

# 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're 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're struggling with your finances, please do get in touch to let us know, as there may be things we can suggest which will help, for example the loaning of uniform items. We want to do everything we can to help you and your child through this difficult winter.

✉ [enquiries@maletlambert.hull.sch.uk](mailto:enquiries@maletlambert.hull.sch.uk)

☎ 01482 374211

## Contact your local Citizen's 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 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.

📍 **Hull & East Riding Citizens Advice**  
The Wilson Centre Alfred Gelder Street  
Hull  
HU1 2AG

☎ 0800 144 88 48

📧 [hullandeastridingcab.org.uk](http://hullandeastridingcab.org.uk)

### Family Hub

Contact your local Family Hub to get help accessing all the support you might need as a family. **Find your local hub** here.

📍 **The Lemon Tree Children's Centre**  
Lothian Way, Hull  
HU7 5DD

☎ 01482 828901

📍 **Priory Children's Centre**  
Priory Road  
Hull, HU5 5RU

☎ 01482 305770

## Check you've 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 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 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

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## 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.

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## Claim any benefits you're 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

### Short-term Benefit Advance

You may be able to get benefits paid early if you're 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's dealing with your claim.

 **Hull Britannia House Jobcentre**

2 Ferensway, Hull  
HU2 8NF

 **0800 169 0190**

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

Pupils eligible for free school meals can choose from a range of healthy meal deals, including a main course and a pudding. We also provide free toast, cereal and orange juice at our breakfast club.

Parents and carers can claim free school meals for their child or children if they are in receipt of one of the following:

- ▶ Income Support
- ▶ Income based Job Seekers Allowance
- ▶ Income related Employment and Support Allowance
- ▶ Support under Part VI of the Immigration and Asylum Act 1999
- ▶ Child Tax Credit, with no element of Working Tax Credit, and a household income below £16,190 (as assessed by HM Revenue and Customs)
- ▶ Guarantee Element of State Pension Credit
- ▶ Universal Credit

Malet Lambert encourages parents and carers to apply for free school meals. More details on eligibility and how to apply can be found on [Hull City Council's website](#).

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

The [Hull City Council cost of living web page](#) has advice and information on money, debt, food, health, travel, housing and employment.

Local authorities have lots of 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 transport to school](#)

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## 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.

- ▶ The Malet Lambert **Breakfast Club** opens every school morning at **8:10am** and provides a range of items for pupils to purchase, including cereal, toast, fruit, croissants and bacon rolls. Pupils eligible for free school meals can choose from cereals, toast and orange juice.
- ▶ 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: **The Trussell Trust**, **The Independent Food Aid Network**
- ▶ 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 still safe to consume)
- ▶ Websites such as **Feed Your Family for £20 a Week** and have recipes and tips on low cost meal planning
- ▶ Compare how much your basket of shopping is across the major supermarkets using **trolley.co.uk**

📍 **Hull Foodbank (East)**  
Unit 1, The Mount Retail Park  
Mount Pleasant, Hull  
HU9 2BN  
📅 *Open Tue-Wed, 11:30-14:00*

📍 **Hull Foodbank (Central)**  
Jubilee Central  
Waltham Street, Hull  
HU1 3SL  
📅 *Open Mon, Wed-Fri, 11:00-14:00*

📍 **Hull Foodbank (North)**  
The Orchard Centre  
Orchard Park Road, Hull  
HU6 9BX  
📅 *Open Tue, 13:00-16:00*

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## Welcoming and Warm spaces

Warm Spaces are a network of places across the city where residents can visit to get warm and enjoy a little company.

All Hull libraries are warm spaces for all of the hours they are open and all will be providing warm drinks, free wifi and lots of free activities.

All registered warm spaces in Hull can be **found here**. Please check with your local warm space for opening times.

📍 **East Park Library**, East Park, HU8 8JU  
☎ **01482 318830** 🌐 **Website**

📍 **St Aidans Church**  
Southcoates Avenue, HU9 3HF  
☎ **01482 704517** 🌐 **Website**

📍 **Ings Library**, Savoy Road, HU8 0TY  
☎ **01482 331250** 🌐 **Website**

📍 **Freedom Centre Library**  
Preston Road, HU9 3QB  
☎ **01482 710100** 🌐 **Website**

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## 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.

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## Save money on mobile and broadband contracts

Your broadband provider may have updated its packages since you initially signed up. Take a look at their website or get in touch with them to see if there's a more suitable package you could be on. KCOM's cheapest **Lightstream package** for instance has no data cap.

Save money when it comes to your mobile contract and look at family plans – many providers offer discounts for households. A large number also offer perks, such as price reductions or extra data.

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## Further information

- ▶ Contact **StepChange** for advice regarding managing debts
- ▶ 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**
- ▶ Find the cheapest petrol prices near you with **petrolprices.com**