



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

Harnham Infant School, Saxon Road, Harnham, Salisbury, Wiltshire, SP2 8JZ

01722327338 admin@harnham-inf.wilts.sch.uk

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. We want to do everything we can to help you and your child through this difficult winter.

Contact your local Citizen's Advice Bureau

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:

0344 411 1444 Five Rivers Leisure Centre, SP1 3NR

Open Mon-Fri 09.00-17.00

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.

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

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.

Salisbury Job Centre, Summerlock Approach, SP2 7RW

0800 169 0190 Open Mon-Fri 09.00-17.00

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

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.

Let us know if your child is entitled to Pupil Premium / Free School Meals (FSM)

If your child is eligible for the pupil premium grant (previously known as free school meals) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. For further details, contact Mrs Pike 01722327338 lpike@harnham-inf.wilts.sch.uk

You can apply online here: <https://parentportal.wiltshire.gov.uk/web/portal/pages/fsmapplication#h1>

See what other support you can get from your local authority

Local authorities have lots of different schemes that you might be eligible for, including:

- The Wiltshire FUEL programme – access to food and activities over the school holidays - <https://www.wiltshire.gov.uk/leisure/fuel-programme>
 - Help with transport to school – <https://www.wiltshire.gov.uk/schools-learning-transport-apply>
 - Pupil Premium Funding can be used to support the cost of school uniform. Contact details above.
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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. Please contact the school to see how we can help.

- Contact Mrs Pike lpike@harnham-inf.wilts.sch.uk to see if we have any emergency food boxes that can be given out or whether a Foodbank Voucher could be issued.
- School runs a breakfast club. Contact Miss Lisa Shaw for more details lshaw@harnham-inf.wilts.sch.uk
- Salisbury Foodbank, Ashfield Road, SP2 7HL 01722 580173 Open Mon-Fri 09.00-15.00 <https://salisbury.foodbank.org.uk/>
- Local Community Fridge, St Michael's Community Centre, Bemerton Heath, SP2 9LE Open Mon-Fri 10.00-14.00 <https://www.facebook.com/stmichaelscc>
- Salisbury Pantry, 59 Catherine Street, Salisbury, SP1 2DH 07759592514 <https://www.yourlocalpantry.co.uk/pantry-listings/salisbury-pantry/>
Open Tuesdays 10.00-15.00. £5.00 for a range of fresh food and store cupboard items.

- 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 consume)

Other Local Sources of Support

- Parent Support Advisor, Chris Lister psa@harnham-inf.wilts.sch.uk 07595 217569
Chris is in school Tuesday and Wednesday each week, or you can contact using email, text or telephone.
- Children's Chance – a local charity who can help with funding outside of school activities for children e.g. clubs and classes. info@childrenschance.co.uk or Chris Lister at Harnham Infant School can refer.
- Harnham Community Network – events throughout the year including sharing tables, harvest share of food, coffee and chat. More information: <https://www.harnhamcommunity.org/home>
Contact Charles Hatton - secretary hcsecretary@gmail.com
- Christians Against Poverty 0800 3280006 – call for an appointment at St. Paul's Church, Salisbury. Free advice about finances.
- The Listening Place, Salisbury Methodist Church – <https://www.thelisteningplace.org.uk/> Free and confidential listening service, face to face or over the telephone. 01722 325294
salisburylisteningplace@gmail.com
Open Monday: 17:30 – 19:30, Wednesday: 10:00 – 12:15, Saturday: 10:00 – 12:15

Further information

- Contact [StepChange](#), if you're struggling with debt
- 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](#)