



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 \(bwc.nhs.uk\)](https://www.birmingham.gov.uk/info/20078/10000/youve_been_missed_birmingham_women_s_and_children_s_bwc_nhs_uk)

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

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



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

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

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

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

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
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

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

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
www.centralenglandlc.org.uk

Christians Against Poverty

Free nationwide debt counselling service for people in financial difficulty
0800 328 0006
www.capuk.org

Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222
www.stoploansharks.co.uk
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

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

Benefits entitlement check

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

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

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

<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

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/>

