



Summer Cost of Living Guide

2023



Seaton Valley Federation - Summer cost of Living Guide

WHERE CAN KIDS EAT FREE / CHEAPLY?

Here you'll find all the restaurants and cafes where your kids can eat for free or £1 during the summer holidays.

Always make sure you read the T&CS.

1. Morrisons

Kids eat FREE at Morrisons café all day with an adult meal purchased over £4.49.

'Ask for Ellen' at any Morrisons' café and receive a portion of two standard crumpets, with butter and jam for free – no questions asked. Ask for Ellen runs from 17th July to 13th August and will be available to everyone, all day, every day.

2. ASDA café

Kids eat for £1 all day every day. Promotion valid for children under 16 years. Each child is entitled to a meal when there is no minimum spend. Maximum of 1 meal from the kids' menu per child, per day. You can also receive a free piece of fruit (apple, pear, banana) when purchasing the hot kids meal for £1. There is also a £1 cold option which includes a pick and mix selection which includes a sandwich, drink and a piece of fruit. Available in England and Wales between 25/07/2022 – 03/09/2023. ASDA are also offering free Ella's baby food pouches, free water refills and 10% off for over 60's in their cafe.

3. Kids eat FREE at Dobbies

Head to a Dobbies Garden Centre this summer, and enjoy a free children's breakfast with any adult traditional or fill breakfast or a free child's hot meal or pick n mix lunch box with any adult main course. Offer is available everyday and also includes a free child's drink.

4. Bella Italia

Kids eat for £1 with every adult main between 4pm and 6pm, Mondays to Thursdays at Bella Italia. Kids can enjoy three delicious courses and a Cawston Pressed Fruit Water for just £1. These fab, bargain meals are suitable for 2-11 year olds.

5. Sizzling pubs

Kids will love what's on offer at Sizzling Pub and Grill restaurants across the UK: choose from kid-friendly favourites like fish fingers, pasta, chicken wraps, pizza and veggie nuggets. And grown-ups will love the prices! For every adult 'sizzling meal', you'll also get a kid's main meal for £1. This offer is available Monday to Friday, between 3pm and 7pm.

6. Hungry Horse

Every Monday at Hungry Horse, there are selected kids' meals for just £1 and larger meals for only £1.50. You'll also get a free activity sheet to keep the little ones entertained while you eat.



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7. Beefeater and Brewers Fayre

Kids eat free with an adult meal purchased till 3rd September 2023.

8. Yo! Sushi

Kids eat free at Yo Sushi! restaurants from 10 July until 1 September. As you enjoy your sushi and Japanese hot favourites (one child eats free for every £10 spent on food by the accompanying adult)

9. Secret Garden - Seaton Delaval

Kids eat for FREE with every adult meal purchased, excludes Sunays before 3pm and bank holidays They also have some amazing events planned for the summer holidays. Check their website for more information

<https://secretgardensd.co.uk/>

10. Dunelm

Making a trip to Dunelm? You're in luck as kids eat free in the Pausa Cafés inside Dunelm stores this summer. You can get one free main meal, plus two snacks and a drink for every £4 an adult spends in the in-store café.

11. IKEA

Kids can enjoy Kids Pasta with tomato sauce and a soft drink for 95p or any other kids meal for £1.50 every day from 11am.

12. M&S Cafe

Get a free kids much meal (main, snack and drink) when you spend £5 or more in a single transaction on non-kids food or drink at M&S Cafes (not available weekends) Between 24th July - 1st September 2023

13. Red Lion Earsdon

One kid under 12 years eats for 1p when one adult orders from the main menu, available 12pm til 6pm. Not to be used in conjunction with any other offer.

14. Fax Ox Holywell

One child eats for 50p with every adult meal purchased, offer available from 12pm to 6pm Monday to Saturday until 5th September 2023.

15. Sainsburys

Get a kids meal for £1 when you buy an adult hot meal.

