




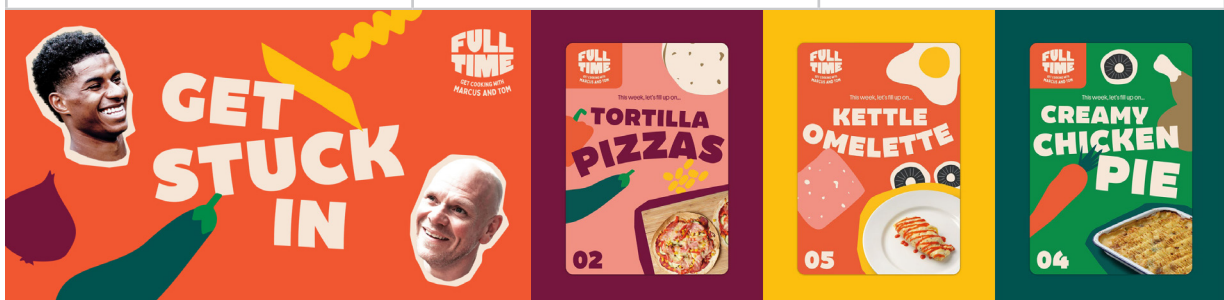


# Cost of Living Support Services Directory

## £ Finance






Organisation	Contact Details	Short Description
 <p><b>The Money Advice Service</b></p>	0800 138 7777	Help with managing money, bank accounts, wills and estates and money saving tips.
 <p><b>Money Smart (Wolverhampton Homes)</b></p>	<a href="http://moneysmart.wolverhamptonhomes.org.uk">moneysmart.wolverhamptonhomes.org.uk</a>	Wolverhampton Homes tenants who are struggling to pay your rent or other priority bills can gain help.
 <p><b>Wolverhampton City Credit Union - WCCU</b></p>	01902 572340 <a href="http://wccul.co.uk">wccul.co.uk</a>	
 <p><b>British Gas Energy Trust</b></p>	<a href="http://britishgasenergytrust.org.uk/bounce-back-checklist">britishgasenergytrust.org.uk/bounce-back-checklist</a>	Links to help with rising bills / where to gain local advice.
 <p><b>Cooking on a budget</b></p>	Search 'Marcus Rashford Full Time Meals' <a href="http://endchildfoodpoverty.org/full-time-meals">endchildfoodpoverty.org/full-time-meals</a>	Pocket friendly, quick & easy recipes.



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## Childcare and Family Services

Organisation	Contact Details	Short Description
 <b>Paying for childcare</b>	Universal Credit: Eligibility - <a href="https://gov.uk">gov.uk</a>	You may be able to claim back up to 85% of your childcare costs if you're eligible for Universal Credit.
 <b>Free School Meals</b>	<a href="https://wolverhampton.gov.uk/education-and-schools/free-school-meals">wolverhampton.gov.uk/education-and-schools/free-school-meals</a>	You may be able to claim benefits-related Free School Meals for your child if you meet the Government's eligibility criteria and your child is a full-time student at a school in Wolverhampton.
 <b>Events and holiday clubs in the city</b>	<a href="https://yowolves.co.uk/events">yowolves.co.uk/events</a>	Find events in Wolverhampton.
 <b>Childcare Choices</b>	<a href="https://www.childcarechoices.gov.uk/">www.childcarechoices.gov.uk/</a>  0300 123 4097	Offer information about funding for childcare.
 <b>Wolverhampton Baby Bank</b>	Maureen Smith  07958604354  <a href="mailto:info@wfrc.uk.com">info@wfrc.uk.com</a>	Free nappies, wipes, baby essential items and maternity supplies to pregnant women and mums of children aged 0- 5years old.

# Cost of Living Support Services Directory


## Housing and Homelessness

Organisation	Contact Details	Short Description
 <b>YMCA Black Country</b>	01902 371550 <a href="http://ymcabc.org.uk">ymcabc.org.uk</a>	Provide accommodation for over 150 young people each night who may have been forced onto the streets or out of the family home. Also provide childcare.
 <b>Good Shepherd</b>	01902 399955 <a href="http://gsmwolverhampton.org.uk">gsmwolverhampton.org.uk</a>	Housing first, Food, Support and activities.
 <b>Citizens Advice service</b>	<a href="http://citizensadvice.org.uk/housing">citizensadvice.org.uk/housing</a>	Giving advice on renting privately or from the council or housing association, homelessness, mortgage problems, safety fears where you live.



