



Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

This is a live document and will be updates on a regular basis

Updated 8 February 2023

The information in this guide has been provided by services.

If you would like to include information about your service
please email: una.casey@hscni.net

**Please click on the link below to give feedback on this
guide**

<https://www.surveymonkey.co.uk/r/H96DHP7>

Sections

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Regional Services

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>

Low-Cost Playful Ideas



1. Visit parks, green spaces, beaches or forests
2. Play outside – get the wellies and raincoats on and jump in puddles
3. Paint the pavements, walls, fences, gates or drainpipes with water – all you need is a bucket and brushes
4. Have a family dance party or sing-a-long
5. Create a fort in your living room out of blankets or cardboard boxes
6. Go on a hike
7. Have a sunset picnic at a park or beach
8. Upcycle old toys using stickers, foam or paint
9. Try some sewing or knitting
10. Play a game of chess, dominoes, jacks or card games
11. Make a sensory bottle using old bottles, coloured water, glitter, beads, stones or anything you fancy!
12. Make slime. Pour 2 tbsp of shampoo into a bowl, add 2 tbsp of shaving foam and mix. Add 1 tsp of salt and mix everything together thoroughly. Put mixture into the freezer for approximately 15 minutes
13. Buy a cheap box of chunky chalk – children will have hours of fun
14. Make a mystery bag – fill a bag with random supplies and see what children will play or make
15. Make a mat to play hopscotch on. You can roll it out for play – an old sheet is perfect
16. Melt ice! Fill cups or containers with coloured water, freeze them, and watch the ice melt as you add salt to it
17. Make a collage with paper, glue and things to stick like pictures cut out of catalogues or magazines, scraps of paper, ribbon, fabric, dried pasta, natural materials etc.
18. Play x-o-x or eye-spy
19. Have a game of hide-and-seek
20. Street play – go outside and encourage other children to go 'out to play.' Play some football, frisbee, dodgeball, piggy in the middle or stick in the mud.

You'll be amazed at what fun can be enjoyed!



Cost of living

Information and advice

For information on help with Energy Costs, Help with your income etc. click on the link below

[Cost of Living | nidirect](#)



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
- Immigration status (if applicable)

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



Employers For Childcare is a registered charity.

Charity number 101176.

Talk Learn Do Training for professionals who work with parents

Did you know that nearly a third of parents say they never or rarely discuss where money comes from with their children?

79% of children would turn to their parents for money advice. This shows the importance of financial education at home

The Money and Pensions Service hugely successful programme, '[Talk Learn Do: Parents Kids and Money](#)' demonstrates that supporting parents to develop the confidence and skills to talk to and teach their children about money can positively impact on the financial wellbeing of both parents and children. Since 2016, we have worked with over 1,500 professionals across the UK to deliver TLD to parents and carers they support. We are now looking to upskill more professionals so they can deliver Talk Learn Do to parents they work with.

What is Talk Learn Do (TLD)?

TLD is a facilitator led group session that encourages parents of 3–11-year-olds to talk to their children about money and create opportunities for their children to experience managing it. The programme provides parents with tools, ideas, and fun activities to help include money in everyday conversations and activities.

With the increase in personal finance related news and ongoing cost of living pressures, there continues to be a demand for financial wellbeing work with parents and training for professionals who support them.

We are working with Campaign for Learning and Quaker Social Action to expand our training programme for professionals who support parents across the UK. The training is free and open to organisations across the UK. Each organisation will initially be allocated one training space on a first come first served basis. Further spaces to be allocated if available.

Timing

Weds 16th November

Wednesday 23rd November

Wednesday 7th December PM

Thursday 12th Jan

Tuesday 17th January

Wednesday 8th February

The workshop sessions are expected to run for three to four hours with breaks in-between.

Location

Training will take place virtual

Requirements

Participants will be expected to take part in an optional short survey before and after the training. This will help MaPS to understand the effectiveness of the training.

For further information and to indicate interest, please send an email to cyp@maps.org.uk



Some primary and post-primary school pupils are eligible for grants to help buy their school uniform.

Find out more: <https://nidirect.gov.uk/articles/school-uniform-and-uniform-grants>



Your child could be eligible to get free lunches or milk at school. Including school holiday food grant

Find out more: <https://nidirect.gov.uk/articles/nutrition-and-school-lunches>

[McIlveen announces £5.5m school holiday food grant | Department of Education \(education-ni.gov.uk\)](https://education-ni.gov.uk)



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@kithandkinfinance.org

**Are you getting all the
money, supports and services
you're entitled to?**

**Make the call
0800 232 1271**



Text: CHECK to 67300
Email: makethecall.telephony@nissa.gsi.gov.uk
Visit: indirect.gov.uk/makethecall





WORKABLE (N.I.)

SES (Supported Employment Solutions) is contracted to deliver the Department for Communities **Workable (NI) Programme** across Northern Ireland. SES is a consortium consisting of 7 Disability Organisations – Action Mental Health, Cedar, Now Group, AdaptNI, RNIB, Orchardville Society & Mencap. Workable N.I. aims to provide support to employees who are in work (10+ hrs), suffering from a disability or mental health condition and who would benefit from support to sustain and retain employment. The programme also supports the employer / manager. It is a referral based programme, with individuals being able to self-refer, or be referred by another party. Employees are initially supported for a period of a year, with the caveat of extension at 11-month stage.