[Join Kids Pass today for a £1 trial](#) and your kids can eat free at restaurants including Papa Johns, Bella Italia, Prezzo, Giraffe, Hard Rock Cafe, Garfunkels, NYC Bar and Grill, Homemade Hamburger and more!



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FREE FAMILY DAYS OUT NORTH EAST – some travel may be required

METRO TRAVEL: Up to three kids aged 11 and under can travel for free on the Metro and the Shields Ferry, all day, every day when accompanied by a fare-paying adult.

Discovery Museum (Newcastle)

The Discovery Museum is a science and local history museum. Expect a science maze, three floors of galleries showcasing Tyneside's history, a Red Arrows Flight Simulator (small charge) and regular free crafts. There is a cafe and indoor picnic tables too.

BALTIC (Newcastle)

Find BALTIC on NewcastleGateshead Quayside just over the Millennium Bridge. It is a Contemporary Art Gallery with ever changing exhibitions which are often hands-on/interactive and always thought-provoking. Facilities for children are fantastic with an indoor picnic area, free tea/coffee/juice and free toddler / children's activities at various times across the week (see their website for info)

Laing Art Gallery (Newcastle)

The Laing Art Gallery is in the centre of Newcastle, not far from the main shopping area around Northumberland Street. The gallery hosts regular changing historical and contemporary exhibitions and is also home to a small play area for under 5s.

Great North Museum (Newcastle)

Great North Museum is a museum of Natural History and Ancient Civilisations with permanent exhibitions, a planetarium and a large temporary exhibition space. The Museum is home to a popular 'Mouse House' area for under 5s and hosts regular free events across school holidays.

Stephenson Railway Museum (North Shields)

George and Robert Stephenson are North East icons pioneering Locomotives in North Tyneside. The Stephenson Railway Museum in North Tyneside displays some fascinating vehicles including George Stephens 'Billy' a fore-runner to the World Famous Rocket.

Chain Bridge Honey Farm (Berwick)

Chain Bridge Honey Farm is a family business in Berwick, the visitors centre was opened in the 90's to teach the public about bees and honey. There is information on Bee behaviour and Beehive products (such as honey, wax and propolis) as well as an observation hive so you can see the bees in action.

Durham Cathedral (Durham)

Durham Cathedral is an icon of the North East appearing in films like Snow White and the Huntsman, Harry Potter and Avengers: Endgame. You can tour the Cathedral, visit the museum and participate in a service. The Cathedral also hosts live music events and the famous Durham Miners Gala.



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This Summer, we're welcoming Luke Jerram's awe-inspiring artwork, *Gaia*, to Durham Cathedral until Sunday 10 September.



Sunderland Museum and Winter Gardens

(Sunderland)

Discover the story of Sunderland, its people, its industries, acclaimed art exhibitions and tropical Winter Gardens— all under one roof. With a collection dating back to 1846, Sunderland's fascinating history is explored across four floors, with spaces dedicated to shipbuilding, coal mining, glass making and pottery, as well as many other aspects of the city's past. The Winter Gardens, a 21st Century addition to the museum is a tropical paradise and home to our resident Koi Carp. Over 2,000 plants thrive in the glass rotunda and from the tree top walkway visitors have a bird's eye view of beautiful Mowbray Park. There are a number of exhibitions each year which change regularly.

Seven Stories (Ouseburn)

We love stories. From creating them, to protecting them to bringing them to life, we know them inside out - and it's our job to share as many as we can. We're a registered charity and accredited museum, and our teamwork with schools, communities and families ensures every child has access to stories. Visit us for free in Newcastle upon Tyne and see original artworks, draft manuscripts, correspondence from bestselling authors and hear all about the stories *behind* the stories. We have events, workshops, and story times every week.

