

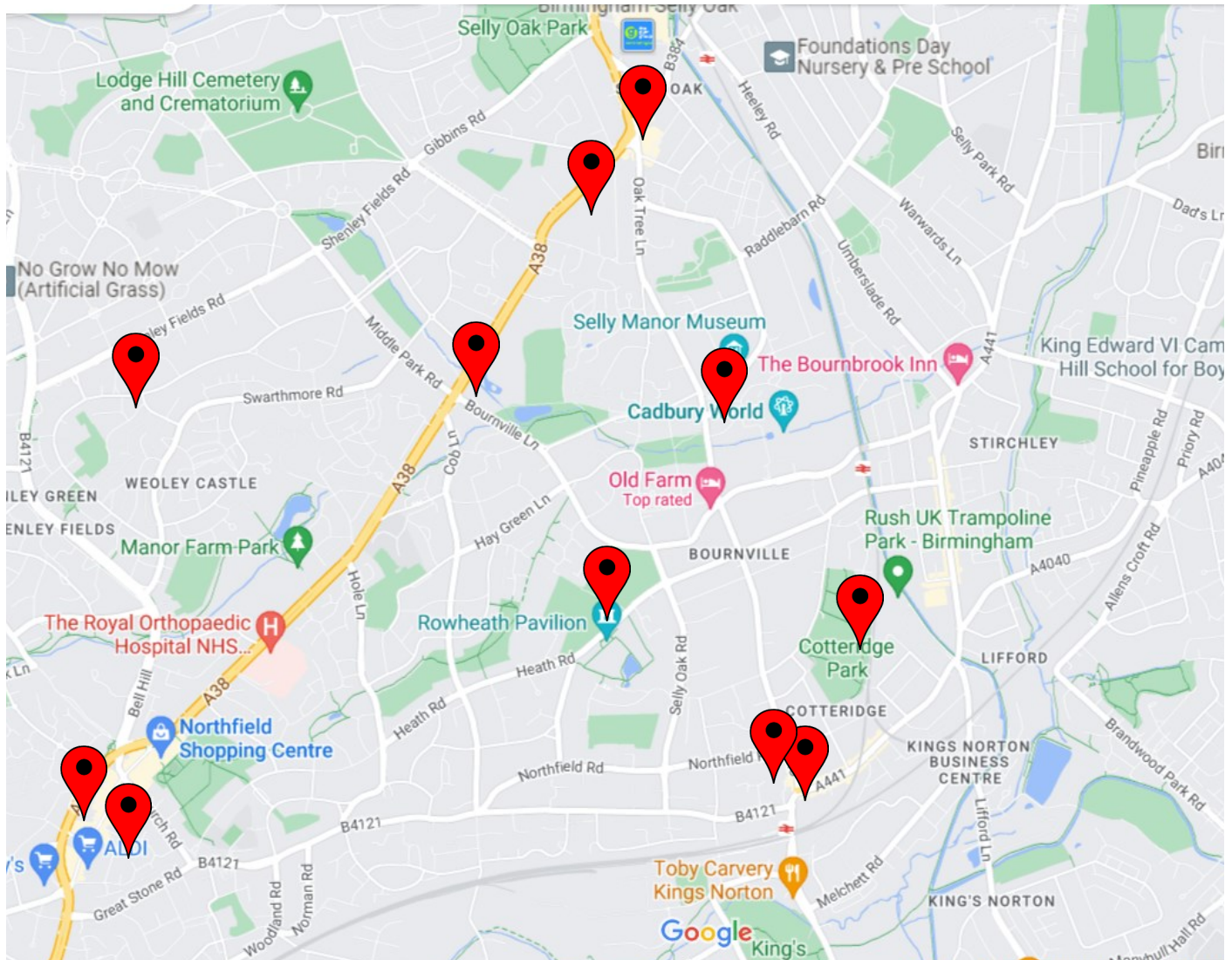
Local Cost of Living Resources



What's inside:

- Help that you can access or apply for.
- Information on what help/support may be given to you automatically, especially if you claim means tested benefits
- Tips on how you can help yourself with your household budgeting.

 Red pins below mark location of services



If you need help accessing any of these services please contact Bournville Village Trust.

Call 0300 333 6540 or email moneymatters@bvt.org.uk

GOV.UK Nationwide Advice –
<https://helpforhouseholds.campaign.gov.uk/>

Updated: October 2023 SF

Food Banks & Pantries

Food Cycle - <https://foodcycle.org.uk>

Free hot, nutritious meals—no need to book.

St Gabriel's Church,
B29 5PL. Tuesdays 4pm.

West Heath Community Centre,
B31 3QY. Sundays 12pm.

Longbridge Methodist Church,
B45 9TY. Mondays 7pm.

St Boniface Church,
B32 2QD. Saturdays 12pm.

B30 & S Bham Foodbank

Cotteridge Friends Meeting House, B30 1JB

Tues 1.30–3.30pm, Fri 1.30–3.30pm

B30 Foodbank can provide three days' nutritionally balanced free emergency food. You must get a referral from a third party such as GP, school or housing association (BVT).

Lil's Parlour 4-6 West Heath Rd B31 3TG

Become a member then pay £5 for 10 food items. Next sign up day: 20th October 10am–3pm. <https://lilsparlour.co.uk> for more info.

Shenley Court Hall Pantry

200 Green Meadow Road, B29 4ED. Mondays 11am–1pm

Free food parcels. Must bring proof of Shenley address.