Workable (NI) can provide:

1:1 Support, specially tailored to employee needs
Advice & Assistance – making reasonable adjustments in the workplace
Pro-active corrective measures
Enhanced morale

Benefits to employers include:

Long & short term absence reduced
Reduced need for temporary staff
Less HR time spent on follow up
Increased productivity

For further information, please contact:

Patricia Kelly

Tel: 07976640226

E: pkelly@amh.org.uk

www.sesni.org.uk

Peter Wilson

07791 075921

p.wilson@cedar-foundation.org

NEA TRAINING SERVICES



National Energy Action (NEA) is one of the leading providers of domestic energy and fuel poverty training services for over 30 years. We are delighted to offer both face to face and online tuition across the UK. Our aim is to enhance the quality of energy advice services provided by local, regional and national organisations across various sectors.

Fuel poverty remains a sadly prevalent issue around the UK, and the net zero target means that energy efficiency and heating decarbonisation is high on the agenda, with a large-scale retrofit programme of the UK's housing stock required if net zero is to be achieved by 2050. This means that households of all kinds will need high-quality and up-to-date energy advice services and fuel poverty training.

As well as our existing suite of training NEA can create bespoke courses to respond to specific needs.

We look forward to welcoming you on one our courses soon.
For further information about of the courses and fees please contact

Nichola MacDougall
Training Officer
T: 028 9023 9909
E: nichola.macdougall





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, at NEA we know that some simple changes to day to day activities could make big differences to household bills.

To assist household, NEA are providing **FREE Energy Efficiency information sessions** online or face to face across Northern Ireland

The following topics are included:

- Impact of living in cold, damp home
- Taking control – understanding your heating system
- Energy efficiency low cost/no cost top tips
- Keeping the heat where it is needed - reducing heat loss
- Causes of and remedies for consideration
- Comparing and switching energy suppliers
- Advice and Support

For further information contact

Nichola MacDougall, NEA Training Officer

Email: Nichola.MagDougall@nea.org.uk



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

Are you experiencing financial hardship?

Speak to your energy supplier if you are worried about your energy bills and to find out if you are eligible for additional services. To find out if you are claiming all of the benefits you are entitled to call

Advice NI

Freephone Advice Helpline: 0800 925 4604 Email: advice@adviceni.net

Make the Call Service

Freephone (network charges may apply) 0800 232 1271 Email: makethecall@fdfcni.gov.uk

Check to see if you are getting the best deal for your energy. You could save hundreds of pounds a year on your bills by switching supplier or changing tariffs with your current supplier. Use a price comparison site.

Customer Council Tel 028 9025 1600

Email info@consumercouncil.org.uk

Web: www.consumercouncil.org.uk

Additional Support

NI Energy Advice offers free independent and impartial energy advice to domestic households in Northern Ireland – including advice about energy grants and other sources of help

Freephone: 0800 111 4455 Email: nienergyadvice@nihe.gov.uk

Website: www.nihe.gov.uk/community/NI-Energy-Advice

Training and Advice

NEA are offering FREE Energy Efficiency training and advice sessions to organisations and households throughout Northern Ireland. These sessions can be delivered face to face or via Zoom.

For further information contact

Nichola MacDougall, NEA Training Officer

Email: Nichola.MacDougall@nea.org.uk



Family Fund
Helping disabled children

Family Fund

Application deadline: Ongoing

<https://www.familyfund.org.uk/FAQs/how-do-we-apply>

Emma McKeown Emma.McKeown@familyfund.org.uk

Partner Engagement Manager – Northern Ireland

Mobile +44 7818 456378

We help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under. You can apply to Family Fund if:

- You live in England, Northern Ireland, Scotland or Wales
- You are the parent or carer of a disabled or seriously ill child or young person aged 0-17 who lives with you
- You are currently living in the UK and done so for at least six months, or three months if your child is less than six months old.
- You are eligible to work and apply for public funds
- Your child is not in Local Authority care
- You need to also have evidence of entitlement to any one of the following: *
 - Universal Credit
 - Child Tax Credit
 - Working Tax Credit
 - Income-based Jobseeker's Allowance
 - Income Related Employment Support Allowance
 - Income Support
 - Housing Benefit
 - Pension Credit.
- Your child or young person has a high level of additional support needs arising from a long-term disability or disabling condition or a serious or life limiting illness. By long term we mean lasting or likely to last 12 months or more. Please read our [child and young person eligibility criteria](#).

Notes:

We're now urging families living on low incomes in Northern Ireland, with disabled or seriously ill children or young people aged 17 and under, to apply for urgent grant support for essential items, to see them through these final winter months.

NOTE: IF A FAMILY HAS RECEIVED A GRANT WITHIN THE LAST 12 MONTHS THEN UNFORTUNATELY THEY ARE NOT ELIGIBLE – ELIGIBILITY IS AVAILABLE AT THE WEBSITE LINK BELOW.

Few quick links to areas of our website where you will find more detailed information.

Main grants programme:

[Grants: Northern Ireland | Family Fund](#)

[Who do we help? | Family Fund](#)

[Child and young person eligibility criteria | Family Fund](#)

[Grant items | Family Fund](#)

[Apply for a grant | Family Fund](#)

Information on the Children in Need Emergency Essentials Programme with link [BBC Children in Need Emergency Essentials Programme - Family Fund Business Services](https://www.familyfundsolutions.co.uk/BBC-Children-in-Need-Emergency-Essentials-Programme) [Family Fund Business Services \(familyfundsolutions.co.uk\)](https://www.familyfundsolutions.co.uk)

The link to our Your Opportunity Programme is also here [Your Opportunity: Help for 18-24 year-olds | Family Fund](https://www.familyfund.org.uk/your-opportunity)

The urgent application service

Is a dedicated service for registered third party professionals. We provide help on behalf of the parent/main carer with a disabled child or young person where the disabled child or young person is going through an unexpected medical crisis or is at the end stages of life. The urgent service aims to deal with applications within 24 - 48 working hours of receipt.

When to use the urgent service

You can make an application via the urgent service where:

A child/young person is seriously ill in hospital or at home and is not expected to live for long.