National Glass Centre (Sunderland)

Discover how glass arrived in Britain, how it's made and why Sunderland has such a rich glass making heritage here at the National Glass Centre. Fast forward over 1300 years later and explore how the craftsmen of Sunderland's factories, such as Pyrex and Hartley Woods, went on to produce some of the finest glass in the world century after century. Today, our resident glass makers keep those skills alive. Trained in the art of turning molten glass into beautiful pieces of art, the Centre's glass blowing team create all manner of things. Watching this can be enjoyed from the comfort of a seat at one of our six daily glass demonstrations with commentary, or you can get even closer to the action and book a hands-on glass making experience.

We are dedicated to creating opportunities for everyone to have a go and be involved in arts and culture. Our learning team deliver an extensive family crafts programme with lots to do for all ages, such as glass painting, glass sand casting, glass fusing and ceramic crafts. Keep an eye out for things to do, especially around school holiday times via our What's On.



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Tynemouth Lifeboat Station (Tynemouth)

The RNLI is the charity that saves lives at sea. Powered primarily by kind donations, our search and rescue service has been saving lives for nearly 200 years. Here you can find out more about who we are, what we do and how with your support, we can move closer to a world where no one drowns.

FREE sport session when you spend £30 in store!

Spend £30 in store and we'll give you a voucher to try a free sports session of your choice! At Aldi, we believe there's nothing better to keep kids healthy than playing sport. So this summer, we're giving every child the chance to try a Team GB or Paralympic GB sport for free – whether they fancy trying hockey, giving martial arts a go or having a crack at cycling!



Newbiggin Maritime Museum (Newbiggin)

We are a volunteer run organisation providing the Breakwater Café, the Seashore Shop, a three gallery Museum and a large Latimer Function Room. We organise regular events such as the annual Kite Festival, Music Gigs, Film Shows (for members only - membership free), Children's Activities and much more. Keep up to date with what's going on via our Facebook page.

Smaland Soft Play (IKEA Gateshead)



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THERE ARE MANY FREE COUNTRY PARKS / WALKS AVAILABLE AROUND THE NORTH EAST. THE FOLLOWING ARE WHERE YOU COULD SPEND MORE THAN AN HOUR.

Rising Sun Country Park (North Tyneside)

Herrington Country Park & Penshaw Monument (Sunderland)

Seaglass Hunting at Seaham (Durham)

Minotaur Maze, Salmon Centre, Kielder Castle & Walks (Kielder)

Arbeia Roman Fort (South Shields)

Druridge Bay Country Park (Northumberland Coast)

Northumberlandia (Cramlington)

Ingram Valley (Northumberland National Park)

Allen Banks and Staward Gorge (Hexham)

Plessey Woods (Morpeth)

Hardwick Park (Durham)

Richardson Dees Park (Wallsend)

Wynyard Woodland Park (Stockton on Tees)

Ouseburn Farm (Ouseburn)

Pets Corner Jesmond Dene (Jesmond)

North & South Marine Parks (South Shields)

Carlisle Park & Steppy Stones (Morpeth)

Angel of the North & Saltwell Park (Gateshead)

Splash Parks (Ridley Park/Chester le Street/Hirst Park)



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Preston Park Adventure Playground (Stockton on Tees)

Hylton Castle (Sunderland)

Cramlington Giant Spoon (Cramlington)

Seal Spotting / Rock Pooling at St Mary's Island (North Tyneside) There is a fee to enter the lighthouse.

Rainton Meadows (Houghton-le-Spring)

Holy Island (Northumberland) - Check tide times before visiting.

Hadrian's Wall - Temple of Mithras, Walltown Crags and Sycamore Gap (Northumberland)

Bamburgh Castle Beach | Northumberland | UK Beach Guide (Northumberland)

The beach at Bamburgh gets good waves for surfing and is regarded as one of the most consistent spots on the coast. Surf hire and lessons are also available. Behind the beach the dunes of Sandy Hills are home to a wide variety of flora and fauna, including some quite rare insects.

Hulne Park | Visit Northumberland is great for walks and picnics. Hulne Park has 3 different walks - all lovely - varied scenery - old monastery and caves.



