



# Help for Cost of Living and Fuel Crisis

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## Contacts

School  
0121 458-4257 – School Office  
0121 458-4257 opt 2 – Family Support  
Local police – 101  
Emergency Services – 999  
Children’s Services – 0121 303 1888



## Family Support

### **Parent Link Contact Line**

For parent advice and guidance on Education Health Care Plan, School Placements, Supporting services:

0121 303 8461

### **Birmingham carers Hub**

For carers' advice and guidance:

0333 006 9711

<https://birminghamcarershub.org.uk/>

### **Pause**

Mental health service for young people's emotional wellbeing is available on:

0207 841 4470

[You've been missed | Birmingham Women's and Children's \(bwc.nhs.uk\)](http://www.birmingham.gov.uk/youve-been-missed)

### **Mental Health Support for Adults**

Mental health support for adults is available through:

0121 262 3555.

### **SEN pupils**

For families who have children with special educational needs:

[www.localofferbirmingham.co.uk](http://www.localofferbirmingham.co.uk)

### **Family Lives**

*Family lives* - Comprehensive online and telephone support for families ranging from pregnancy and birth, early years, education, health and development, teenagers, bullying, family life including stepfamilies and divorce and separation.

It's an easy-to-access website with some great resources, including online parenting forums and online chat/forum to contact other families.

[www.familylives.org.uk](http://www.familylives.org.uk)



## Cost of living and Fuel Crisis

### **Heating and Energy Bills**

Warm Home Discount available from October 2022 to March 2023 – apply via provider - £150 gets paid direct to electricity provider

### **Cold weather payment**

You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below over 7 consecutive days. You'll get £25 for each 7-day period of very cold weather between 1 November and 31 March. Eligible if you are receiving certain benefits or support for mortgage interest

<https://www.gov.uk/cold-weather-payment>

### **BCC available schemes**

**LEAP** (Local Energy Advice Partnership) can provide help and advice with energy switching, free energy saving measures, money advice and check if you're eligible for insulation, a new appliance or even a new boiler.

0800 060 7567

<https://applyforleap.org.uk/apply/>

### **ECHO**

(Emergency Central Heating Offer) is a scheme that offers emergency assistance to fuel poor or vulnerable households (owner occupiers only) to repair or replace broken or condemned boilers.

### **Connected for Warmth**

Free for eligible households to provide a free connection to the gas main if required

[www.connectedforwarmth.org.uk/apply](http://www.connectedforwarmth.org.uk/apply)

0800 029 4547

### **Energy Company Obligations (ECO)**

Primarily aimed at owner occupiers and private rented tenure households, the scheme may support those who are **not** eligible for some of the other means-tested schemes but are vulnerable to the effects of living in a cold home.

You may get help with the cost of: -

- Insulation work to your loft or cavity walls
- Replacing or repairing your boiler or other upgrades to your heating

Contact your local council or energy supplier direct.



### **Cost of Living Support**

There is a Birmingham City Council website dedicated to providing support to Birmingham Families, it includes links for: -

- Short term crisis loans
- Money support
- Debt advice
- Foodbank Vouchers
- Job skills & Support

[www.birmingham.gov.uk/costofliving](http://www.birmingham.gov.uk/costofliving)

### **Warmer Homes West Midlands**

Personalised energy advice service to households struggling to heat their homes. Advice given such as how best to use your appliances and make fuel savings

0808 196 8298 (option 1)

[www.warmerhomesWM.org.uk](http://www.warmerhomesWM.org.uk)

## **Food Support**

### **Free School Meals**

If your circumstances have changed, for whatever reason, you may now be eligible to claim free school meals. This can be done online.