A child/young person has been in hospital for over five days and there has been or is likely to be a significant financial impact on the family.

A disabled child is experiencing an unexpected medical crisis and the family need immediate assistance related to this medical crisis.

A child/young person is undergoing intensive treatment protocol and may be attending hospital throughout the week but not an inpatient.

How to register

To register, email your full work contact telephone number and address including your job title and department to:

urgents@familyfund.org.uk

We will contact you to confirm that you have been registered. You will then be able to start making applications. Please do not complete an application with a family before confirmation of your registration has been given. We must decline any urgent application that has been completed by someone not registered to use the urgent service.

[Home - Buttle UK](#)

[Chances for
Children Grants -
Buttle UK](#)

Grants are made directly to children and young people who are facing a range of complex issues. They are tailored to their particular needs, in order to prevent them from falling further into crisis and help them to transform their lives.

The grants pay for a range of items and costs, many of which are those we would expect any child growing up in the UK to have, but which their parents or carers cannot afford. In a small number of cases, where home is not the best place for a child to be, the grant pays for them to attend boarding school.

What makes our Chances for Children grants different is that they offer a holistic funding package designed to meet the multiple needs of vulnerable children and young people.

The grants meet immediate practical needs by paying for household items, but also meet a child's longer-term educational and emotional needs. As such, we have found that they can have a disproportionately positive impact compared to their monetary value; in some cases, they are transformational. There is nothing else like them available within the social care sector.

CASH FOR KIDS DAY GRANT FUND IS NOW OPEN

Cash for Kids Day Grants are available to organisations and service providers who support children who have a genuine need for support and are suffering from disadvantage due to poverty, ongoing impact of the pandemic and increases in the cost of living. These grants are for emergency situations only and funds are limited so if you do plan to apply, please only apply for individual families who are in an emergency situation.

Grants will be £35 per child for items that support children and young people's physical and mental well-being. Items we will consider funding include food, clothing, household fuel and well-being packs.

<https://www.cashforkidsgive.co.uk/emergency-appeals/northern-ireland/bed5fe3e-6aef-46f4-b5e9-fa10619a6d96/>

Individuals / families cannot self-refer or apply directly for

support. Applications on behalf of children must be made by a recognised referral source such as professionals within a governing body (e.g., social services, GP, teacher etc.) from a registered charity or community organisation with a formal constitution / governance document.

We issue funds via bank transfer to the official charity/community group/organisation bank account. These funds can then be used to purchase essentials such as food vouchers, hampers, heating, clothing or learning resources – whatever you feel the families need most.

Documentation required for upload:

1. Bank statement and/or paying in slip for the account funds are to be paid in to (matching the details on application).
 2. Community Groups/Organisations – copy of constitution or formal governance documentation.
 3. A letter on headed paper from a senior member of your organisation to confirm your eligibility to apply for a grant on behalf of the families you support.
- Applications without the correct documentation uploaded will not be considered.

To check the eligibility criteria and make an application, please visit coolfm.co.uk/cfkday and scroll down to the APPLY FOR HELP section

[The Society of St. Vincent de Paul - Ireland - St Vincent De Paul \(svp.ie\)](http://www.svp.ie)

Society of St Vincent de Paul in the North

Each year in Northern Ireland, the Society spends almost £3m on those in need and most vulnerable in our communities. As well as expending this in direct financial assistance, other essential items such as food, fuel and household items are also given in support.

We offer a confidential, person centred, non judgemental service to individuals and families, whoever or wherever they are. Home visitation is the cornerstone of our work. We are a member-led organisation and our pool of almost 1,800 volunteers work tirelessly to meet the needs of those seeking our help and support.

The Society is also involved in many other activities, some of which are listed below:

- Breakfast & Afterschool Clubs
- Childcare facilities
- New Furniture
- [32 'Vincent's' Clothing Outlets](#)
- Hospital & Prison Visitation

Depending on their resources, local groups can offer help with befriending/visiting, clothing, food, furniture, debt counselling or transport. We do not normally provide financial help but this depends on the capacity of the local group. Not a grant giving organisation. However the local group, may be able to offer limited financial assistance for specific needs, depending on their local capacity.

How do I ask for help?

To ask SVP for help, you can contact SVP by phone on tel 028 9035 1561 or via the website at www.svp.ie/requesthelp

When you contact SVP, a member of staff will take your contact details and someone will contact you to arrange for two members from your local Conference to visit you.

Members will try to arrange to visit as soon as possible, at a time that suits you. Usually they visit within 10 days of you contacting the Society.

What happens after I contact SVP?

1 Where possible, SVP will phone you to arrange for members to visit you. This phone call may be from a private number so the number might not appear on your phone.

2 Two SVP members will visit you to offer friendship and support. They will talk with you about your situation and they may take notes. These notes are private.

3 When your local SVP Conference next meets, the members who visited you will explain your situation. Conference members will decide the best way to support you.

4 The SVP members who visited you may phone you to arrange another visit. When they visit, they will explain if and how they can help you.

5 The SVP members may visit you a few times or more, if needed.

6 Every situation is different and SVP members will match assistance and visits to your own needs.

Your local SVP Conference may offer you one or more of the following types of help:

Friendship and support

Help with money problems

Information about other services you can use

Help with explaining your case to other organisations (advocating for you)

Help with coming to an arrangement (negotiating for you) with other organisations you might owe money to.

Confidentiality

SVP visits are confidential. This means that SVP does not share any information you provide without your permission. For information on GDPR/data protection, please visit www.svp.ie.

The members who visit you will talk about your situation with other members of their SVP Conference. They may also talk to other SVP members or staff but only if they need to do this to help you.

