



# Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

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## Get in touch with us to let us know if you're struggling with your finances

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

Please contact the school via email ([office@williamharding.school](mailto:office@williamharding.school)) or speak to a member of the FLO team if you would like to discuss support we can offer.

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## 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

### **Aylesbury Office**

2 Pebble Lane,  
Aylesbury,  
Buckinghamshire,  
HP20 2JH

If you wish to speak to an adviser please call Bucks Adviceline on 0808 278 7938

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## 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.

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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 that's dealing with your claim.

### ***DWP Office Aylesbury***

Sunley House  
Oxford Road  
Aylesbury  
HP19 8EZ

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### **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

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### **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.

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### **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.

If you feel your child may be entitled to FSM, please contact the school via email ([office@williamharding.school](mailto:office@williamharding.school)) or speak to a member of the FLO team if you would like to discuss how to apply.

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### **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](#) – access to food and activities over the school holidays

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

Information about help Buckinghamshire Council can provide can be found on their website <https://www.buckinghamshire.gov.uk/cost-of-living/>

Support on offer is:

**[Find a place to keep warm \(Welcoming Spaces\)](#)**

Welcoming Spaces give you somewhere to keep warm, access support and save money on heating costs

**[Help with essential items for your home](#)**

Get help finding furniture, fridges and other household essentials

**[Help finding employment](#)**

We can help you if you're struggling to find a job or need new skills

**[Contact the Helping Hand Team](#)**

Buckinghamshire Helping Hand team are available to help individuals or families in need, those on low incomes and those who are experiencing a financial emergency or crisis

**[Help for businesses](#)**

Find out about the Energy Bill Relief Scheme (EBRS) for non-domestic customers and how you can get support this winter

## **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)

## **Foodbanks and food sharing**

To get a foodbank referral and vouchers speak to your Family Centre, Health Visitor or Social Worker or local Citizens Advice office.

You can also use [the Trussell Trust's website](#) to find its 400-strong network of Foodbanks.

## Aylesbury

### Store House

Storehouse helps anyone in need by providing food and other items like furniture and clothing to people on low incomes, benefits or who are in temporary hardship.

Areas covered: Aylesbury Vale area.

Referral or voucher needed.

### Aylesbury Foodbank

Aylesbury Foodbank provides three days' nutritionally balanced emergency food and support to people with a voucher or referral.

Areas covered: Aylesbury and the surrounding areas.

Referral or voucher needed.

### 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](#)