

SUPPORT WITH THE COST OF LIVING





KINGSMEAD SCHOOL'S WEEKLY FREE FOOD SHOP

Through our partnership with the Felix project, a charity that works to reduce food waste in collaboration with various supermarkets and food producers, we run a Free Food Shop open to all parents on Monday mornings during term time and also in the holidays during the weeks that our Holiday camps are running.

The free food shops offer a varied range of foods that changes every week but can include:

- Fresh fruit and vegetables
- Dairy produce
- A range of tinned and dried foods

We have also recently managed to provide toiletries including shampoo, conditioner, body wash, deodorants, toothpaste etc.

Look out for the texts from the school office on Monday mornings that tell you when the shop will be open

Kingsmead Community Centre
Saturday Food shop
from 1 – 4pm
on Kingsmead Way behind chemist

Local residents can come and
make use of the food shop - £10
for 6 bags of food! Lots of fresh
produce.



HACKNEY CHILDREN & BABY BANK

We give families in need essential items such as clothes, shoes, toys, books, food and baby equipment. All items are generously donated by the local community.

If you are in need of these essential items please discuss with Emma who can make a referral to the Hackney Children and Baby Bank.

Interested in helping?

We have lots of ways you can get involved. We need volunteers to help with:

- sorting and packing
- driving or cycling to drop off and pick up donations
- updating our social media channels and website
- managing our email inbox

You can volunteer for as little as 1-2 hours per week. We would love to hear from you!

Donations needed



We need:

- Clothes 5-12 years
- Buggies
- Buggy Boards & connectors
- Baby Carriers
- Moses Baskets & Folding Stands
- Cot Beds (140 x 70 cm)
- Bedding for Moses Baskets, Cots & Cot Beds
- High Chairs (Stacking & Folding)
- Towels for Baby and Child
- Toiletries Adult and Baby
- Nappies (sizes 0-6)
- Toys
- Books for 0-12 years
- Stationery, colouring pens

The logo for Hackney Children & Baby Bank, featuring a red heart icon above the word 'HACKNEY' in teal, and 'CHILDREN & BABY BANK' in large teal letters below it.
**HACKNEY
CHILDREN &
BABY BANK**

Donations

Drop off on:
Saturday 10am-2pm

174 Homerton High St
E96AG

For any queries email
hello@hackneybabybank.com



REGISTER FOR FREE SCHOOL MEALS FOR OTHER BENEFITS

Although ALL children are getting a free school lunch this year thanks to funding from the Mayor of London, there are still many other benefits for Kingsmead families that come with registering for Free School Meals:

- **Free Kingsmead sweatshirt** for every new Free School Meal sign up
- Offer of **1 free Activity Hour after school club** per week per child
- For children in Year 6: a **large discount** for cost of school journey as well as **£100 secondary school uniform grant** from Hackney Council
- Sometimes **opportunities for special trips or activities** become available for children registered for Free School Meals at school and in wider community
- **Supermarket food vouchers** to cover school holiday periods

The higher the number of children registered for Free School Meals, **the more funding Kingsmead school will get** which will impact the offer we can make to ALL children.



ROOTED FINANCE

FREE MONEY ADVICE

We help with:

- All personal debts (Rent arrears, Council Tax Arrears and Credit Cards etc)
- Issue Emergency food and fuel vouchers
- Support with budgeting and maximising your income
- Support to process DRO, Bankruptcies or Breathing Space applications
- Access to Charitable grants and assistance

Talk to us on our free confidential advice line on 02034758811 Monday to Friday from 9:00am – 5:00pm.

More information can be found at

<https://www.rootedfinance.org.uk/how-we-help/>

HACKNEY COUNCIL

COST OF LIVING CRISIS SUPPORT

Hackney Council have created an excellent online document called Cost of Living Support Guide that covers support announced by the council, the government and others.

https://drive.google.com/file/d/1wR0d0tFAa5jCITI_G3ogGciZDM0K9L0c/view

Their Hackney Council website page <https://hackney.gov.uk/hackney-money-help> also outlines some of the support in the guide on a range of areas:

- Money and debt
- Bills and energy
- Find local Warm Spaces
- Housing costs and homelessness
- Food and free meals
- Free activities
- Jobs and training
- Support for businesses
- Further help and advice



NHS Healthy Start

Healthy Start helps young families on low incomes to access healthy food, milk and vitamins.

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops on

- Cows milk
- Fresh, frozen or tinned fruit and vegetables
- Infant formula milk
- Fresh, dried or tinned pulses
- You can also get free Healthy Start vitamins



For more information and to find out if you are eligible visit :

<https://www.healthystart.nhs.uk/how-to-apply/>

ENGAGE RIVERSIDE – Tenancy support



Engage Hackney is a housing-related floating support service delivered across the London Borough of Hackney to help residents maintain their tenancy.

Our customers

The service supports people aged 18+ years, who live in the London Borough of Hackney and those placed outside the London Borough of Hackney (LBH) in temporary accommodation, who have housing related support needs. The service is available to all tenures.

You can find out more about the support offered and how to self refer on this link:

<https://www.riverside.org.uk/in-your-neighbourhood/hackney/care-and-support/engage-hackney/>



CITIZENS ADVICE – EAST END BRANCH

We provide free, confidential and impartial advice for communities in Hackney on the big issues affecting people's lives. You can visit the Hackney Service Centre at 1 Hillman Street, London, E8 1DY, Wednesday or Friday from 9:30am to access our services. Demand is very high we recommend you arrive early.

Advice appointments (recommended to avoid the queues)

We have pre-booked appointments at the Hackney Service Centre, 1 Hillman Street, London, E8 1DY.

To book an appointment or a call-back, speak to a member of our team at the Service Centre Wednesdays and Fridays from 9:30am to 12:30pm. We can assist around 20 people each session. We have a limited number of appointments and demand is very high. We recommend you arrive early.

Universal Credit help

Help to Claim can help - from your Universal Credit application through to your first payment. Call our free national Help to Claim helpline on 0800 144 8444.

We also offer advice online at <https://eastendcab.org.uk/> on:

- [Benefits](#)
- [Work](#)
- [Debt and money](#)
- [Consumer](#)
- [Relationships](#)
- [Housing](#)
- [Law and rights](#)
- [Discrimination](#)
- [Tax](#)
- [Healthcare](#)
- [Education](#)

Other helpful links from discussions at Coffee Morning:

Support for families with a SEND child:

SHORT BREAKS – financial support for activities for children with SEND must register and have a confirmed diagnosis (qualifying for middle to high level support) - <https://hackney.gov.uk/short-breaks>

FAMILY FUND – charity supporting families raising a disabled or seriously ill child or young adult, and living on a low income, who can apply for a wide range of grant items. <https://www.familyfund.org.uk/>

Ending digital poverty:

BRIDGE THE GAP – supporting Hackney residents with affordable access to laptops, tablets, and smartphones, along with workshops empowering individuals to develop essential digital skills.

<https://www.bridgethegaplondon.co.uk/>

continued overleaf.....

Financial support for Hackney residents:

HACKNEY MONEY HUB - Hackney Money Hub is a new team within Hackney Council supporting people who are struggling with finances, looking for extra help or advice with the benefits system & can check you're receiving all the benefits you're entitled to.

They have helped many households to increase their incomes. They help you to think about other steps you could take to improve your long term financial situation. More information and how to apply for help can be found here:

<https://hackney.gov.uk/hackney-money-hub>

Hackney Money Hub can also offer one off discretionary grants for people who have suffered an emergency, disaster or are under exceptional pressure with nowhere else to turn.