Please review the guidance on the school's website:

[West Heath Primary School - Home](#)

### **Food banks**

If you, or someone you know, needs urgent help with food, there are several food banks in the area. See the list below for your local point:

<http://b31.org.uk/covid19/coronavirus-1/>

### **Alternative Food Support**

There is a local community hub who will arrange food for people. Families can call:

0121 303 1116

### **Local Community Meals**

This is not a foodbank service but a place in the local community where you can go for a hot meal, connect with your local community, and make friends. There are centres in Longbridge, West Heath and Weoley Castle that are located closest to school.

[www.foodcycle.org.uk](http://www.foodcycle.org.uk)

### **Too Good to Go app**

An app you can download to your phone. You can buy unsold food from shops, supermarkets, cafes and restaurants at a reduced price at the end of every day.



## Financial Support

### **Birmingham City Council**

Advice on benefits, debt, housing and other money-related issues  
0121 216 3030

### **Citizen's Advice Birmingham**

Advice on benefits, debt, housing, and other money-related issues  
0344 477 1010  
[www.bcabs.orh.uk](http://www.bcabs.orh.uk)  
[enquiries@bcabs.cabinet.org.uk](mailto:enquiries@bcabs.cabinet.org.uk)

### **The Project**

Prevents homelessness and improves lives by giving advice on housing, homelessness, benefits and debt. Either call or fill out an advice request form on their website.  
0121 453 0606  
[www.theprojectbirmingham.org](http://www.theprojectbirmingham.org)

### **Birmingham Settlement**

A charity that can help with money advice, children and family services, youth work and can help you access employment skills, jobs, training and learning.  
0121 747 5932  
[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)

### **Central England Law Centre**

Advice and representation to challenge a benefit decision, housing entitlement and access to services including Social care Support  
0121 227 6540  
[enquiries@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://www.centralenglandlc.org.uk)

### **Christians Against Poverty**

Free nationwide debt counselling service for people in financial difficulty  
0800 328 0006  
[www.capuk.org](http://www.capuk.org)

### **Stop Loan Sharks**

Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222  
[www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)  
[reportaloanshark@stoploansharks.co.uk](mailto:reportaloanshark@stoploansharks.co.uk)



### **Universal Credit**

This is funding offered by the government for those with income insufficient to support their family.

Follow the link below to see if you are eligible and how to apply:

<https://www.gov.uk/universal-credit/eligibility>

### **Mortgage/rent holiday**

This is available for most people for up to three months. Families should contact their bank or landlord to see how to apply (it's different for each bank so it's worth checking what your bank can offer).

### **Step Change**

Free debt help and advice plus emergency support

0800 138 1111

[www.stepchange.org](http://www.stepchange.org)

### **Money Helper**

Advice to help improve your finances whether you receive benefits or are working.

0800 138 7777

07701 342 744 (Whatsapp Only)

[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

### **Benefits entitlement check**

You can use this website to check which benefits you are entitled to receive.

[www.entitledto.co.uk](http://www.entitledto.co.uk)



## Housing Help

### **Birmingham City Council**

Advice on benefits, debt, housing and other money-related issues  
0121 216 3030

### **Shelter**

This is a Housing and Homelessness Charity that can provide help and support with Council Housing, Private landlords and mortgage repossessions. They have an emergency helpline, webchat service and Online Housing Advice

Emergency Helpline - 0808 800 4444  
[www.England.Shelter.org.uk](http://www.England.Shelter.org.uk)

### **Central England Law Centre**

Advice and representation to challenge a benefit decision, housing entitlement and access to services including Social care Support

0121 227 6540  
[enquiries@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
<https://www.centralenglandlc.org.uk/birmingham-housing>

### **The Project**

Prevents homelessness and improves lives by giving advice on housing, homelessness, benefits and debt. Either call or fill out an advice request form on their website.

0121 453 0606  
[www.theprojectbirmingham.org](http://www.theprojectbirmingham.org)

### **CAB – Citizen’s Advice Bureau**

A range of Housing Advice covering Council Housing, Private rented and homeowners as well as Council tax, housing discrimination, moving homes and repairs.

<https://www.citizensadvice.org.uk/housing/>

