



## Cost-of-living support

Find out what support is available to help you and your family get through the cost-of-living crisis.

### Contact your local Citizens Advice Bureau or Family Hub Citizen's Advice Bureau (CAB)

You don't 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 organising other financial support
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](#) website or contact your local branch to book an appointment. 0344 411 1444 (Bishop's Stortford Branch)

### Check you're paying the right amount of tax

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

### Claim any benefits you're entitled to

Use one 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 (meaning you're not entitled to the majority of welfare benefits)

You may be able to get benefits paid early if you need cash urgently – this is known as 'a short-term benefit advance'. You will need to contact the Department for Work and Pensions (DWP) office at your Jobcentre of phone Jobcentre Plus: Telephone: 0800 169 0310.

### Check you've received all the government's cost-of-living payments

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

If you think you're due a payment but haven't received one, [report a missing payment](#) to the government.

**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 the [British Gas Energy Trust](#) and the [Money Saving Expert](#).

**Check if your child is entitled to free school meals (FSM)**

If your child is eligible for FSM you need to get them registered. This will allow them to get a free meal at school and, as a school, we will get extra funding (known as the pupil premium) to support your child's learning.

Go to [this government website](#) to check if your child is eligible. If they are, or if you are not sure, email the school on [admin@littlehadham.herts.sch.uk](mailto:admin@littlehadham.herts.sch.uk) to ask for help with Free School Meals

**See what other support you can get from your local authority**

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

- The [Holiday Activities and Food Programme](#) – access to food and activities over the school holidays. Note that if your child is eligible for free school meals (see above), they'll also qualify for this programme
- [Help with transport to school](#)
- [Help with school uniform costs](#) Please be aware we also offer preloved/sustainable uniform, so please do not hesitate to contact the school office if you need some assistance with this.

**Get free or low-cost food**

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

- If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
- Find your local food bank: [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
- 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 eat) .
- Get more tips on free and cheap meals from [Which](#)

**Free sanitary products**

- Products for children are available in school, call and ask to speak to the school office or email [admin@littlehadham.herts.sch.uk](mailto:admin@littlehadham.herts.sch.uk)  
Find the cheapest disposable sanitary products on [Sanitary Saver](#).

**Replace or repair household items at a low cost or for free**

Check if you can get broken household goods replaced or repaired by your local community.

- Get free household goods on [Freecycle](#)
- Get help with DIY repairs at a [Repair Cafe](#)

**Find a warm space to beat the chill**

Some community spaces open their doors to provide a safe and warm space for a few hours. Many also offer hot drinks and WiFi. Please check out the Warm Welcome website for local warm spaces [Warm Welcome Campaign](#) or [Warm Spaces](#)

**Further information**

- › Contact [StepChange](#) for debt advice
- › Contact [Shelter](#) if you're having issues related to housing
- › Contact the [Salvation Army](#) for emergency assistance
- › See if you're eligible for [grants from Turn2us](#)