



Headteacher: Mr P Newbold

Cost of Living Support

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

Let us know if you're in financial difficulty

We know that many families are going through a tough time and as a school we want to do everything we can to help you and your child. If you're struggling with your finances, please get in touch with Mrs Carter, School Business Manager, to let us know, as there may be things we can suggest which will help. Mrs Carter's email address is office@southwayjunior.co.uk or you can call the school office on 01444 233824.

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](https://www.citizensadvice.org.uk/) website or contact your local branch to book an appointment. The local CAB can be found at Burgess Hill Library, Monday and Wednesday, 9.30am-4.00pm. Alternatively, you can call them on 0808 278 7969 9.00am to 4.30pm, Monday to Friday.

Family Hub

Family hubs offer a range of activities and support to parents and carers, for children and families. Many hubs are open for you to drop in and play during our opening hours. Assistants at the family hub can support with finding childcare, parenting, health advice for you and your family, support with housing and homelessness and provide advice on legal help and personal finance.

Mid Sussex Family Hub can be found at: 51 Penn Crescent, Haywards Heath, RH16 3HP

The West Sussex Community Hub can also help households with the costs of fuel or food bills through the Government's Household Support Fund. Visit the Community Hub website (<https://www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-information/advice-and-support/community-hub/>) or call **033 022 27980** for information on how to access the fund and where to get further advice.

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](https://www.moneySavingExpert.com/taxcode/) free tax code calculator to find out.

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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 who is handling your claim.

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'll 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're not sure, please contact the school office on welfare@southwayjunior.co.uk or call us on 01444 233824.

See what other support you can get from your local authority

Support may be available through the local authority – contact the Burgess Hill Town Council on 01444 247726 for more information.

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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. Please find attached details of Easter Holiday HAF Activities.
- > [Help with transport to school](#)
- > [Help with school uniform costs](#)

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](#)
- > Burgess Hill Community Food Bank – 85 Church Walk, Burgess Hill. Open Tuesday and Thursday 11.00am-1.00pm, Saturday 10.00am-12.00pm. You will need an electronic voucher – please contact The Citizens Advice on 0808 278 7969 or the Burgess Hill Town Council Help Point on 01444 247726 or email helppoint@burgesshill.gov.uk
- > 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)
- > The Burgess Hill Pantry – 25-29 The Martlets, Burgess Hill. Open Tuesday: 1.30pm - 4.00pm, Wednesday: 9.30am - 11.30am, Thursday: 10.00am - 12.30pm & 1.30pm - 4.00pm, Friday: 9.30am - 11.30am. For a weekly membership of £4.00, members will be able to choose a selection of food with a value of £15 - £20 each week.
- > Get more tips on free and cheap meals from [Which](#)

Free hygiene products

- > Period products are available from the school's medical room for your daughter if she needs them.
- > Food banks may offer free toiletries and sanitary products. Check with your local food bank to see what's available, see above for details.
- > 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](#)

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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.

Find a warm space at:

➤ **The Mustard Seed Community Café, Royal George Rd, RH15 9TD**

Tues 10am-12pm and Thurs/Fri 10am-2pm. Parking available onsite or serviced by bus number 35. Free tea/coffee, squash and biscuits will be available, as well as soup with bread or a toasted cheese Sandwich from 11am (a donation tin will be available if you wish to make a contribution)

➤ **Age UK, Kings Weald Community Centre, Wyvern Way, RH15 0XY**

Tues 10am-12pm Parking available onsite or serviced by bus number 35. Free tea/coffee and biscuits

➤ **MSVA, Cherry Tree Centre, Fairfield Rd, RH15 8QB**

Thursday 10am-2pm. Limited parking available onsite or serviced by buses 35C/35A. Hot drinks, biscuits and cake will be available on a 'pay as you feel' basis.

➤ **St Andrew's Church - Link building, 2 Cants Lane, RH15 0LG**

Tues/Wed/Sun 8.30am-1pm. Parking available onsite or serviced by buses 167/271/272 or 35a/35c stop a short walk away. Free tea/coffee and biscuits (a donation dish will be available if you wish to make a contribution)

➤ **Burgess Hill Library, 15-19 The Martlets, RH15 9NN**

Mon-Fri 9.30am-5.30pm and Sat 10am-4pm.

➤ **The King's Church, 33-35 Victoria Rd, RH15 9LR**

The centre is open Daily 8.30am- 6pm. Monday to Friday there will be a dedicated space 4:00-6:00pm with a free refreshment point and free wi-fi. Parking available onsite or serviced by buses 272, 271, 100 (London Road stop or Tesco with a 5-minute walk).

Further information

- **Sidney West Children and Family Centre** Leylands Road, Burgess Hill, RH15 8HS, 01444 255493
- **King's Church Debt Advice Centre** – 33-35 Victoria Road, Burgess Hill, RH15 9LR, 01444 232444
- **Early Help** – contact via the website www.westsussex.gov.uk
- **Housing Needs Department (WSCC)** – 01444 477574

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