

ASDA Meal Deals for OAPs and Kids

Kids £1 meals and over 60's Winter Warmer £1 soup café initiatives

The £1 meal deal 'winter warmer' initiatives to support customers and community groups struggling with the cost-of-living crisis.

Both the kids £1 meals and over 60's Winter Warmer £1 soup café initiatives have been extended until the end of March.

People aged 60 and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in any of our cafes.

The offer is available all day, every day and will run alongside the current 'Kids eat for £1' offer which continues to be hugely popular.

Kids can get a FREE warm breakfast this February half term

With Asda's exclusive partnership with Quaker Oats UK kids will be able to get a free bowl of Quaker porridge from 8am to 12pm every day in Asda cafes across half term week.

The new free offer means that families are now able to access both a free children's breakfast on a morning and a £1 main meal all day in Asda cafes in a bid to continue to help customers manage the cost-of-living crisis. Read more here: <https://bit.ly/3RzEX6M>



Family Benefits Advice Service

Providing free, impartial and confidential advice to parents, carers, childcare providers and employers

Employers For Childcare

Working for Parents

Our family Benefits Service provides free, impartial and confidential advice to parents and carers to help them maximise their income and inform them of their rights and entitlements. We operate a Freephone helpline 0800 028 3008 - Monday to Friday from 8am to 5pm

Many people don't realise that even if they are working, they may still be entitled to financial help. Whether it's a first time parent wanting to know what support is available or someone considering altering their hours of work, our team of experts will be happy to work out what's best for each individual.

How we can help

We provide information and advice on a wide range of childcare and work related issues including

- Tax-free childcare
- Universal credit
- Tax credits
- Childcare vouchers
- Disability Benefits
- Maternity/Paternity leave and pay
- Shared Paternity leave
- Flexible working
- School Uniform Allowance
- Free School Meals

Information we may need

To help us identify the support someone may be entitled to, it can be useful to have the following information to hand when calling

- P60 income for previous tax year
- Estimated earnings and weekly working hours for this tax year
- Childcare costs
- Any disability or sickness benefits in payment housing costs including rates
- Details of Maternity Leave and Pay

Help towards childcare costs

If working and paying for registered childcare parents may be entitled to help through

- Universal credit
- Tax free childcare
- Tax-Credits

Parents currently using Childcare Vouchers can continue to do so, while they remain with their current employer and their youngest child is under 16 (17 registered disabled)

Our advisors can calculate which form of support is best suited to each household's circumstances. We also work directly with employers and childcare providers, to give advice and guidance.

For further information please contact us:
hello@employersforchildcare.org

Freephone: **0800 028 3008**

Or visit our website:

Employersforchildcare.org



**Helplines
Network NI**



Cost of Living Advice

Staff are really struggling with their Financial at the moment

Our Social Enterprise can help them with areas such as:

Budget Planning

Cost of Living

Pensions

Savings

Debt

To contact us for more information
call

02890 877777

Or email info@kithandkinfiance.org

Energy Efficiency In The Home Keeping Warm and Well

At National Energy Action (NEA NI) we are concerned that higher energy prices, reduced incomes and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty this coming winter. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big difference to household bills. Here are a variety of no cost/high low cost energy savings tips.

- You can save around £55 just by remembering to turn off electric appliances and not leave many of them on standby, e.g TV, laptops, mobile phones
- Room thermostats allow you to set the temperature your home heats up to and maintains. Turning it down by only 1 degree could save you around £80-100 per year.
- Only boil the water you need in your kettle. This can save you £12 per year.
- Effective insulation of your hot water cylinder is important. Increasing the insulation 80mm thick could save you £45 a year. Increasing loft insulation to 270mm can save between £350 -£300 per year.
- Only run the dishwasher when full. 1 less run per week could save £15 per year.
- Save an average of £65 on electricity a year by drying clothes on a clothesline instead of using a tumble dryer
- Spending one minute less in the shower every day will save up to £9 per person off your household energy bill each year.
- Washing clothes at 30 degrees and 1 less cycle per week can save around £15 a year on energy.
- Switch off lights when not in use. This could save you between £4-£13 per bulb per year
- Draughtproofing windows/doors can save around £40 per year. Chimney draught excluder can save an additional £20

Northern Ireland Oil Buying Clubs

For more information go to:

[The Housing Executive - Oil Buying Clubs \(nihe.gov.uk\)](http://nihe.gov.uk)

What is an Oil Club?

Oil Buying Clubs are based on a simple idea - the more people that buy oil together, the lower the cost. You can buy as little as 200 litres of oil. When all club member orders are put together, the Club can get a better price.

The best way to negotiate a great price for your Club, is NI Oil Buying Network negotiating on the intended bulk order, on behalf of an area of clubs. Savings made are passed on to all members.

The more people that take part in the initial orders, the greater the savings.

We are open to new membership. We can help you set up a new club in an area of need.

For more information:

email: oilbuyingclubs@nihe.gov.uk or

Freephone: [0800 111 4455](tel:0800 111 4455) to speak with an Energy Adviser

More about Oil Buying Clubs

For your benefit, Oil Buying Club processes have changed.

Easy as 1.2.3.

- We take your 'intended' order and negotiate with suppliers for the best price.
- We send you the best reduced price with an order discount code via text, email or phone call.
- You place your own order by the supplier deadline, in 1 to 3 days
(*Or, the selected supplier may choose to follow-up on your order by phone)

What are the Benefits?

You can buy as little as 200 litres without having to buy larger bulk orders.

It is free to join.

Ordering through an Oil Club means you can avoid having to buy 'emergency 20 litre oil drums', which can be much more per litre than a distributor might charge.

You avoid the risks with transporting oil in your car and transferring oil into the tank.

Save money - members benefit from a reduction in price per litre with the larger volume order.

Supplier saves on delivery costs.

Fewer vehicle movements equals a reduction in CO2 emissions - fewer deliveries reduces the number of tanker journeys – safer for the community and better for the environment.

Produces social cohesion and sense of community spirit.

Membership open to home owners, private renters, and NIHE/Housing Association tenants.