

FUEL, FOOD AND FINANCES

We understand that a large proportion of our families are likely to struggle with the rising cost of living. We have put together this information sheet to support you in knowing where to go for help. It is always better to ask for help when you first start to struggle, but it's never too late!

If you need support to apply or look into any of the help that is available please contact Hiedi Larter our Family Champion via the office email address (office@mileoak.brighton-hove.sch.uk).

Benefits

Firstly, Check that you are receiving all of the benefits that you are entitled to. [Click here](#) for calculators can help you to do that or speak to the [Citizens Advice Bureau](#)



Utility Bills



If you are struggling or falling behind with your energy bills your supplier has to help you, this will usually be by negotiating a payment plan. There is lots of advice on the Money Saving Expert website which can be found by [clicking here](#)

Energy Saving Tips:

There are lots of small ways in which you can save energy at home and keep your family warm for less as the weather gets colder. There is some useful information on the two website pages [here](#) and [here](#).

Water Bills:

Southern water may help with your water bill if you meet certain criteria. Details of this and how to apply can be found by [clicking here](#).

Water Saving Tips:

This website has some small and simple ideas to help reduce the amount of water your household uses [click here](#).

Freebies:

Complete the short questionnaire which you can find [here](#) to discover how you can save water in your home. You will also be offered some **free** water saving devices.



Fuel



There is a great free app called Petrol Prices which lists the cheapest place to go locally to fuel your vehicle. You can find the download links by [clicking here](#)

Walk to school if you can or see how much you can save by parking a little further away and walking the last bit of your journey.



Food



There are some great food sharing apps such as Olio or Too Good to Go where people and businesses list free food items that they no longer need or want to donate. More apps can be found by [clicking here](#)

Support during pregnancy or for children under 4:

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. More information can be found [here](#)

Food Banks:

Locally we have The Purple People Kitchen which you can access for free with a referral through our Family Champion or [Moneyworks](#). We also have Brightstore which operates at the Church on Stanley Avenue on Wednesdays from 1 until 4pm. Anyone can access Brightstore from as little as £4 per shop.

For more information on Brightstore [click here](#)

For more information on food initiatives within Brighton and Hove and also some cheap and tasty recipes [click here](#)



Financial Support



Moneyworks is an organisation that is here to help Brighton and Hove residents save money, make money and manage their money better. The services are for anyone who is struggling to make ends meet. More information can be found on their website [here](#)



Household Support Fund

Extra help is available for households in Brighton and Hove struggling to pay for food, fuel and other essential costs. More information can be found by [clicking here](#).



School Support

There is a wealth of information on the support page of our school website which can be found by [clicking here](#).

Most importantly, if at anytime you are struggling and don't know where to get help please come and talk to us!