Members of SVP must help protect children, young people and vulnerable adults. This means that if a member believes that a child, young person or vulnerable adult is at risk or in danger, they must report it. This policy is part of the SVP Safeguarding Policy.

If a member of SVP has any safeguarding concern, they will try to talk to you about it before they report it.

Becoming a Member of SVP

If you would like to become a member of SVP, please email info@svpni.co.uk

Vincent's

If you would like to become a volunteer at one of SVP's Vincent's charity shops, please visit www.svp.ie

Libraries NI	
Service offered to support families with cost of living	Libraries NI offers opportunities for all members of the community to access a range of free services. Whether you're looking to borrow books or need help to get online, a quiet place to study, a warm and safe place to relax or a place to chat and meet new people There are 96 branch libraries, two specialist libraries and multiple mobile stops across Northern Ireland. All of which provide a range of resources for people who live, work or study here. Branch libraries offer book borrowing, free Wi-Fi and computer use, printing and photocopying facilities as well as social activities and events. Some also have study space and access to special heritage collections. All branches are warm, welcoming places and have seated areas for study, reading and computer access. To avail of the services on offer, it is completely free to join up and use. There are weekly activities on in all branches such as rhythm and rhyme, tea and newspapers, knit and natter and monthly junior and adult book groups.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, warm place etc.)	Free wi-fi, free access to computers, books, ebooks, e-magazines, e-newspapers, audiobooks, free weekly and monthly groups and activities, homecall services, mobile libraries, IT assistance and lessons to improve your it skills, kids board games, lego, craft and storytime sessions.
How to access: (phone, email, referral process etc.)	Phone, email or come in person to the branch for details of what is available
is there a waiting list?	No
Is there an expected response time? How long is this?	No
Further Information: (e.g. time frame of provision/availability etc.)	Opening hours for all branches are available on the librariesni website and there are also 7 'Out- Of-Hours' libraries that can be accessed outside of normal opening hours.
Area Covered	All of northern Ireland

Safe Food

For more information follow the link
<https://www.safefood.net/transform>

Tips for making a great shopping list

1. Keep a running “to-buy” list of items you regularly buy
2. Check what food you have in your cupboards, fridge and freezer
3. Do a meal plan for the week based on what food you have
4. Add extra ingredients you need to your “to buy list”



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.

Scamwise NI

For more information
[ScamwiseNI | nidirect](#)

We're urging you to be on your guard against fraudsters operating cost of living scams such as falsely offering grants, or scam energy discount texts, like this one pictured. We want you to be [#ScamAware](#)

GOVUK: We have identified you as eligible for a discounted energy bill under the Energy Bills Support Scheme. You can apply via: <https://energybills-project.com>

You don't need to apply or provide your bank details to get the energy discount. If you are asked to apply, it's probably a scam

We are now officially in autumn and the clocks go back on the 30th of this month, meaning shorter days and colder weather. This can be a cosy time for many, but we understand the cost of living may make this a worrying time too. We in the Money Guiders NI Network want to support you and your colleagues, so that in turn we all are able to support ourselves and our service users. This month we encourage you to reach out and **#AskTheQuestion** – the Network is there to help! Read on to find out what's going on across the **Money Guiders Northern Ireland network** in October, what **free-to-access events** are coming up this month and read some useful **hints and tips** for saving money that you can share with your service users and colleagues.

We're here to help you support your customers & service users

The [Money and Pensions Service](#) set up the Money Guiders Northern Ireland Network in March 2021 as part of the wider [Money Guiders](#) programme, which aims to support their UK-wide [Strategy for Financial Wellbeing](#). Delivered by [Reed in Partnership](#), Money Guiders Network NI aims to support organisations that deliver non-accredited money advice throughout Northern Ireland, by creating a community of money guiders where learning and sharing about good practice is at the heart of the conversation.

Our [Network](#) provides a range of provisions to support this including free monthly events, webinars and peer-to-peer pathfinder clinics where you can connect with other organisations that can help you learn and support your end-users. Please feel free to forward this newsletter onto any colleagues who you feel might find it of interest!

Who is a 'Money Guider'?

Anyone who delivers non-accredited money guidance in their day-to-day duties. By this we mean those day-to-day money issues your end-users deal with. For example, how to manage on a low income, resolving credit card debt, affording a car, a house, how to save, lifestyle budgeting' etc.

Our Network includes a wide range of members in different roles including Youth Workers, Welfare Officers, Support Workers, Housing Officers, Employment Advisers, Consumer Rights Advisers, Skills Trainers, Project Officers amongst many others.

If you're not a member yet and you would like to join, click [here](#). Alternatively, if you would like more information, please send us an email to moneyguidersni@reed.com.

About the scheme, The Troubles Permanent Disablement Payment Scheme is being run by the Victims' Payments Board (VPB). It acknowledges the harm suffered by those injured in the NI Troubles/conflict and aims to promote reconciliation between people in connection with NI's troubled past. It also recognises the implications of living with a permanent disability caused by a Troubles-related injury, including the financial impact on individuals and their families. The scheme can provide payments to those who have suffered permanent disability (either physical or psychological) as a result of an injury caused, through no fault of their own, in an incident related to the troubles/conflict.

What evidence do I need to provide? When you have made an application VPB (victims payments board) will assess the extent of your permanent disability to make a decision on your entitlement to payments. You do not need to get any additional medical information before applying.

Who can apply? Your application will need to meet a number of criteria to be entitled to payments. For example, an injury caused by a Troubles-related incident must have resulted in a permanent disability level of at least 14%, as assessed by a suitably qualified healthcare professional. You can make an application on behalf of someone who has died if that person could have nominated you to receive payments from the scheme. What payments are available under the scheme? The level of payment will depend on the extent of your permanent disability resulting from a Troubles-related incident. Payments could range from about £2,000 to £10,000 per year. You may be able to nominate someone close to you to receive payments for up to 10 years after your death. You may also be entitled to a payment backdated to 23 December 2014, but you must apply by 31 August 2024 (or a later date if decided by the Secretary of State for NI). If you make an application on behalf of someone who has died, any payments you receive will depend on the extent of the permanent disability of the person who has died.