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COUNCIL RUN PROGRAMMES

Holiday Activities and Food Programme run by local council

This holiday provision is for school aged children from reception to year 11 (inclusive) who receive benefits-related free school meals.

Benefits-related free school meals (FSM) are available to pupils if their parents are in receipt of one of the qualifying benefits, and have a claim verified by their school or local authority.

Seaton Valley Community Council **Youth and Leisure Activities - Seaton Valley Community Council**

We work in partnership with Northumberland County Council Sports Development Team to provide a range of activities for young people and adults in the Valley. There are regular weekly activities and **FREE** sports camps during the school holidays

SCHOOL HOLIDAY BUDGETING TIPS

Vivup - Coping Financially With The School Holidays : Benefits Schemes

Budgeting for the school holidays | Equifax UK

Shaun the Sheep Free Trail

Shaun the Sheep on the Tyne is a brand new trail made up of 45 statues which will be located across Newcastle Upon Tyne and the surrounding areas. Similar to previous Snowdogs and Elmer trails, it will raise £ and awareness for St Oswald's Hospice.





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FOOD BANK / HUBS / PANTRY INFORMATION

Blyth Food bank. We are a referral-based food bank but there are many ways of getting a referral.

Most people call Northumberland Communities Together Hub on 01670 354904. If you don't have credit on your phone email them on nct@northumberland.gov.uk, explain what you need and leave a phone number. They will phone you back to discuss your needs before sending us your referral.

Other ways are to ask:

- any support workers or care staff assigned to you
- your JobCentre Plus contact
- any medical professionals working with you (Health Visitors, Doctors etc)
- your children's school or Surestart Centre
- Citizens Advice
- Probation Staff

In all cases make sure the referrer knows:

- about all the people living with you that you need food for. Include any cats and dogs.
- if claiming for children they must be living with you for the next few days
- any foods you can and can't eat for either religious or medical reasons

Once you have been told that they have sent the referral you can come to our next session to collect your parcel.

1 Seaforth Street, Blyth, Northumberland

OPENING TIMES

Monday to Friday 10-11am, Saturday 11-12 noon

Seghill Community Food Hub

Every Wednesday from 11am to 12pm. Open to all. For more information call Lorraine Allen on 07796117384

New Hartley Food Pantry

Every Wednesday between 11am to 12pm. Open to all. For more information call Jill Henderson on 07918665959

Seaton Delaval Food Hub

Every Wednesday between 11am and 12pm. Open to all. For more information contact Sue Bowman on 07961940065



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WELFARE ADVICE CENTRES

Citizens Advice Northumberland (Blyth)

Unit 9/10 Sextant House, Freehold Street
Blyth
Northumberland
NE24 2BA

Public phone: 0808 278 7944 / 0800 144 8848

Website URL: <http://www.citizensadvicenorthumberland.org.uk>

General information

Service offered: Service offered: Advice and information on a range of issues, including community care, housing rights, welfare rights and benefits, money and debt, consumer rights and employment rights. Specialist help in money and debt and welfare benefits.

Blyth Valley Children's Centre

103 Wright Street
Blyth
NE24 1HG

Public phone: 01670 798 800

Website

URL: <http://www.barnardos.org.uk/what-we-do/services/blyth-valley-childrens-centre>

Children North East

Children North East services provide help for babies, children and young people in their families, communities and schools.

Through our services we work directly with children and parents through the whole process of growing up, supporting you from pregnancy through to young adulthood.

To find out more use our **contact us form**, call on 0191 272 7824 or email newpip.info@children-ne.org.uk.

Support and Grow North East - Home Covers North Tyneside.

Provides practical and emotional support

Mental Health Support **Northumberland Kooth & Owell – July Newsletter – Northumberland Education**



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SANITARY PRODUCTS

Ask at school to get free products to last over the summer and food banks stock sanitary products but you may need to be referred to access them.

