

Helpful Links & Contacts

This section has a range of useful links to local and national organisations who may be able to help you!

Cost of living information via web hubs

As the cost of living increases, it is important to be aware of the benefits, payments and support options available to you. There are local and national schemes that can help you with rent, food, energy and more. The government has a national cost of living hub, visit

www.helpforhouseholds.campaign.gov.uk

In addition, there is a range of local support which is available - detailed below and via the website – **www.bpcouncil.gov.uk/costofliving**

Financial resilience

Worried about Money? has been put together by a number of partner agencies. It provides an easy three steps to find options and places to get help, if you are worrying about money. The link directs you to online support and an attached PDF version with all the links to relevant support agencies.

Bournemouth, Christchurch and Poole - Worried about Money? -

www.worryingaboutmoney.co.uk/bcp

Safe and Well visits

Dorset and Wiltshire Fire & Rescue Service offer free Safe & Well advice, which can include a home visit and the provision of smoke and carbon monoxide detectors.

To request this for yourself, a family member or a vulnerable person, please call them FREE on 0800 038 2323 (leave a message and someone will call you back) or visit - **www.dwfire.org.uk/safe-and-well-visits**

There is advice & tips on how to keep warm safely and avoid fire hazards & risks on the website -

www.dwfire.org.uk/safety/save-safely



St Mungos: To help someone off the streets into a shelter - 01202 315962.

BCP Family Information Service: Mon-Thurs 9am-5pm and Friday 9am-4.30pm - 01202 093131.

BCP Adult Social Care: Crisis Advice Scheme - 01202 096622.

BCP Access To Food Map: Food banks, community fridges, other food projects and other community food support - www.bcpCouncil.gov.uk/accesstofoodmap

BCP Access to Food: Printable factsheets are available - www.bcpCouncil.gov.uk/accesstofoodpartnership

BCP Access To Food forum: www.Facebook.com/groups/bcpaccesstofoodforum

BCP Warm Spaces: www.bcpCouncil.gov.uk/Communities/Cost-of-living-help/Warm-welcome-spaces/Find-a-warm-welcome-space

CRISP: Carers Resource, Information and Support Programme - 01202 128787
www.bcpCouncil.gov.uk/ASC-and-health/Carers/CRISP-and-services-for-carers.aspx

Citizens Advice Bournemouth, Christchurch and Poole

Bournemouth Drop-in Session: Customer Service Area, Civic Centre, St Stephens Road, BH2 6DX.
Mon-Thurs 10am – 2.30pm

Christchurch Drop-in Session: Christchurch Central Library, BH23 1AW. Fridays 9.30am – 12.30pm.

AdviceLine: Open between 10am and 4pm every day from Monday to Friday (except holiday closures). 0808 2787 939

Citizens Advice BCP have a community advice vehicle going to multiple venues across a two week schedule, to view the schedule please see: www.citizensadvicebcp.org.uk/cav

Online Advice: For email advice, or to see more of the services we offer please see: www.citizensadvicebcp.org.uk/get-advice-online

Buy with Confidence: Trading standards trusted trader platform to find reputable trades people in your area: www.buywithconfidence.gov.uk

Turn2Us: Help with Financial Support, Benefits (includes a benefits calculator).
0808 802 2000 | www.turn2us.org.uk

Step Change: Debt Charity offering free debt advice and money management.
0800 138 1111 | www.stepchange.org

MoneyHelper: Support with debt, benefits, money management and pensions.
0800 138 7777 | www.moneyhelper.org.uk

Ridgewater Energy: Expert energy advice and assistance to home owners, landlords and private tenants in assessing and sourcing funding and quotations for insulation, heating and renewable energy upgrades - 01202 612726 | www.ridgewaterenergy.co.uk

Age UK: Information and advice service for older people, their families and carers.
01202 530530 | enquiries@ageukbped.org.uk

