

# **Help with the Cost of Living**

**This document has been put together to share information with you on a wide range of things you can access, or do, to help keep living costs down, and to signpost where you can go for financial support and expert advice.**

**Many sites have been personally recommended by members of our school community, and are used by large numbers of people regardless of their situation.**

**Using some of the sites and guidance in this document can also help the environment through reducing food waste or reusing clothes, toys, furniture or using less energy.**

**If you are in a position to be able to support others you can contact many of the sites on here to donate money, clothes or your time.**

# Help with the Cost of Living

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# FoodBanks

**Collect free food  
(Or contact to donate money /  
food / other items)**

## **Holy Trinity Church**

**Saturdays 12-1.00pm**

The foodbank operates from the church hall weekly on Saturdays from 12 pm – 1 pm. It is a walk-in service. No referrals or vouchers are required to access food parcels.

The Church is on Philip Lane N15 4GZ

## **Felix Project - Broadwaters Children Centre**

**Tuesdays 1.30-3.30pm**

A range of fresh / frozen / long lasting goods are available each week. You can choose from what's on offer. This is a walk in service.

## **The Hub**

**(Cafe in Lordship Rec)**

**Thursdays 1-3pm**

Based at the Lordship Hub, this food bank provides a range of fresh, chilled and ambient food to collect every Thursday, as well as a range of household essentials.

Plus, they serve delicious hot meals freshly prepared on site by our chefs for you to sit down and enjoy. We offer both meat and vegetarian options. Whilst the meals and hot drinks provided are free, donations of any amount are gratefully received.

## **Tottenham Foodbank**

[Tottenham Foodbank](#) is based in Tottenham's Town Hall building. They provide **emergency food parcels containing at least three days' worth of nutritionally balanced meals** for individuals and families.

This food aid service is open to everyone and works on a referral / voucher system. To get your **Tottenham Foodbank Voucher** you'll need to call **Help Through Hardship** on FREEPHONE 0808 208 2138 (Monday to Friday from 9am until 5pm). An advisor will give you a short assessment to complete and **support you with your finances, benefits housing or employment issues too.**

# Food

## Cheaper Eating & Reducing Food waste

### Olio App

Olio is a mobile app for **sharing by giving away, getting, borrowing or lending things in your community for free**, aiming to reduce household and food waste. It does this by connecting neighbours with spare food or household items to others nearby who wish to pick up those items. So it is good for more than just food and you can also post spare things you don't need that someone else in your community might want.

[Website](#)



Download the app →

### BBC £1 Dinners

BBC have developed loads of **budget home cooking recipes** which, when using low cost / essentials ranges from supermarkets, work out as costing only £1 per person for the meal.

[Website](#)

### Karma App

A food surplus app - Restaurants, grocery stores, bakeries, and cafes upload their surplus food at specific times, often between 2 pm and 6 pm. **You buy the food you want directly in the Karma app at a lower price.**

[Website](#)

Download the app from any of the App stores

### Too Good to Go App

Too good to go is an app where **restaurants and shops share with users their surplus food**. These are usually food bags of close to use by date food, and sometimes hot meals. They are not free, and you don't always know what's in the bag, but they are **sold at a big discount** – both well known and independent **shops / cafes / supermarkets have food available for pick up every day.**

[Website](#)

Download the app →



### ASDA

#### Budget Meals

ASDA good living have produced a range of healthy budget recipes costing as little as £1 per person, including **baking that works out as less than 50p per serving!**

[Website](#)

# Government HELP with energy bills

There is help available with the cost of energy bills for those on low income, pensions or some benefits. See the different support available below:

## Warm Home Discount

You could get £150 off your electricity bill for winter 2023 to 2024 under the [Warm Home Discount Scheme](#) if you either: get the Guarantee Credit element of Pension Credit or are on a low income.