A new **Morrisons' initiative called "Ask for Sandy"** allows customers to discreetly access sanitary products from selected stores. The note reads: "Please don't feel shy. If you are in need or struggling for sanitary products go to our customer service kiosk (Next to Timpsons) and ask for a package that SANDY has left for you. You will then be given a FREE discreet envelope with what you need no questions asked."

Use the following to help you work out the cheapest sanitary products out there.

Sanitary Pads.

If you avoid the bigger names like **Always** and **Tampax**, and stick with supermarket-own brands instead, you could save a substantial amount of money. Most people can't notice the difference when switching to own brands, but if you prefer to stick with what you know, the cheapest branded packs we've found are these **Always Sensitive Normal Ultra Sanitary Towels**

If you want the cheapest possible supermarket options, look at these:

Tesco Essentials maxi towels x10, Asda Protect Ultra Normal Sanitary towels without wings x16, Tesco Free Spirit Maxi Towels Regular x24, Morrisons Normal Ultra Towels without wings x 16, Sainsbury's Ultra Towels x16. The ones in the table don't have wings, but if you're looking for cheap sanitary pads with wings, you could try **these ones** from Sainsbury's.

Note that these prices don't take into account special offers, so look out for any discounts that could get you an even better deal. Don't forget to try other shops like Home Bargains and BM Bargains

Tampons

Tampons often work out slightly more expensive than pads, but for some, they're a necessity and a much more comfortable option.

However, our table reveals that if you know where to look, you can get them for pretty much the same price as pads.

Again, if you want to stick with a known brand, these **Tampax Cardboard Super Tampons with Applicator** come in at some of the cheapest.

However, the packs listed below will get you the best deal. Just note that all but one of these packs contain **non-applicator tampons** – although the own-brand versions with applicators still work out cheaper than the big brands.

Asda Protect Super Non Applicator Tampons, Tesco Super Plus Non Applicator Tampons, Asda Regular Applicator Tampons, Morrisons Non Applicator Tampons.



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RECIPES FOR LESS THAN £5

Please use the following links to get ideas on how to prepare family meals cheaply.

[5 easy family dinners for £25 | Tesco Real Food](#)

[Recipes for under £5 - Co-op \(coop.co.uk\)](#)

[Cheap family recipes | BBC Good Food](#)

[Budget dinners - BBC Food](#)

[Search | Tesco Real Food](#)

[35 Meals Under £5 - Netmums](#)

[Jack Monroe recipes - BBC Food](#)

[COOKING ON A BOOTSTRAP – by Jack Monroe, bestselling author of 'A Girl Called Jack'](#)

[21 Budget Family Meals and a £16 Aldi Meal Plan - Savings 4 Savvy Mums](#)

[4 Week Budget Meal Plan - Skint Chef](#)

FOOD SHOPPING TIPS

1. Plan your meals in advance and make a grocery list accordingly.

Meal planning is a great way to save money and achieve your financial goals. By taking the time to plan your meals in advance, you can avoid buying unnecessary items at the grocery store. This also allows you to budget your food expenses more effectively. Meal planning can help you stick to a healthy diet, as well. By choosing nutritious recipes and preparing them ahead of time, you can make sure that you and your family are eating healthy meals on a regular basis.

2. Stick to your grocery list.

Once you have created a grocery list, do your best to stick to it. It can be tempting to add impulse items to your cart, but these purchases can quickly add up and blow your budget. If you see an item that wasn't on your list but is too good to pass up, see if you can find a cheaper version of it elsewhere.

3. Compare prices and shop around.

Don't be afraid to comparison shop to get the best deal on groceries. Take advantage of sales and coupons and consider shopping at different stores in order to find the best prices on the items that you need. It may take a little bit of extra effort, but it's worth it if it means saving money on your groceries.



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4. Purchase generic or store brand items.