# Cost of Living Support Services Directory

## Energy Bills Support

Organisation	Contact Details	Short Description
 <b>Warmer Homes West Midlands</b>	<a href="http://mea.org.uk">mea.org.uk</a> 0808 1968 298 <a href="mailto:WarmerhomesWM@mea.org.uk">WarmerhomesWM@mea.org.uk</a>	Offering support with energy advice at home, energy efficiency measures, accessing additional support such as grants, tariff switching.
 <b>Prescription for Warmth</b>	<a href="http://prescriptionforwarmth.co.uk">prescriptionforwarmth.co.uk</a> 0191 8151003 <a href="mailto:hello@prescriptionforwarmth.co.uk">hello@prescriptionforwarmth.co.uk</a>	Offering support with energy saving advice and debt advice as well as offering support accessing other support such as foodbanks.

- All households connected to the electricity grid will get a £400 discount - called the Energy Bills Support Scheme - that will be paid as a credit on to your energy bill in instalments from October 2022 to March 2023. These won't need to be paid back and you don't need to do anything in order to receive it. The first instalment of £66 will be applied to your energy payments in October 2022.
- Some households will also receive a £650 cost of living payment. To be eligible, you must be receiving certain means-tested benefits, including Universal Credit, tax credits, Pension Credit and other means-tested benefits. The money will be paid directly into your accounts from the Department for Work and Pensions (DWP) in two lump sums.
- The first payment of £326 started being paid to qualifying households in July, with the second payment of £324 to follow in the autumn. Payments from HMRC for those receiving tax credits will follow shortly afterwards.
- If you receive non-means-tested disability benefits, you will be given an extra one-off cost of living payment worth £150.
- Finally, pensioners who currently receive the government's Winter Fuel Payment will be given an extra one-off sum of £300 in the autumn. To be eligible for the Winter Fuel Payment, you must be born on or before 26 September 1956. Payments are between £100 to £300, depending on your age and circumstances.

# Cost of Living Support Services Directory



## Mental Health Support

Organisation	Contact Details	Short Description
 <b>Samaritans</b>	116 123  <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	Free 24/7 listening service for anyone with any worries or concerns.
 <b>SHOUT</b>	Text 'SHOUT' TO 85258	Free, confidential, anonymous text support service. You can text from wherever you are in the UK.
 <b>Head 4 Health</b>	07971 900257  <a href="mailto:healthadmin@wolves.co.uk">healthadmin@wolves.co.uk</a>	An 8-week mental wellbeing course designed to improve mental and physical wellbeing









# Cost of Living Support Services Directory



## Food Services

Community shops or food pantries help people access affordable and healthy food, toiletries, and household items. They often work on a membership basis, allowing people to sign up and go for a shop-like experience. Some community shops may offer a service to turn up and pay as you feel. Unlike a foodbank, they don't require a referral.

Foodbank	Location	Opening Hours
 <b>Gatis Street Community Space</b> - Surplus Food Market	Gatis St, Wolverhampton, WV6 0ET	<b>Wednesday:</b> 10am - 4pm <b>Thursday:</b> 11am - 4pm
 <b>St Chads &amp; St Marks Church</b> - Surplus Food Market	Lime Street, Wolverhampton, WV3 0EX	2pm – 4pm
 <b>Big Venture Community Shop</b>	17 Chesterton Road, Scotlands, WV10 8SP	<b>Monday - Thursday:</b> 9.30am - 2.30pm <b>Friday:</b> 9.30am - 12.30 pm <b>Wednesday:</b> 5.30pm - 8.00 pm
 <b>Bilston Support Network Community Shop</b>	25 Market Way, Bilston, WV14 0DR	<b>Tuesday, Wednesday and Friday:</b> 9.30am to 2.30pm
 <b>Stratton Street Community Shop</b>	6 Stratton Street, Wolverhampton, WV10 9AJ	<b>Tuesday Wednesday and Friday:</b> 10am - 2.30pm
 <b>Low Hill Community Shop</b>	Kempthorne Avenue, Low Hill, WV10 9JJ	<b>Monday:</b> 5.30pm - 7.30pm <b>Wednesday:</b> 11am - 3pm and 5.30pm - 7.30pm <b>Thursday:</b> 11am - 1.30pm