## Other help

You may be able to get other kinds of support, including:

- up to £900 in 3 separate [Cost of Living Payments for households on means-tested benefits](#)
- a £300 pensioner Cost of Living Payment, to be paid alongside the [Winter Fuel Payment](#) for 2023 to 2024
- a £150 [disability Cost of Living Payment](#) for people who get certain disability benefits
- help from the [Household Support Fund](#) from your local council
- £25 [Cold Weather Payments](#) for people who get certain benefits

# Money Savings Expert

[Watch Martin Lewis's video](#) (6 minutes only) on how to save hundreds of pounds on your energy bills.

# ENERGY

Reduce your bills  
and help the  
environment

# Save on Bills

[OFGEM](#) and [The Energy Saving Trust](#) have top tips to help you to use less energy and keep your bills low, as well as lots of other advice and guidance.

# Citizens Advice Bureau

The citizens advice bureau also have some useful information if you rent your home or if you are behind on your energy bills.

## If you pay your landlord for energy

If your landlord gets a discount on energy from a government scheme, they must pass on a fair amount of the discount to you.

You can [check how your landlord should pass on energy discounts and how to challenge them if they don't](#).

## Grants to help [pay off energy debt](#)

If you're behind with your energy bills, you might be able to get a grant to help you pay off your debt. This might be from your energy company or a charitable trust.

[Check which grants you can apply for](#).

# Buy Second Hand

## Vinted

[This website](#) is known mainly for second hand clothes but sellers also sell a huge range of items at different prices, from cheap to more expensive (they do add on postage and buyer insurance for each item). You can also download their app from any app store.

## Preloved (with FREEloved)

[This website](#) has lots of different second hand things for sale including clothes and furniture - click on the [Free loved tab](#) at the top for things that are being offered for **FREE**.

## Thrift+

[This website](#) gives online access to Thrift Charity shop's huge collection of second hand clothes - lots of known brands at low prices

## Gumtree (with FREEloved)

**FREE**

[This website](#) has lots of different second hand things for sale including baby and childrens toys and clothes and much much more. You can set the minimum and maximum price to £0 to see everything that you can have for **FREE** (may need to collect or pay postage). Their app can be downloaded from any app store.

Second hand children's clothes, toys, children / baby furniture can be found on all of these sites

## Charity Shops (with FREEloved)

Charity shops have become more expensive but you can still find some good bargains and help a good cause too. Click [this link](#) for a list of local charity shops.

# DEBT MANAGEMENT

Helping you with Debt & Housing

These organisations all offer **FREE** advice, guidance and support with managing debt.

**Step Change** is a charity that offers [free and confidential debt advice](#). They have an online tool or you can speak to an advisor. They can help you create a debt management plan.

**Shelter** is a charity that works with people who are [at risk of homelessness or need advice around housing and tenant rights](#). They have an emergency helpline for those at risk of homelessness within 2 months or are already homeless, as well as other web and chat based services for any other housing issues – rental or home ownership.

**Emergency situations** such as **risk of eviction / bailiffs** etc – advice available through the National Debtline who have a [factsheet](#) on help with emergency situations.

# Help from Haringey

This is [Haringey's guide 'Help with the Cost of Living'](#) - a booklet outlining the help and support available for Haringey residents during the Cost of Living crisis and beyond. Information on a wide range of resources and support including **mental health and wellbeing**, housing, keeping warm.

[Click here for translated versions](#)

scan me  
for online  
resources!



**Haringey**  
LONDON

Click the links below for information on how Haringey can help with:

- [Childcare costs](#)
- [Free school meals and clothing grants](#)
- [Holiday activity and food programmes \(free for children aged 5-16 who are eligible\)](#)
- [Help for families with SEND children](#)

**Help with the cost of children!**

Find out more about [the Haringey Support Fund](#) - it can give one-off emergency payments for:

## help with your basic living needs:

- items for day to day living such as food and essential household items
- utilities including support with gas and electricity costs
- help towards the purchase of clothing and footwear - for example, items destroyed by flood or fire that you cannot budget to replace
- help with other basic living needs, where there is an urgent need

## support towards the purchase of essential household items:

- a fridge or washing machine
- bedding, mattresses and some types of furniture
- cooking equipment, or other essential kitchen items