

MARISH ACADEMY TRUST

MARISH PRIMARY SCHOOL
Tel: 01753 819900,
post@marishandwillow.co.uk.

WILLOW PRIMARY SCHOOL
Tel: 01753 551854,
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Cost-of-living support

Here at Marish Academy Trust, we are acutely aware that the cost-of-living crisis has and is having a major impact on our community. We would always encourage you, if you are finding yourself in a challenging situation, to speak to us so we can offer support and advice. As a way of offering practical help, we have put together a guide for families to find out what help and support is available.

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

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 at their drop-in centre, which is open every Thursday from 10am-12:15pm:
 - Chalvey Community Hub
Ladbroke Road
Slough
Berkshire
SL1 2SR
- Freephone: 0808 1697766
- local line: 01753 981040
- email: advice.sl@caeb.org.uk.

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:

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- [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

Receive an advance on benefits

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: **Slough Jobcentre Plus**, Upton Lodge, 2a Yew Tree Road, Slough, Berkshire, United Kingdom, SL1 2AQ that's dealing with your claim.

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 free school meals (FSM)

If your child is eligible for free school meals (FSM) 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 information about eligibility, please visit: <https://www.slough.gov.uk/education-help-financial-support/free-school-meals/2>

To apply, please visit the school office and request a form.

See what other support you can get from your local authority

Here in Slough there are a number of options available should you be struggling with the basic cost of living, such as the [Household Support Fund](#).

[The Baby Bank](#) provides essentials for mothers and babies, as well as for children up to 16 (including school uniforms) and furniture.

[The Cow Shed](#) also provides good quality cleaned and ironed clothes and other essentials to those in need.

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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](#)
- [Help with the cost of uniform](#)

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.

- Marish Academy Trust runs very popular Breakfast clubs at both Willow and Marish Primary school. Contact the school office for more information
- If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
- Our Local foodbank: **441 Montrose Avenue, Slough, Berkshire, SL15TJ**. You can also find a local foodbank with these websites: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
- 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)

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 relating to debt

See if you're eligible for [grants from Turn2us](#)

Single parents can get support from [Gingerbread](#)