In many cases, generic or store brand items are just as good as the name brand versions, but they cost less. When you're budgeting for your groceries, it's important to look for ways to save money where you can. Purchasing generic or store brand items is a great way to do this.

5. Buy in bulk.

If you have the storage space, buying in bulk can help you save money on groceries. Items such as rice, pasta, and cereal often cost less per unit when you purchase them in bulk. Just be sure that you're actually going to use all of the food before it goes bad.

6. Avoid pre-packaged or convenience foods.

Pre-packaged and convenience foods are generally more expensive than their unprocessed counterparts. In addition, they often contain unhealthy ingredients that you would be better off avoiding. Whenever possible, choose fresh fruits and vegetables, whole grains, and lean protein sources instead of processed foods.

7. Bring your own reusable bags.

A lot of stores now charge for plastic bags, so it's definitely worth it to invest in some reusable bags. Not only will you save money, but you'll also be doing your part to help the environment.

8. Use cash instead of credit or debit cards.

When you use cash, you're more likely to stick to your budget than if you use a credit or debit card. This is because it's easier to visually see how much money you're spending when you use cash. If you find that you often overspend when using a credit or debit card, try switching to cash for a while and see if it makes a difference.

9. Shop alone if possible.

It can be tempting to bring your kids or spouse along with you when you go grocery shopping, but this isn't always the best idea. If possible, try to do your grocery shopping alone so that you can focus on sticking to your budget.

10. Avoid impulse purchases.

This one is definitely easier said than done, but it's important to avoid impulse purchases if you want to save money on groceries. If you see an item that wasn't on your list but is too good to pass up, see if you can find a cheaper version of it elsewhere.

11. Shop at the right time

If you are strategic about the time that you shop, you might be able to score some great bargains and save money. A great time to shop is in the early evening when many supermarkets reduce prices on fresh produce that is close to its sell-by date.



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12. Check the reduced section

The reduced section is often filled with great bargains. Here, you might find cheap options that could be used to make a meal that day instead of one of the more expensive options on the shopping list.

TIPS FOR SAVING MONEY ON ENERGY BILLS

Be energy efficient in the kitchen

Dishwashers often use less water than washing dishes by hand – but only if they're run at full capacity. It's best to use your dishwasher when it's full. By waiting until it's fully loaded and only running it once a week, you could save around £14 every year.

If you're washing dishes by hand, use a bowl in the sink rather than keep your tap running.

When it comes to cooking, some small habits can help you save energy. For example, always put lids on pots and pans when boiling water, and avoid opening your oven door too often when checking food.

And when you boil your kettle, only boil the amount of water you'll need. By simply filling the kettle correctly, you could save £7 off your bills.

Change your laundry habits

Wash clothes at 30 degrees or lower, rather than 40 degrees. And like dishwashers, it's much more cost-effective to run fewer cycles, on fuller loads.

Try to cut down on using the tumble dryer. Instead, dry clothes outside during the sunnier months, or hang them on an airer in a warm, sunny room or near a window. As well as saving money on energy, it'll help your clothes last longer, too.

Use 'eco' mode

Washing machines and dishwashers often come with 'eco' mode, which typically means operating at a lower speed and heat.

If you're not dealing with extremely messy dishes or tough stains on your clothes, it's a good way to save some energy.

Switch off unused appliances

Large kitchen appliances are some of the most energy-hungry devices in your home. While you can't turn off your fridge or freezer, it's a good habit to switch off your dishwasher, microwave, washing machine and electric oven at the wall.

By switching these devices off, rather than leaving them on standby, it is estimated you could save around £30 a year.



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Save money on electricity costs

These days, it's likely you're using an increasing number of electronics around the house, particularly if you work from home.

It's also likely that many of them will still be turned on or kept on standby 24 hours a day, even when not in use. While most modern electronics don't consume too much power when in standby mode, keeping loads of devices plugged in can certainly add up on your bills.

