

Newbury Academy Trust



Cost-of-living support 2023

Cost-of-living support

Find out what help and support is available to you and your family

**We all know that Christmas can be a difficult time for many people.
There are many place we can go for help in and around our local areas.
This helpful fact sheet signposts some for you.**

CONTACT YOUR LOCAL 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 other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the Citizens Advice's website or contact your local branch to book an appointment:

- **Broadway House, Newbury, RG14 1BA - tel: 0808 2787994**

CONTACT YOUR LOCAL FAMILY HUB

Contact your local Family Hub to get help accessing the support you need as a family.

- **Park Lane, Thatcham, RG18 3PG - tel: 01635 865318**

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 one 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 are already struggling - this is known as 'a short-term benefit advance'.

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 at:

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 at:

www.moneysavingexpert.com

FIND OUT WHAT HELP YOU CAN GET WITH YOUR ENERGY BILLS

Take a look at the resources from Simple Energy Advice, the British Gas Energy Trust and the Money Saving Expert websites.

www.moneysavingexpert.com

www.simpleenergyadvice.org.uk

www.britishgasenergytrust.org.uk

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 will get extra funding to support your child's learning. To check to see if your child is eligible or if you would like help applying for FSM please visit our website for further information or contact us on 01635 510 500.

SEE WHAT OTHER SUPPORT YOU CAN GET FROM YOUR LOCAL AUTHORITY

Local authorities have lots of different schemes that you might be eligible for, including:

- **The holiday activities and food programme**
- **Free holiday activity and food programme**
- **Help with transport to school**
- **Help with the cost of uniform**

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 criteria, you may be entitled to healthy start food vouchers**
- **Find a local food-bank with these websites**

www.bankuet.co.uk

www.foodaidnetwork.org.uk

www.westberks.gov.uk/cost-of-living-food

Other useful websites: Shelter, StepChange, Freecycle, Salvation Army, Gingerbread, The Samaritans & Turn2us



IF YOU'RE STRUGGLING WITH YOUR FINANCES GET IN TOUCH WITH YOUR CHILD'S CLASS TEACHER OR TUTOR

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

We want to do everything we can to help you and your family through this difficult winter.

Can you help support someone?

Local charities urge people to support West Berkshire Emergency
Cost of Living Appeal to help people in crisis this winter

**Charities in Newbury are asking for people who can afford it to donate to the
Cost of Living Crisis Appeal to support residents in desperate need.**

Greenham Trust awarded £50,000 of match funding to the appeal via its funding and fundraising platform **The Good Exchange**, alongside **West Berkshire Council**, which means any grants and donations made will automatically be doubled up to £100,000.

All funds raised will go directly to emergency food, supplies to disadvantaged, vulnerable and homeless.

Chris Boulton, CEO of **Greenham Trust**, said: "Thank you for the very generous donations to the appeal so far. If you can afford to donate some of your £400 energy discount from the Government, please consider donating to the West Berkshire Emergency Cost of Living Crisis Appeal."

Linda Fergusson, Chair of **Loose Ends**, said: "We urge businesses and the public to be as generous as they can in these difficult times to help those in our community who are at risk of going without food and warmth."

Meryl Prail, CEO of **Newbury Soup Kitchen**, which provides day-to-day food, mental health and fuel poverty support and homelessness prevention, added: "Our clients now do not have the choice or 'luxury' of choosing to pay their rent, heating their accommodation and cooking a hot meal even if that means a kettle for a Pot Noodle. With your help, we can help our clients keep the lights on, to be fed and warm ultimately avoiding evictions and increased mental-health complications."

West Berkshire Council is also working with **Greenham Trust**, **Volunteer Centre West Berkshire** and other key local charities in launching an emergency **Cost of Living Crisis Hub** to signpost those most in need to the right help.

Councillor Lynne Doherty, Leader of **West Berkshire Council**, said: "With rising costs this is going to be a difficult winter for many people. I sincerely thank everyone who has already donated, and to those in a position to give I would say please do consider doing so. With match-funding available your contributions will go even further in providing support.

To donate to the appeal please visit the website below or scan the QR code:
<https://app.thegoodexchange.com/project/19728/greenham-trust/west-berkshire-emergency-cost-of-living-crisis-appeal>

SUPPORT THOSE IN NEED BY



FOLLOWING THIS QR CODE

