

As you may have noticed, the title of this Bulletin has changed, from the *Feeding Swindon Partnership Bulletin* to the Cost of Living Bulletin.

This week's Bulletin contains many links to online resources and information. It will be worth familiarising yourself with them in case you need to look for ways to support the folk you meet.

Local Online Resources and Information

Swindon Borough Council's Cost of Living website has been updated.

It now contains 19 Things to Check.

19 THINGS

that could help if you or someone you know is struggling with day to day living costs.



SBC's Cost of Living Website

<https://www.swindon.gov.uk/costofliving>

The latest thing added are a pointer towards *Social Tariffs*

These are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. They're delivered in the same way as normal packages, just at a lower price – with current prices ranging from £10 to £25 per month. Ofcom have put together a list which shows all of the social tariffs available now.

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>

Cost of Living Information Padlet

<https://padlet.com/SBCFood/food>

If you have anything you would like to add to the Padlet, please do pass on details to me at mtidey@swindon.gov.uk

Warm and Welcome Spaces

The online directory has gone live and is being regularly updated.

<https://www.swindon.gov.uk/warmandwelcome>

Government Information

Help for Households

The Government website which offers wide-ranging details of support available and ways of saving money- including retail discounts.

<https://helpforhouseholds.campaign.gov.uk/>

Autumn Statement Cost of Living Factsheet

This factsheet details the new support, set out in the Autumn Statement 2022, which will be made available to households who are most likely to be struggling with the rising cost of living.

This support covers direct income support, help with energy bills, benefits uprating and changes to personal tax and the National Living Wage.

The factsheet also includes information on support available this winter, and case study examples of how the new support will benefit different household types.

<https://www.gov.uk/government/publications/autumn-statement-2022-cost-of-living-support-factsheet/cost-of-living-support-factsheet>

Warm Home Discount Scheme

A new online tool is available to make it easier for the public to check if they are eligible for the Warm Home Discount, which provides eligible low-income and vulnerable households with a £150 discount off their energy bills.

The online tool will guide customers through the eligibility criteria in England and Wales, asking questions about electricity supply, the benefits they receive and characteristics of their property. After answering the questions, customers will be told whether their property meets the high energy cost criteria.

<https://www.gov.uk/check-if-youre-eligible-for-warm-home-discount>

Wiltshire Community Foundation- Cost of Living Response Grants

Wiltshire Community Foundations Cost of Living Response Grants programme supports voluntary groups in Wiltshire and Swindon who are meeting the needs of those most impacted by the increased cost of living. Grants can be used to:

1. Meet people's physical needs, i.e. provide food or warmth
2. Address other issues related to the increased cost of living e.g. provide debt or benefits advice, transport

Help with increased running costs for local voluntary organisations who support people on a low income

Find out more at

<https://www.wiltshirecf.org.uk/grants-and-support/groups/cost-of-living-response-grants/>

Upcoming Adult Community Learning Courses

Please find attached two cookery flyers for January. ACL will be enrolling people onto these courses in the next few weeks. If any of your clients would be interested in taking part, just get them to email or call Lizzie on either of the numbers below.

LPhilpott@swindon.gov.uk or 07867 358704 or 07779 313902

Find out more about these and other courses at

<https://www.swindon.gov.uk/adultlearning>

Alone at Christmas

Do you know of anyone who will be on their own on Christmas Day? The Community Centre@Christ Church will be open between 12noon-3.30pm to provide a 3 course Christmas meal with all the trimmings.

There will be Christmas carols and the Kings speech. It will be a great opportunity for people to spend their time with others.

Can you help to refer anybody who would benefit from this?

Can you volunteer any time in advance to help with the running of the event.

We need taxi drivers, table/ kitchen helpers and people to clean up afterwards.

If you can help with any of the above please contact Chris Smith or Jenny Hatter on 01793 617237 or email: chris@christchurchswindon.co.uk or ccooperations@christchurchswindon.co.uk



A Reminder of Updates from the Feeding Britain Network



Please see the latest updates from Rose at Feeding Britain below:

Free data from O2: The mobile phone network, O2 are giving away 1 million GB of free data to those who need it this

Christmas. You can apply for 7GB per person at

<https://www.o2.co.uk/national-databank>

Free online cookery class and courses: Cookable have launched a free monthly online cookery class. The classes will cover kitchen basics and low-cost, hearty dishes such as egg fried rice. Go to <https://cookable.co.uk/free-class/> Please do share this opportunity widely.

Cookable would love to work in partnership with food pantries and foodbanks to offer a package with the 7 ingredients required for this class (rice, egg, soy sauce, lime, sugar, carrot and spring onion). If you would be interested in partnering with Cookable on this please do get in touch with me.

In addition to these free one-off classes, Cookable are offering free spaces for their 4-week online cookery course to anyone accessing a Feeding Britain project. Please let me know if you'd like to find out more about this.

JHR Trust fund for foodbanks: Julia and Hans Rausing Trust have launched a £3.5million fund, open to all foodbanks in the UK. The Fund will help food banks meet the rising demand across the UK as well as to assist with the well documented rising running costs. Applications will close on **6th December**; however, recognising the state of the immediate need, funding will be made available before the deadline date with grants starting from £500.

<https://www.juliahansrausingtrust.org/foodbank-fund/>

Ofgem energy advice hub: Ofgem have launched a central hub for advice, support and information about energy bills. It also includes links to other resources such as Citizens Advice and Energy Savings Trust, and to webpages where eligible consumers can apply for financial support. You can access the page here:

<https://www.ofgem.gov.uk/energy-advice-households>

Rose's email is rose.bray@feedingbritain.org