Switch to energy-saving light bulbs

Replace old, inefficient light bulbs with modern LED bulbs, as these will help you save on your energy bills. They use almost 90% less energy than traditional bulbs, and last longer too.

Turn off lights and devices when they're not in use

Get into the habit of turning lights off when you leave a room. Also remember to switch off electronics when you're not using them, rather than leave them on standby. Unplug devices and turn off plug sockets when not in use.

Rather than keeping your appliances plugged in, unplug them and turn off the plug socket at the wall.

Phone chargers are a big culprit – instead of leaving your charging cable at the plug, remove it and turn off the plug socket. Additionally, there's no need to keep your device plugged in once it's fully charged.

Buy energy-efficient appliances

If you're in the market for a new home appliance, it's well worth getting one with a high energy-efficiency rating.

Energy efficiency is rated in seven bands ranging from A-G, with A being the most energy efficient and G being the least. Some appliances may use an older scale, from A+++ to G.

To give an example, an A+++ fridge freezer will save around £320 in energy bills over its lifetime compared to an A+ model.

Watch your water usage

Water usage goes hand-in-hand with energy usage, as hot water is needed for showers and washing up. And while you might only need heating during the colder months, you'll use hot water all year around.

Additionally, dishwashers, washing machines and tumble dryers are some of the most energy-intensive home appliances. By changing how you use these devices, you can make some huge savings on your utility bills. Overall, it pays to be both water and energy conscious.



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Reduce water use in the bathroom

Look into replacing your current showerhead with a 'low-flow' one, as these significantly reduce the amount of water you use when you shower. Try taking a shorter shower, or replace baths with showers, too.

You might also want to think about changing your toilet cistern to a 'low-flush' version. If you have an older toilet, see if you can fit a 'dual flush.'

And if you have a dripping tap, get it fixed – leaky taps can drip around 90 litres of water every week.

Get water-saving gadgets

There are plenty of affordable, water-saving gadgets that are quick and simple to install in your home. What's more, water companies often offer these for free, depending on where you live and what's available.

You could get shower heads, tap inserts, garden hose nozzles and toilet cistern bags that all help to regulate water usage.

Consider long-term energy-saving measures

As well as things you can do immediately to help save money, you could make long-term energy-efficient changes to your home.

While some of these steps will involve more effort to install, plus a larger initial cost, over time it should pay off in terms of energy savings.

Check your eligibility for grants and financial support

Many households qualify for some help with their energy bills without realising it. Due to the current energy crisis, it's more important than ever to see what support is available.

There are schemes and grants available, particularly if you're old, on a low income, or receive certain benefits:

- **Boiler Upgrade scheme** – a new scheme running from 2022 to 2025, homeowners can get funding to install energy-efficient low carbon heating systems
- **Energy Company Obligation (ECO) scheme** – depending on your eligibility, you could get help from your energy supplier to get free or discounted home improvements, such as cavity wall insulation, loft insulation, or boiler replacements

Even if you don't seem to qualify for anything, it's still worth checking with your energy supplier or local council to see what help you can get.



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For example, if you're struggling to keep up with payments to your energy supplier, they can work with you to arrange a payment plan or offer a grant to help you pay off debts.

SCHOOL UNIFORM

Uniform Swap Shop - Home

About | Community School Clothing Scheme C.I.C This is based in Cramlington

In Astley, there is an in school Drop off box which can help families with uniforms. We accept all donations too.

How to feed your Child 3 Meals Per Day for £1.60 during the Summer Holidays (without having to cook)



Breakfast

Get 2 Toasted Crumpets with Jam & Butter FREE at Morrisons Cafes until August 16th when you 'Ask for Ellen'

(Not Just Kids)



Lunch

Kids eat at Asda Cafes for £1 with NO adult spend required until 4th September

(Unlimited Kids)



Dinner

Get a Free Childs meal when you spend just 60p at Tesco Cafes until September 1st 2023

(Excludes Weekends)

[Moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)