



Highbury Factsheet Cost-of-living support



Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite. Get in touch with us to let us know if you are struggling with your finances.

We know everyone is feeling the pinch this winter and we want to support those families in our school community who are impacted the most. If you are struggling with your finances, please do get in touch to let us know, as there may be things we can suggest which will help. We want to do everything we can to help you and your child through this difficult winter.

Contact your local Citizen's Advice Bureau or Family Hub

Citizen's Advice Bureau (CAB) 2-3, Ark Royal House, Winston Churchill Ave, Southsea, Portsmouth PO1 2GF **Phone:** [023 9400 6600](tel:02394006600)

You do not have to be a UK citizen to get support from your local CAB; you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](#)'s website or contact your local branch to book an appointment

Family Hub

Contact your local Family Hub to get help accessing all the support you might need as a family including parenting advice.

Paulsgrove Family Hub Cheltenham Rd, Portsmouth PO6 3PL, Portsmouth PO6 3PL
Phone: [023 9238 5995](tel:02392385995)

Or **Northern Parade Family Hub** Hilsea, Portsmouth PO2 9NE
Phone: [023 9266 0866](tel:02392660866)

Check you are paying the right amount of tax

Make sure you are on the right tax code. If you are not you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

Claim any benefits you are entitled to

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- [Turn2us](#)
- [Policy in Practice](#)
- [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds.

You may be able to get benefits paid early if you are already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that is dealing with your claim.

Check you have received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You do not need to apply for these – if you are eligible, the money should go straight into your account.

If you think, you are due a payment, but have not received one – [report a missing payment](#) to the government here.

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website

Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free, school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, for more information and the application form visit [online application](#)

See what other support you can get from your local authority

Portsmouth city council 023 9282 2251

Local authorities have many different schemes that you might be eligible for, including:

- The [holiday activities and food programme](#) – access to food and activities over the school holidays
- [Help with the cost of uniform](#)

Get free or low-cost food

If you are worried about not having enough food to feed your family, you are not alone. There are a number of places offering support.

- Cosham Larder, based in Cosham Park
- If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)

Find a local foodbank with these websites: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#) and you can also contact us at Highbury Primary School for a food bank voucher.

- Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)
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One free community meal that is geared towards **families** (most are more aimed at single homeless people), on Wed, 6pm at John Pounds Centre:

Wednesday, 6pm	FoodCycle, John Pounds Centre, 23 Queen Street, PO1 3HN	Sit-down meal - tasty food and good company
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Turn up there every Wednesday, and it would be one hot meal, you do not have to pay for each week.

The Roberts Centre have laundry facilities available for families in need to use at Crasswell Street

Further information

- Contact [StepChange](#), if you're struggling with debt
 - Contact [Shelter](#) if you're having issues related to housing
 - Get free household goods on [Freecycle](#)
 - Contact the [Salvation Army](#) for emergency assistance
 - See if you're eligible for [grants from Turn2us](#)
 - Single parents can get support from [Gingerbread](#)
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