**Cost-of-living support for Families**

Find out what support is available to help you and your family get through the cost-of-living crisis.

**Let us know if you’re in financial difficulty**

We know that many families are going through a tough time this winter and we want to do everything we can to help you and your child. If you’re struggling with your finances, please get in touch to let us know, as there may be things, we can suggest which will help.

Please ask to speak to Mrs Herring at the school office or you may want to speak to your child’s teacher or another member of staff, we are all here to help and all conversations are confidential.

**Contact your local Citizens Advice Bureau or Family Hub**

**Citizen’s Advice Bureau (CAB)**

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 organising other financial support

Accessing support for essential costs (food, bills, rent)

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

Ground Floor Gazette Buildings, 168 Corporation Street, B4 6TF

Telephone: 03444 77 1010 (Information Helpline) 9.30 - 16.30 Monday to Friday

OR for Deaf/Hard Hearing Textphone Adviceline Number: 18001 03444 111445

**Family Hub**

Contact your local Family Hub to get help accessing all the support you might need as a family. Follow this link for more information:

[www.hallgreencommunities.org.uk/about/families-and-early-help](http://www.hallgreencommunities.org.uk/about/families-and-early-help)

**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](https://www.moneysavingexpert.com/family/check-tax-code/) 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](https://benefits-calculator.turn2us.org.uk/)

[Policy in Practice](https://www.betteroffcalculator.co.uk/calculator/new/step1)

[Support for migrant families](https://migrantfamilies.nrpfnetwork.org.uk/) – use this calculator if you are a migrant family, or if you have no recourse to public funds (meaning you’re not entitled to the majority of welfare benefits)

Narthex Sparkhill is a charity with its main hub based in St John’s Church, Sparkhill. Narthex provide money and debt advise and support for an appointment please ring 0121 753 1959.

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**Check you’ve received all the government’s cost-of-living payments**

The government’s [cost-of-living payments](https://www.gov.uk/guidance/cost-of-living-payment) are 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.

**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](https://www.moneysavingexpert.com/news/2022/07/dwp-cost-of-living-scam-texts-warning/) **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 the [British Gas Energy Trust](https://britishgasenergytrust.org.uk/bounce-back-checklist/) and the [Money Saving Expert](https://www.moneysavingexpert.com/utilities/energy-saving-myths/).

**Check if your child is entitled to free school meals (FSM)**

If your child is eligible for FSM you need to get them registered, this will allow them to get a free meal at school.

Go to [this government website](https://www.gov.uk/apply-free-school-meals) to check if your child is eligible. If they are, or if you’re not sure,

**See what other support you can get from your local authority**

Hall Green Families work across Moseley and Kings Heath, Sparkhill, Sparkbrook, Balsall Heath and Hall Green to support children, young people and families. You can find out more about Hall Green Families at [Hallgreen.Families@greensquareaccord.co.uk](mailto:Hallgreen.Families@greensquareaccord.co.uk) or speak to Mrs Herring in the school main office.

Local authorities have many schemes that you might be eligible for, including:

The [Holiday Activities and Food Programme](https://educationhub.blog.gov.uk/2022/04/06/what-you-need-to-know-about-the-holiday-activities-and-food-haf-programme-2/) – access to food and activities over the school holidays. Note that if your child is eligible for free school meals (see above), they’ll also qualify for this programme

[Help with transport to school](https://childlawadvice.org.uk/information-pages/transport/#Who-is-entitled-to-free-school-transport)

[Help with school uniform costs](https://www.gov.uk/help-school-clothing-costs)

**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.

Curry and Chaat takes place in Greet Primary School every Thursday from 1-2pm. This service is free of charge and provides a hot meal and a warm space for our families. Please speak to Mrs Herring for more information.

If you are struggling to put food on the table, please ask to speak to Mrs Herring at the school main office. Mrs Herring will issue you with a foodbank voucher. There is also long-term support available if needed to help address some of the issues behind the reasons for your crisis. At Greet we want the best for our families, and we are here to help.

If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](https://www.healthystart.nhs.uk/how-to-apply/)

You can become a member of The Springfield Food Pantry for a weekly subscription of just £4. For this you get to choose at least 10 items of food worth about £15, including fresh fruit and vegetables, meat and store cupboard favourites. The Springfield Food Pantry is open every Monday from 11am to 2:30pm at St Edmund’s Church, Reddings Lane, Tyseley B11 3DD

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**Free hygiene products**

Food banks offer free toiletries and sanitary products. Your local foodbank is Sparkhill Foddbank, Unit 20, Rovex Business Park, Hay Hall Road, B11 2AG

Find the cheapest disposable sanitary products on [Sanitary Saver](https://www.sanitarysaver.co.uk/)

**Replace or repair household items at a low cost or for free**

Check if you can get broken household goods replaced or repaired by your local community.

Get free household goods on [Freecycle](https://www.freecycle.org/)

Get help with DIY repairs at a [Repair Cafe](https://www.repaircafe.org/en/)

**Find a warm space to beat the chill**

Some community spaces open their doors to provide a safe and warm space for a few hours. Many also offer hot drinks and wifi.

Curry and Chaat takes place in Greet Primary School every Thursday from 1-2pm. This service is free of charge and provides a hot meal and a warm space for our families. Please speak to Mrs Herring for more information.

Find other warm spaces on:

[Warm Welcome](https://www.warmwelcome.uk/)

[Warm Spaces](https://warmspaces.org/spaces)



**Further information**

Contact [StepChange](https://www.stepchange.org/) for debt advice

Contact [Shelter](https://www.shelter.org.uk/) if you’re having issues related to housing

Contact the [Salvation Army](https://www.salvationarmy.org.uk/budget-and-debt-advice/emergency-assistance) for emergency assistance

See if you’re eligible for [grants from Turn2us](https://grants-search.turn2us.org.uk/)

Single parents can get support from [Gingerbread](https://www.gingerbread.org.uk/information/)

