

Cost-of-living support

Parent Fact Sheet



**Heyhouses Endowed
C.E. Primary School**

Clarendon Road North
Lytham St Annes
FY8 3EE

Tel: 01253 722014



The Family Hub

Facebook:

FamilyHubFY8

Twitter link:

@FamilyHubFY8

Email:

familyhub@heyhouses.
lancs.sch.uk

Cost-of-living support

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.

Further information

- Contact [StepChange](https://www.stepchange.org/hello.aspx) for debt advice:
<https://www.stepchange.org/hello.aspx>
- Contact [Shelter](https://www.shelter.org.uk/) if you're having issues related to housing:
<https://www.shelter.org.uk/>
- Contact the [Salvation Army](https://www.salvationarmy.org.uk/budget-and-debt-advice/emergency-assistance) for emergency assistance:
<https://www.salvationarmy.org.uk/budget-and-debt-advice/emergency-assistance>
- See if you're eligible for [grants from Turn2us](https://grants-search.turn2us.org.uk/)
<https://grants-search.turn2us.org.uk/>
- Single parents can get support from [Gingerbread](https://www.gingerbread.org.uk/information/)
<https://www.gingerbread.org.uk/information/>

Contact your local Citizens 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 website

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

Or

Contact your local branch to book an appointment.

Tel: 0808 278 7881 - 9am-4pm,

33 Moor Street, Kirkham, PR42AU

Drop in available in St Annes on Wednesdays 9-12

St Annes Road West, FY8 1LW, Tel 01253 658658

Family Hub

Clarendon Road North, St Annes On Sea, FY8 3EE

Facebook: "FamilyHubFY8"

Contact your local Family Hub for groups and to help accessing all the support you might need as a family

These include Infant Massage, drop in, stay & play,

Cooking on a Budget, Uniform exchange, food donations, nursery & school transitions, plus much more.

Children and Family Wellbeing Service

Delivering early help across Fylde and Wyre – Family support plus much more

www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/

Tel 01253741122, Sydney Street, St-Annes-On-Sea, FY8 1TR

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

www.gov.uk/income-tax/check-youre-paying-the-right-amount

Claim any benefits you're entitled to

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

[Turn2us](https://benefits-calculator.turn2us.org.uk) <https://benefits-calculator.turn2us.org.uk>

[Policy in Practice](https://www.betteroffcalculator.co.uk/login) <https://www.betteroffcalculator.co.uk/login>

[Support for migrant families](https://migrantfamilies.nrpfnetwork.org.uk) <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)

You may be able to get benefits paid early if you need cash urgently – this is known as 'a short-term benefit advance'. You will need to contact the Department for Work and Pensions (DWP).

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

The government's cost of living payments 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. <https://www.gov.uk/guidance/cost-of-living-payment>

If you think you're due a payment but haven't received one, report a missing payment to the government here. <https://www.gov.uk/guidance/cost-of-living-payment#other-help>

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

Find out about the Energy Bills Support Scheme and how you can get support this winter.

<https://www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount>

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

If your child is eligible for free school meals, you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding (known as the pupil premium) to support your child's learning.

Go to <https://www.gov.uk/apply-free-school-meals> to check if your child is eligible if they are, or if you're not sure please ask your school for advice

If your child is eligible for free school meals, they'll also qualify for the Holiday Activity and Food Programme (HAF). You must apply before each holiday. Contact your local council to find out how to apply.

Childcare

You may be eligible for financial support for childcare, and nursery places

Check what help you could get with childcare costs by looking at <https://www.gov.uk/browse/childcare-parenting/childcare>

You may be eligible for help with transport to school

<https://www.lancashire.gov.uk/children-education-families/schools/school-transport/free-travel-to-and-from-school/>

Help with school uniform costs

<https://www.lancashire.gov.uk/children-education-families/schools/school-uniform/>

Please ask your school for any advice

Free items

There are many local Facebook groups where people can donate a wide variety of items. There is no cost included with this, with everything being free. A great place to start in our area is "[Lytham Leg-Up!](#)". You can find this by searching on Facebook

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 several places offering support.

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/>

Food bank

United Reformed Church
St George's Road
St Anne's on Sea
FY8 2AE

Important - Our foodbank works using a voucher referral system. To get help from our foodbank, you will need a voucher issued by local agencies.

Our foodbank works with several different agencies, such as Citizens Advice, children's centres and health visitors. To find out more about the agencies that hold our vouchers and how you can get help, please contact us: <https://fylde.foodbank.org.uk>

01253 727455

Wesley's Community café and food larder

At Wesley's we offer a community cafe and a community larder. We also do outreach work with our partners teaching people and children how to cook affordable meals.

For further information please contact us by email robertgomery@hotmail.com

Church Rd Methodist Church, St Albans Rd, Lytham ST Annes, Lancashire, FY8 3NQ

Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too good to go](#) for low-cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to eat)

Free hygiene products

Food banks may offer free toiletries and sanitary products. Check with your local food bank to see what's on offer - see contact details above

Find the cheapest disposable sanitary products on 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](http://www.uk.freecycle.org) – www.uk.freecycle.org

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

Find a warm bank on:

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

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