How to apply? The scheme is open for applications from 31 August 2021 to 31 August 2026 (or a later date if the Secretary of State for NI extends the scheme). You can apply online at www.victimspaymentsboard.org.uk or let one of our experienced Pension Officers help you with completing this application.

If you or someone you know needs any help, advice or assistance with this, please get in touch with Bridge of Hope, www.bridgeofhope.support Thomas or Ronan on Tel: (028) 90322289 or email thomas.ferguson@ashtoncentre.com or ronan.mccaffrey@ashtoncentre.com



Information and advice about support with the cost of living, including:

- help with energy costs
- help for families and children
- help with your income
- help for older people
- help with housing
- help with other costs

Find out more: <https://nidirect.gov.uk/cost-of-living>

An abstract graphic featuring three large, overlapping circles in light green, light blue, and light purple. The circles are arranged in a triangular pattern, with each circle partially overlapping the other two. The text "Belfast Area" is centered within the white space of the overlapping circles.

Belfast Area



Warm Spaces

Warm Welcomes

Our community centres are opening their doors this winter to support older people in the community.

Our warm spaces warm welcomes campaign will see each community centre dedicate time each week for older people to drop into their local centre for company, chat and a hot cuppa

#BelfastTogether

www.belfastcity.gov.uk/warmspaces



Belfast
City Council

Centre	Day	Time	Contact
Ardoyne	Wednesday & Thursday	2-4pm	028 9074 8523
Braniel	Wednesday & Thursday	9.30-1.30pm	028 9040 1444
Clonduff	Friday	9.30-12.30pm	028 9040 1444
Concorde	Monday & Wednesday	1-4pm	028 9071 2450
Cregagh	Monday Tuesday & Wednesday	9.30-12.30pm 1-4pm	028 9040 1444
Dee Street	Wednesday & Friday	1-4pm	028 9045 8113
Divis	Monday & Tuesday	11-2pm	028 90458113
Donegall Pass	Wednesday & Friday	9.30-12.30pm	028 9032 7661
Duncairn	Tuesday	9.30-12.30pm	028 9074 0212
Finaghy	Monday & Friday	6.30-9.90pm	028 9062 0474
Glen Road	Monday Wednesday	10-12 noon 4pm	028 9062 7189
Highfield	Friday Tuesday & Wednesday	10-1pm 2-4pm	028 9039 1009
Glen Road	Monday	10-12 noon	028 9062 7189
Hammer	Wednesday	1.30-4pm	028 9033 2860
Highfield	Friday Tuesday & Wednesday	10-1pm 2-4pm	028 9039 1009
Inverary	Monday Tuesday	1-4pm 9.30-12.30pm	028 9047 1456
Knocknagoney	Friday	9.30am-12.30pm	028 9076 1432
Ligoniel	Monday, Tuesday & Thursday	10am-1pm	028 9071 9337
Markets	Wednesday	1-4pm	028 9023 5969
Morton	Tuesday & Thursday	9.30-12.30pm	028 9068 1874
North Queens Street	Monday, Wednesday, Friday	10-1pm	028 90323945
Sandy Row	Tuesday and Wednesday	1-4pm	028 9032 3945
Suffolk	Monday & Friday	9.30am-12 noon	028 9060 2564
Tullycarnet	Wednesday & Friday	2pm-4pm	028 9048 1816
White City	Tuesday Monday & Thursday	10-12 noon 2-4pm	028 9058 6180
Whiterock	Monday & Wednesday	2pm-4.30pm	028 9032 8623

For more information, email
community@belfastcity.gov.uk

 www.belfastcity.gov.uk/warmspaces



Belfast
City Council



Belfast City Council

Cost of living

Cost of living support

[Cost of living support \(belfastcity.gov.uk\)](http://belfastcity.gov.uk)

- Fuel poverty hardship fund
- Help with food
- Help for families and children
- Volunteering opportunities
- Top ten tips to save energy from NEA
- Help with energy costs
- Warm and welcome spaces
- Help for older people
- Other support and advice



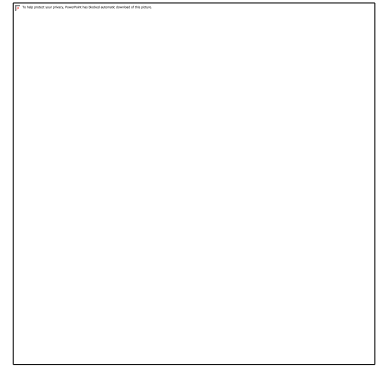
South Belfast Cost of Living Crisis Plan

A guide providing practical
support, resources and helplines
for South Belfast

Contact Strategic Health Officer, Emily Brown
emily.brown@forwardsouth.org /
07394569153



[Forward South Partnership Health & Wellbeing](https://forwardsouth.sharepoint.com/:b:/g/EWufmMMiXYhMkanIV8NFobwB2u-Jyuluu86fdQLbRFH70)
recently launched the South Belfast Cost of Living
Plan at South Belfast Health Forum. The guide
provide practical support and resources to the cost of
living crisis. Please view the plan at
[https://forwardsouth.sharepoint.com/:b:/g/EWufmMMi
XYhMkanIV8NFobwB2u-Jyuluu86fdQLbRFH70](https://forwardsouth.sharepoint.com/:b:/g/EWufmMMiXYhMkanIV8NFobwB2u-Jyuluu86fdQLbRFH70)



Support and advice

Community Foodbank and advice at MCA
The **Community Foodbank** is now based at
Marrowbone Community House.

