you're eligible for [grants from Turn2us](#)
- Single parents can get support from [Gingerbread](#)