

# 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.

---

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.

---

## 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

Citizens Advice – Wolverhampton: 26, Snow Hill, Wolverhampton, West Midlands, WV2 4AD

[www.citizensadvice.dudleyandwolverhampton.org](http://www.citizensadvice.dudleyandwolverhampton.org)

08001448848

### Family Hub

Contact your local Family Hub to get help accessing all the support you might need as a family. [Find your local hub](#) here.

**Dove Strengthening Families Hub** – Serving Bushbury, Oxley & Pendeford

Grangefield Close, Ryefield, Wolverhampton

WV8 1XF

---

## 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 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- [Turn2us](#)
  - [Policy in Practice](#)
-

# Cost-of-living support

> [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.

**Wolverhampton DWP** – Molineux House, Temple Street, Wolverhampton, WV2 4AU

- 0800 169 0190

---

## 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.

To apply for free school meals, you will need to provide school with:

\*Your full name

\*Date of Birth

\*National Insurance Number

School will then share the details with Wolverhampton City Council and eligibility is checked using a secure Government website. If your child is eligible school will inform you. If we don't find you eligible we will continue to check eligibility at later dates.

School receives valuable Government funding for every child registered for FSM. Even if your child chooses not to eat school meals, we would still encourage you to register.

---

## See what other support you can get from your local authority

Wolverhampton City Council – [www.wolverhampton.gov.uk/community/cost-of-living-support](http://www.wolverhampton.gov.uk/community/cost-of-living-support)

Useful links, tips and advice –

# Cost-of-living support

- › Household support fund
- › Warm spaces
- › Community Shops
- › Rent/Housing/Homelessness
- › Food
- › Council Tax
- › Energy Bills
- › Help for Households Government Campaign
- › Social Security Benefits
- › Businesses

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](#)

## 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.

Elston Hall pupils across school have access to toast every morning, alongside this EYFS and KS1 pupils are offered a daily piece of fruit as part of our fruit scheme. Milk is available free of charge to registered FSM children and those children under 5. All children within our school have access to water throughout the day from water coolers that are situated in all classrooms.

- › If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
- › Food bank support for Wolverhampton can be found on [www.wolverhampton.gov.uk](http://www.wolverhampton.gov.uk)
  - \*Adventist 07826240716 – Great Bricklin Street, Wolverhampton, WV3 OPN
  - \*Ashmore Park Pantry 01902 732317 – St Alban's Church, Griffiths Drive, WV11 2LJ
  - \*Every Family Counts 01902 558124 – Low Hill Nursery School, Jenks Road, WV10 9JN
- › 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)

# Cost-of-living support

---

## 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](#)