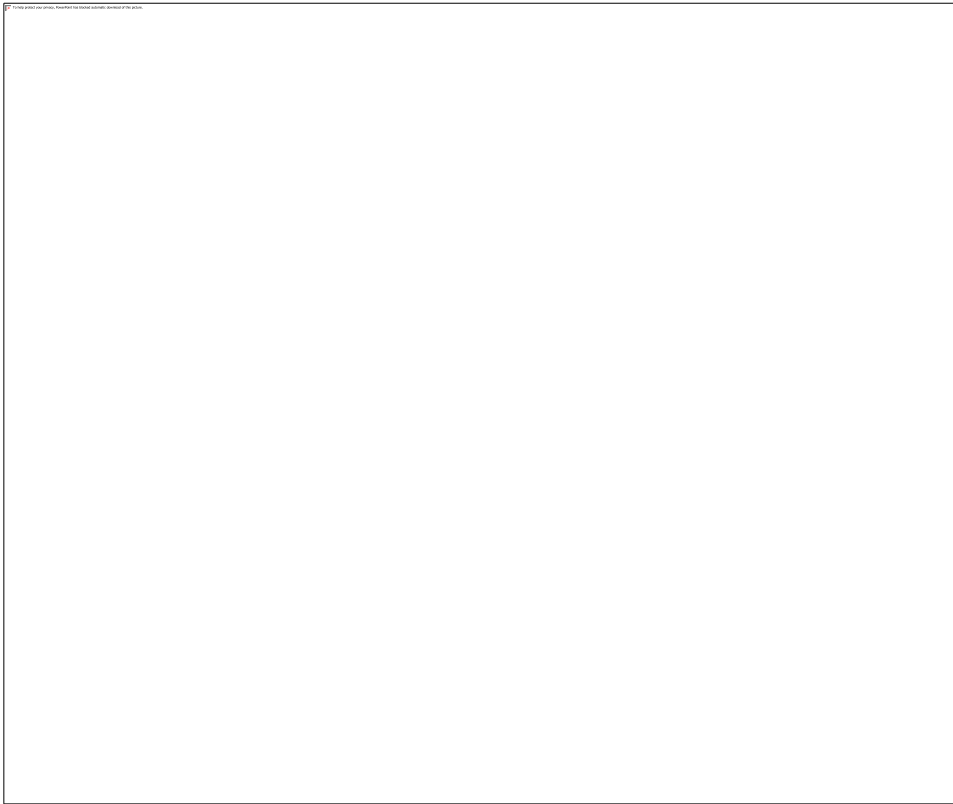
Opening hours are **Monday, Tuesday, Thursday
and Friday 10.30am to 1pm.**

Call in to request help and support, to donate or to
volunteer.

Or ring **07783613609**

Or you can make [online donations here](#)

Benefits advice clinic is Thursday 10am to 1pm.



Ardoyne Association has extended its opening hours to include Wednesdays from 5pm onwards and Saturday mornings, for those who are unable to attend their advice sessions during office hours. Advisers are urging everyone to get a Full Benefit Check, including those who are working and may have an entitlement.

To book an appointment, phone
028 9071 5165.

North Belfast Advice Partnership is now holding advice sessions in Grove Community Housing Association on Tuesdays, Wednesdays and Thursdays. Free advice on benefits, debt and housing, as well as crisis intervention food parcels across North Belfast.

To speak to an adviser, drop in Tuesday mornings between 9.30am and 12.30pm or make an appointment through the Vine Centre 028 9035 1020.

Do you need benefits advice?

Ashton is delighted to have an Advice Service available at the Ashton Centre each week

If you would like an appointment for advice or support with completing forms.

Contact Christine McKeown or Fionnuala Black for an appointment.

Christine@ashtoncentre.com
Fionnuala@ashtoncentre.com
Or telephone: 028 9074 2255

Aston/Lower North Belfast Family Support Hub	
Service offered to support families with cost of living	Various forms of Support through Ashton/Lower North Belfast Family Support Hub
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Supermarket Vouchers (£50 or £100 depending on the size of the family) Uniform Drive (during summer)
How to access: (phone, email, referral process etc.)	Referral to the Family Support Hub
Is there a waiting list?	No
Is there an expected response time? How long is this?	If referral for finance as soon as it arrives from referrer
Further Information: (e.g. time frame of provision/availability etc.)	Limited amount of vouchers so available until all are allocated
Area Covered	Lower North Belfast

Ashton Launches Community Food Store – The Pantry

Ashton Community has just embarked on a new community project. The initiative is called “The Pantry”, a Community Food Store project based in the Ashton Centre.

Whole Service Approach

A community Food Store differs from Food Bank in that it doesn't just provide food but works to provide a “whole service” approach. This means the pantry operates on a membership basis where participants will be provided with support from trained volunteer mentors. This is aimed at helping members develop skills including things like budgeting, debt management, cooking, nutrition and help with advice

Membership

Once you join the Pantry, you pay a weekly membership fee of £5. This five pounds enables you to avail of a weekly shop of approximately £40 for a period of 12 weeks. Both food and hygiene products are available through the Pantry. Members purchase items based on their own preference. Items are colour coded according to their value.



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Food Values Course

Are you interested in eating better, feeling better and having more money in your pocket? If so our Food Value Course is for you”



Learn how to cook on a budget, shop smart to make your money go further, understand the link between food and mood and how “fakeaway a takeaway”

Free course starting soon – limited places available

This programme is being delivered in partnership with New Lodge, Duncairn Community Health Partnership

Email: Eileen.oprey@ashtoncentre.com,
caroline.mcilwee@ashtoncentre.com,
alana.mckeown@ashtoncentre.com or call 028 90742255 and ask for any of the team



FREE FOOD FRIDAY

Partnering with the food waste charity FareShare, our free food table will be placed on Castleton Avenue each Friday from 9.30am, until the food has gone.

