



Enriching lives every day; enabling our school community to learn,
achieve and flourish through living 'life in all its fullness'



DECEMBER 2022

Below you will find a summary of the information we have collated of local and national support available to support parents and families with the cost of living.

Whilst we've tried to make sure the links are correct and the information is accurate, we are not responsible for the content of external sites.

If you become aware that any of the information contained in this information is incorrect or you become aware of an additional service we could include, please let us know by emailing stpetersbratton@taw.org.uk or visiting the school office.

St Peter's Bratton

Contact your local Citizen's 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 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 - Local branch address: [40 Tan Bank, Wellington, TF1 1HW](#). Telephone: [01952 567193](#)

Telford Crisis Support

This organisation provides support with a food bank, winter warm up sessions and the school uniform project. For more information about this support: [Telford Crisis Support – Volunteer led since 2013](#). Opening times: Monday – Friday 9am – 5pm

Learning Community Trust – Food hubs and community café

The Food Hubs are open for people to visit, whether to donate or pick up items, on Monday-Fridays between 10 am-3 pm in term time. Their address is Wrekin View Primary School, North Road, Wellington, Telford, TF1 3ES. And HLC Secondary school, Waterloo Road, Hadley, TF1 5NV. You can contact the school about



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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](#)
- > [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're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office you can do this by calling: [0800 169 0190](tel:08001690190) or visit: Telford House, Southwater Way, Telford, TF3 4PD – opening times are 9am – 5pm Monday – Friday.

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 here.

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

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

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'll get extra funding to support your child's learning.

freeschoolmeals@telford.gov.uk.

[Contact - Free School Meals - Telford & Wrekin Council](#)

See what other support you can get from your local authority

[Community support - Telford & Wrekin Council](#)

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

- > The [holiday activities and food programme](#) – access to food and activities over the school holidays



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- › [Help with transport to school](#)
- › [Help with the cost of uniform](#)

At St Peter's Bratton, you can help yourself to school uniform held in the two large storage cupboards just before the main school entrance. The friends of St Peter's also hold regular school uniform sales.

If you are unable to do washing, we have a washer and a dryer at school. Please speak to the staff in the school office and we can arrange for your washing to go through our facility.

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 eligibility criteria, you may be entitled to [healthy start food vouchers](#)
- › Find a local foodbank with these websites: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
- › 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 consume)

Local Drop-In help and advice:

- › **Free Tea and Toast every Wednesday 8:30-10:30 - Christ Church, Wellington.**
- › **All Nations Food Hub** - <https://communitygrocery.org.uk/telford/>
- › **Calm Café's for Adults** - *Monday – Oakengates The Wakes 5pm-8pm. Tuesday – Meeting Point House 5pm-8pm. Wednesday – Sutton Hill 5pm-8pm. Thursday – MPH 5pm-8pm. Friday – Strickland House 5pm-8pm. Calm Café provides a safe warm space for adults from now up until 23rd December*

CAP Telford Debt Centre

- › [martin lewis cap - Google Search](#) (Here's a video of why Martin Lewis recommends CAP)
- › [CAP UK | Home](#) (the link to CAPS home page)
- › [Christians against poverty money course - Google Search](#) (A video about the CAP Money Course)
- › For anyone in debt who needs help call **0800 328 0006**



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➤ For any enquiries contact the Debt Centre Manager Jane Preston janepreston@capuk.org

Further information

- Contact [StepChange](#), if you're struggling with debt
- Contact [Shelter](#) if you're having issues related to housing
- Get free household goods on [Freecycle](#)
- Contact the [Salvation Army](#) for emergency assistance
- See if you're eligible for [grants from Turn2us](#)
- Single parents can get support from [Gingerbread](#)