Christians Against Poverty: Debt advice, ongoing support and life skill courses (inc budgeting) for those with problem debt or low income – 0800 328 0006
Email ruthhobbs@capuk.org (Poole) | cap@lovechurch.org.uk | www.capuk.org

Faithworks Community Money Advice (CMA): Budgeting coaching and debt advice at three locations in Bournemouth at Jimmys in Poole and at St Joes in Christchurch –
01202 429037 | Email cma@faithworkswessex.org.uk
www.faith-works.org.uk/what-we-do/cma-community-money-advice

Shelter: Housing and debt advice and attendance at Bournemouth County Court for housing possession hearings – 03445 151 777 (legal aid services) or 0808 800 4444 (main)
Email bournemouth@shelter.org.uk | www.england.shelter.org.uk/housing_advice

National Debtline: Free and independent debt advice over the phone and online –
0808 808 4000 | www.nationaldebtline.org

Debt Advice Foundation: A specialist debt charity offering advice on any aspects of debt –
0800 043 4050 | www.debtadvicefoundation.org

Help for Parents

- **Free school meals:** to check whether your children are eligible, visit the below link, and if so, they'll also qualify for the Holiday Activity & Food Programme during holidays
www.bpcouncil.gov.uk/Schools-and-learning/Free-school-meals/How-to-apply-for-free-school-meals
- Try the **TooGoodToGo** and **Olio** apps as well, they connect customers to shops, cafes and restaurants which have surplus food they can't sell.
- **Second-Hand uniforms:** Many schools now run second-hand uniform sales – ask yours, or check local Facebook groups for parents selling or giving away no-longer needed items.
- Have a look at www.grownoutofit.co.uk, www.mum2mummarket.co.uk or **Facebook Marketplace** which sell discounted uniforms in good condition. You should also speak to your child's school, to check for local schemes that can assist with the cost of uniform.
- **Borrow and share equipment & books:** Figure out what you have to buy, versus against what you can borrow. If your child and a friend is learning clarinet for example, you could suggest you go halves and they share. Always check with a teacher whether there's an option to rent items while they are still learning and deciding if they like it. If not, put a 'Clarinet wanted' post on Facebook Marketplace or on social media. You will be amazed by how many people offer items for free to clear out space.
- Save on the school run: Check to see whether your local council offers assistance towards travel, visit www.gov.uk/help-home-school-transport

Check List

Confused about where to start?

We suggest you start by looking at the following...

(Depending on your own circumstances)

- Create and fill in your own budget planner.**
If you can, save some money for unexpected or emergency purchases.

- Start to track your energy use** in order to take action to be more efficient, and use your consumption in the most effective way.
 - Make sure your heating controls are set up correctly.
 - Make sure your home is properly insulated.
 - Check all your electrical appliances to ensure they are not left on standby.

- Plan your meals** so you only buy what you need to eat healthily and limit waste - try Tesco's Meal Planner to help you - www.realfood.tesco.com/meal-planner. Remember to check out **BCP Access to Food**, if you need help and support - www.bcpCouncil.gov.uk/accesstofoodpartnership.

- Price comparison** - ensure you shop around for the best deals, both for food, contents insurance, life insurance, broadband & TV services, mobile phones, utilities, pensions and mortgage deals.