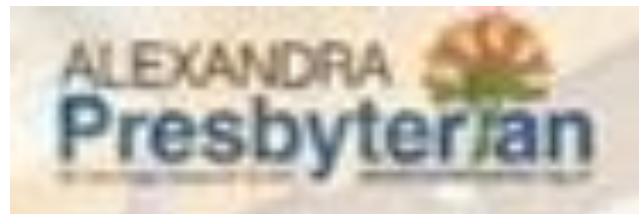
The table is unmanned, and you can simply come along and take what you need for yourself, a friend or neighbour - it is all completely free of charge.



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WALK INN FOOD BANK

FREE FOOD

We Are Stronger Together

**Every Thursday
11am – 2pm**

HOMESLESS

POVERTY

HUNGER

CRISIS

**WALK INN FOOD
BANK**

**FREE
FOOD**

We Are Stronger Together

EVERY THURSDAY

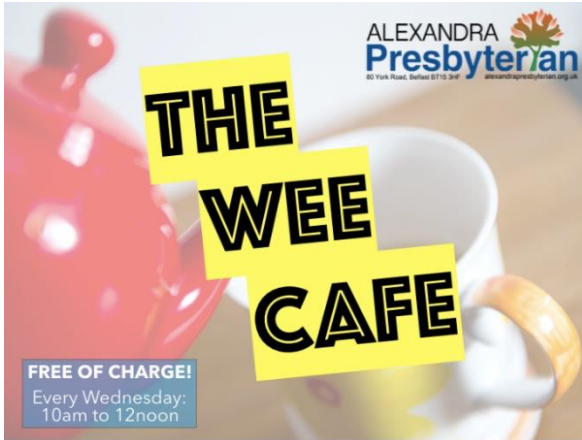
11.00 am - 02.00 pm

HOMELESS

POVERTY

HUNGER

CRISIS



The Wee Café

Free of charge!

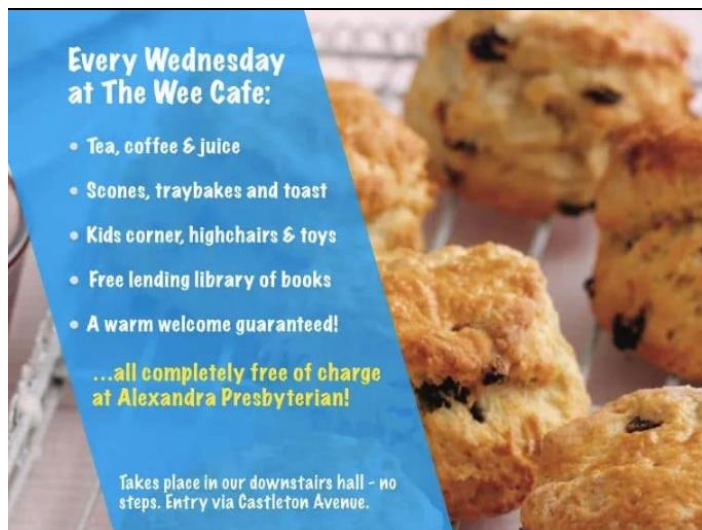
Every Wednesday: 10am to 12 noon

Everywhere Wednesday at The Wee Café

- Tea, coffee and Juice
- Scones, traybakes and toast
- Kids corner, highchairs and toys
- Free lending library of books
- A warm welcome guaranteed!

All completely free of charge at Alexandra Presbyterian!

Take place in our downstairs hall – no steps. Entry via Castleton Avenue



STARTING TUESDAY 15TH NOVEMBER

WARM WELCOME TUESDAY CLUB

Church open every
Tuesday from 10am to
7pm EVERYONE
WELCOME!



Meet new friends
Free wifi
Free tea & coffee
Free heating

Lunch served @ 12.30pm Hot Dinner @ 5.30pm

Starting next Tuesday the 15th November we are opening our church from 10am to 7pm as a warm space for those in our community to come for heat and fellowship with others. Tea, coffee and other refreshments served all day with lunch served at 12.30pm and a hot dinner at 5.30pm.
All welcome!

Join us for or new Cozy Club

Tuesday 1-3pm

(Fortnightly)

Starting Tuesday 8th November

Grab something to eat and enjoy socialising with others in the heat and comfort of the church

Cost £1

Donegall Road Methodist Church



Cosy Hubs

Ballynafeigh

Monday – Ballynafeigh Methodist : 12.30-3pm

Tuesday- Annadale Community Centre: 10-12pm

Cooke Centenary: 12.20-2.30pm

Wednesday- St Judes: 12-1pm

Thursday – Good Shapherd: 10.30-12.30pm

BCDA: 5-8pm

Ballynafeigh Methodist : 6-7pm

Friday – St. Johns : 10.30 – 12.30pm

Lets stay warm together this winter!



Cosy Hubs
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- BCDA : 5-8pm
- Ballynafeigh Methodist : 6-7pm
Friday - St John's : 10.30-12.30pm

Let's stay warm together this winter!

Ballynafeigh Methodist Church
Community Meal Every Thursday 6-7pm at
Ballynafeigh Methodist Church Hall.
All welcome, loads of craic, please come as you
are and join us.
No Charge

 **1-10 Florenceville Drive, Belfast, GB-
NIR**

Belfast Met – Student Union



Wear N' Share

Do you have good quality clean clothing sitting in your wardrobe? Would you like to donate and swap them for others items that you could recuse?

