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| Cost-of-living supportParent Fact Sheet  Heyhouses Endowed C.E. Primary **Heyhouses Endowed C.E. Primary School**Clarendon Road NorthLytham St AnnesFY8 3EETel: 01253 722014**The Family Hub**Facebook:FamilyHubFY8Twitter link:@FamilyHubFY8Email:familyhub@heyhouses.lancs.sch.uk * Address - Clarendon Road North, Lytham St Annes, United Kingdom, FY83EE
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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.

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| Further information* Contact [StepChange](https://www.stepchange.org/) 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.citizensadvicefylde.org.uk/>OrContact your local branch to book an appointment. Tel: 0808 278 7881 - 9am-4pm, 33 Moor Street, Kirkham, PR42AUDrop in available in St Annes on Wednesdays 9-12St Annes Road West, FY8 1LW, Tel 01253 658658**Family Hub**Clarendon Road North, St Annes On Sea, FY8 3EEFacebook: “FamilyHubFY8”Contact your local Family Hub for groups and to help accessing all the support you might need as a familyThese include Infant Massage, drop in, stay & play, Cooking on a Budget, Uniform exchange, food donations, nursery & school transitions, plus much more  |  |
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| **Children and Family Wellbeing Service**Delivering early help across Fylde and Wyre – Family support plus much morewww.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](http://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](file:///C%3A%5CUsers%5CjBailey%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5C1HU68BQB%5CTurn2us) https://benefits-calculator.turn2us.org.uk
* [Policy in Practice](file:///C%3A%5CUsers%5CjBailey%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5C1HU68BQB%5CPolicy%20in%20Practice) https://www.betteroffcalculator.co.uk/login
* [Support for migrant families](file:///C%3A%5CUsers%5CjBailey%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5C1HU68BQB%5CSupport%20for%20migrant%20families) <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 paymentsThe 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-paymentIf 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 billsFind 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 eligibleIf they are, or if you’re not sure please ask your school for adviceIf 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 placesCheck 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://childlawadvice.org.uk/information-pages/transport/#Who-is-entitled-to-free-school-transport)https://www.lancashire.gov.uk/children-education-families/schools/school-transport/free-travel-to-and-from-school/[**Help with school uniform costs**](https://www.gov.uk/help-school-clothing-costs)<https://www.lancashire.gov.uk/children-education-families/schools/school-uniform/>Please ask your school for any adviceFree itemsThere 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 FacebookGet free or low-cost foodIf 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 ChurchSt George's RoadSt Anne's on SeaFY8 2AEImportant - 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 3NQUse 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 aboveFind the cheapest disposable sanitary products on sanitarysaver.co.ukReplace 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/) – 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 chillSome 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 – www.warmwelcome.uk
* [Warm Spaces](https://warmspaces.org/spaces) [www.warmspaces.org/spaces](http://www.warmspaces.org/spaces)
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