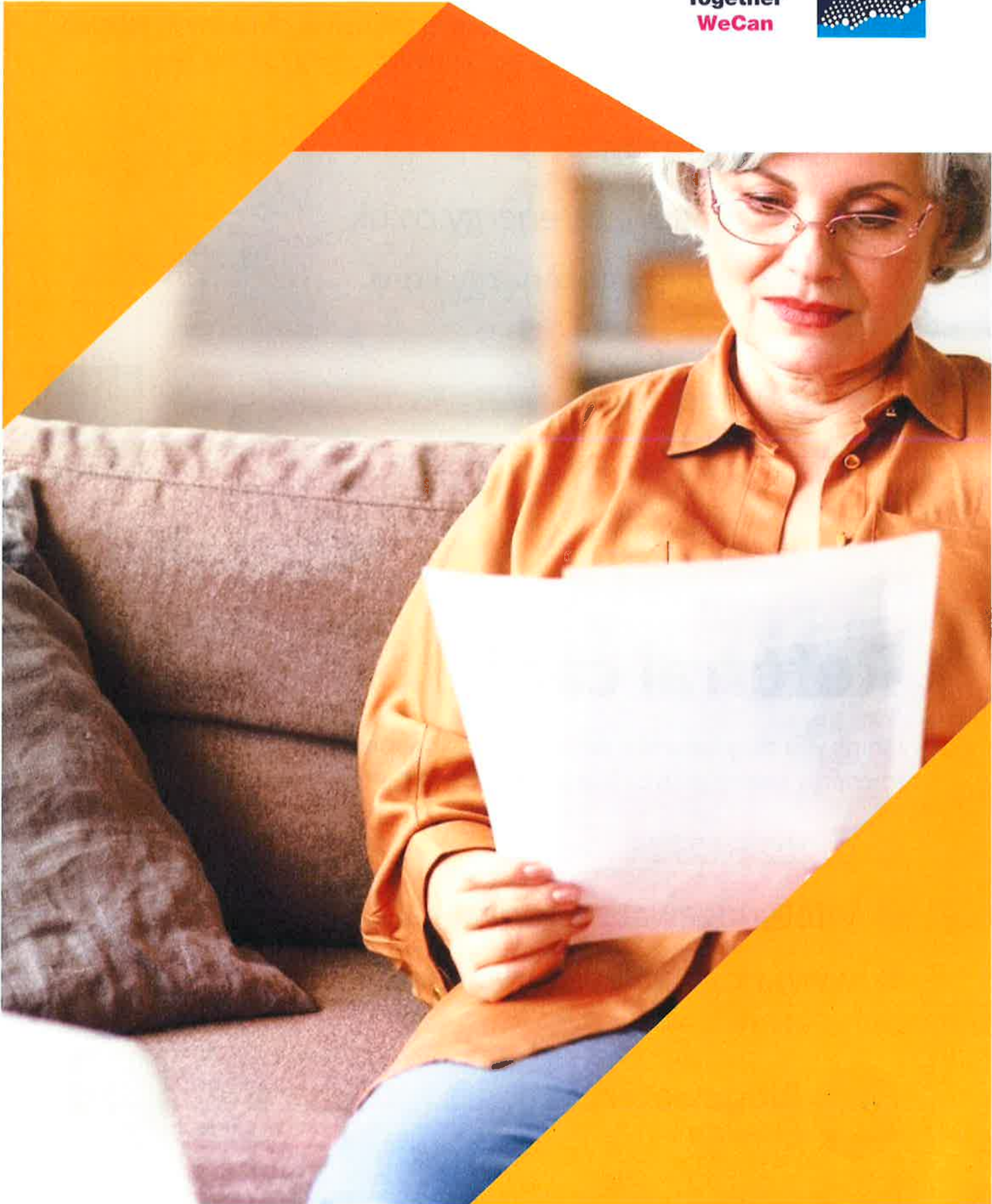
- Maximise your income** by checking to see if you qualify for benefits or allowances, it is advisable to check this whenever your circumstances change, or every 2 years. Visit www.citizensadvicebcp.entitledto.co.uk/home/start

- Seek help and advice early** from organisations highlighted in this booklet. Don't give up, things are constantly changing and help you may not have been able to obtain previously, may be available to you now, or in the future.

- More weekly tips** are available on Money Saving Expert, by signing up to their newsletter - www.moneysavingexpert.com



Commissioned by:



Referral card

I think you may benefit from contacting the below company in relation to energy saving grants, free assessments & energy saving tips...

 01202 612726

 info@ridgewaterenergy.co.uk

 www.ridgewaterenergy.com



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