Come along to Wear n' Share items at Belfast Met's Clothing Sustainability Scheme

Location

Students' Union
Titanic Quarter Campus

When

Every Thursday, starting
6th October 2002

Time

11.am – 3.00pm

Rescue and Recycle

You can donate and swap up to 10 items

Contact Heather Houston for further details

hhouston@belfastmet.ac.uk

Belfast Met – Student Union

Taste Not Waste

Around 1 million tonnes of food are thrown away by food businesses each year. Our Taste Not Waste project works closely with the Hospitality department aiming to be a zero-food waste entity.

In a bid to also support food poverty amid the rising cost of living, please come along to Taste Not Waste and collect some healthy meals.



The poster features the Belfast Met and Student Union logos at the top. Below them is the title 'Taste Not Waste' in large blue letters. The text describes the project's goal to reduce food waste and support food poverty. It includes details about the location (Students' Union, Titanic Quarter Campus), frequency (Every Thursday, starting 6th October 2022), and time (11.00am - 3.00pm). At the bottom, there is a photograph of various fresh vegetables and fruits (potatoes, cucumbers, tomatoes, apples, oranges) and a circular logo for the 2022 Sustainability Hub.

belfast met | **SU**

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Location: Students' Union, Titanic Quarter Campus

When: Every Thursday, starting 6th October 2022

Time: 11.00am - 3.00pm

20 Sustainability Hub 22

Heat and eat scheme for people struggling during cost of living crisis launched in Belfast

A SCHEME to provide heat and a warm meal to people struggling amid the cost of living crisis has been launched in Belfast.

Available to anyone aged over 55, the 'Heat and Eat' scheme aims to help those in need during the continuing challenging times and the forthcoming winter months.

The initiative has been launched by the Springfield Charitable Association (SCA), which will provide dinner every Monday between 4pm and 6pm at its Cupar Street centre.

At the end of every four weeks those attending will receive a voucher for £20 to help with their energy bills.

The scheme, which aims to accommodate around 20 people, will last for 26 weeks and it is hoped that if additional support is received it could be extended further.

With the cost of living at its highest level in a decade, this winter could see some people forced to make the difficult decision between choosing to keep food on the table or heat their homes.

Gerard O'Neill from the SCA said they are "trying to make sure people have a little help over the next few months".

"The scheme is open to anyone over 55 to come in for a meal and we will also assist them with payment towards their energy costs," he said.

"We also hope that as the group gets together every week that they will support each other in the times ahead.

It comes at a time when there are real issues for people trying to manage their heating and food bills. We haven't got great resources ourselves, but we will do all we can to provide a meal and help with energy costs.

"It will also be a way of exploring other ways of supporting each other as a community, I think people will pull together.

"While it is set to run for 26 weeks, we hope that with further support, we could keep it going for longer."

For further information, please contact the SCA on 02890 235350.

East Belfast Sure Start	
Service offered	SureStart service providing a range of play and learning, health and family and social support to families in the SureStart area, from antenatal to up to 4 years.
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	Family Support to access community support including fuel and food support, clothing, uniforms, pe kits, baby products Keep Warm Packs Distributor of hygiene products Slow Cooker and Smoothie Programmes
How to access: (phone, email, referral process etc.)	Self referral, Community, Voluntary and Statutory referrals to:- admin@surestarteast.org.uk Or call 02890735686 or send a private message to our facebook page at East Belfast Sure Start Referrals for midwife, play programmes, speech and language support and additional needs
Further Information: (e.g. time frame of provision/availability etc.)	Referrals dealt with weekly – we are responsive to need.
Area Covered	East Belfast Wards:- Mount, Island, Woodstock, Ballymacarrett, Cregagh, Bloomfield 1 and 3, Ballybeen Housing Estate

Welfare benefits advice

We are here to help

Food stock are offering free confidential welfare and benefits advice with an accredited advisor every Monday at our hub between 11am and 1pm

Book your appointment today – 07794304259

Paul. Doherty@Foodstockcharity.com



FOODSTOCK
TACKLING POVERTY IN
OUR COMMUNITIES

**WELFARE
BENEFITS
ADVICE**
**WE ARE HERE
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 Paul.Doherty@Foodstockcharity.com

 Foodstock
150 Andersonstown
Road, Belfast, BT11
9BY



Kid's Winter Coat Scheme - Roar and Explore, Dairy Farm Shopping Centre, Stewartstown Road, Dunmurray.

On Monday 17 October we are launching a "Kids winter coat scheme" to help families with young kids as we come into the winter months. The Coat Rail will be located in our entrance porch so you don not need to come into Roar and Explore to avail of the scheme.

What this means:

1: If you have an old coat (which is still in good condition) you can exchange it for a different size.

Or

2: You can simply take whatever you need from the coat rail

If you have a spare kid's coat that is in good condition, or if you would like to donate a new coat to this scheme, please leave it at Roar and Explore's reception. All donations will be greatly appreciated, by both us, and more importantly the families they will help this winter.

Dundonald Salvation Army

Enler Park east, Ballybeen

Open Doors

Drop in

Every Thursday

9.30am – 12pm

Our aim at Open doors is to provide a safe, friendly and positive environment for everyone

We do not charge for our refreshments but do ask for a donation if possible

Our minster is also available during this time if you need to chat or seek help and support

Why not drop in, we cant wait to welcome you

Find us on facebook @Dundonaldsalvationarmy

Dundonald Salvation Army
Enler park east, Ballybeen

Call us on
9048 6489

OPEN DOORS
Drop in

Dundonald@salvationarmy.org.uk

EVERY THURSDAY
9:30AM - 12PM

Free refreshments, cake and toast

always something fun to do

play area for young children

Our aim at Open doors is to provide a safe, friendly and positive environment for everyone.

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