Incredible Surplus

Weoley Castle Community Church, B29 5LE. Fridays 10:30am.

"Pay-as-you-feel" style food pantry.

Community Fridge

BgnFridge@outlook.com

We give free food, pet food, period supplies and baby & mother multivitamins to anyone that needs them. Open Tuesdays & Thursdays 11am–1pm.

26–30 Hillwood Road, B31 1DJ .

Gas, Electric & Water



Severn Trent Water

Get up to 70% off your water bill if your household income is below £20,048.08. Online application:

<https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/big-difference-scheme/>

Cost of Living Payments

Up to £1,300 payment to lowest income households throughout 2023/4. Those eligible will be paid automatically, and there will be no need to apply. For a full breakdown please visit: <https://www.gov.uk/guidance/cost-of-living-payment>

BVT Money Matters

moneymatters@bvt.org.uk

Free money saving advice. We can also make referrals for you.

Citizens Advice

Free online energy advice

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>

Or contact moneymatters@bvt.org.uk for a referral.

Footsteps Energy

<https://footstepsbcf.org.uk/energy/in-the-home/>

Downloadable flashcards with energy saving suggestions and tips.

Energy Angels

<https://energyangels.co.uk/>

Practical and actionable energy saving advice and news updates



Birmingham City Council Support



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

Find out what support you may be entitled to at <https://bvt.entitledto.co.uk/>



Household Support Fund (HSF) – available until March 2024

- Up to £200 one-off payment to your bank account
- Referral needed from third party such as housing association, GP, school or apply directly via BVSC, contact hsf@bvsc.org.
- Available to those who haven't received a HSF payment within the last 12 months

Council Tax Support

If you claim Universal Credit then you should also receive council tax support – you apply by an online form to Birmingham City Council (not DWP/ Universal Credit):

https://www.birmingham.gov.uk/info/20017/benefits_and_support/301/make_a_new_benefit_claim

Any enquires/ issues Tel: 0121 216 3030



Short term cost of living crisis help – online application form

https://www.birmingham.gov.uk/info/20017/benefits_and_support/308/help_in_a_short-term_crisis

Help towards any shortfall in rent if you are in receipt of Housing Costs (Housing Benefit or Universal Credit Housing Element).

Applications via <https://www.birmingham.gov.uk/dhp>

Debts & Budgeting

Northfield Customer Service Centre

1a Vineyard Road, B31 1PG.

Free advice on welfare benefits, financial advice and housing issues.
Opening times:

Mondays - 9am-4:30pm

Thursdays - 9am-4:30pm

Tuesdays - 9am-7pm

Fridays - 9am-4:15pm

Wednesdays - 9am-1pm

Saturdays - 10am-1pm

Birmingham Settlement

Money advice team who can help with debt. Email money.advice@bsettlement.org.uk or call 0121 250 0765



The Project Birmingham

For benefits, debt and housing advice call 0121 453 0606

Useful websites:

Money Helper - Free guidance on everything to do with money: <https://www.moneyhelper.org.uk/en>

Quids in! Magazine - Online magazine for all things finances: <https://quidsinmagazine.com/>

Money Saving Expert - online advice for cutting costs & boosting income: <https://www.moneysavingexpert.com/>

Early Help for Families

Early support for families and children.

Northfield – Email NorthfieldFamilies@northfieldcommunity.org or call 07516 918 133

Selly Oak – Email SellyOak.Families@greensquareaccord.co.uk or call 07483 090434

For the children's advice and support service, call 0121 303 1888

Kids Eat Free (or £1)

Places where children can eat for free or £1, especially during school holidays, include:

Asda, Tesco, M&S, Morrisons, Sainsburys, Beefeater, Toby Carvery, IKEA, Hungry Horse, Travelodge, Premier Inn. Please check websites for dates and T&Cs.

Baby Aid Birmingham

<https://www.babyaidbirmingham.co.uk/get-help>

Baby Aid Birmingham helps families with children (aged 0–5 years old) with essential items, providing a lifeline for those at risk, or in crisis. Visit their website for referral info.



Healthy Start Vouchers

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

Up to £6.20 weekly voucher for families in receipt of universal credit with a child under 4 which can be used for fruit, veg and milk.



Birmingham Forward Steps

<https://bhamforwardsteps.co.uk/>

Early years health and wellbeing support for children aged 0–5 in Birmingham. Find your local support centre & Health Visiting team.

Other Support



Warm Hubs & Places of Welcome

Midland Mencap B29 5TE. Monday–Friday 11am–1pm.

Weoley Castle Library B29 5HR. Mondays 10:30am–12:30pm

Cotteridge Friends Meeting House B30 3EJ. Wednesdays 2pm–4pm.

Free hot drinks, refreshments and biscuits, wi-fi and phone charging, games, art/craft activities, baby toys and books.

Stonehouse Gang B29 5SN. Wednesdays 9:30am–12:30pm.

St Francis Church B30 2AA. Thursdays 10:30–12:30.

Free refreshments and activities. For more info call 07436 021 333.

Encounter Church B29 5SN. Thursdays 10:30am–12pm.

Free hot drinks and snacks. Child friendly.

Rowheath Pavilion B30 1HH. Fridays 10am–12pm.

Weoley Castle Community Church B29 5LE.

Fridays 10am–3pm with lunch at 1.15pm. Includes food pantry.

St Gabriel's B29 5LS. Fridays 3:30pm–5pm. Children welcome.



Furniture & White Goods

CT Furniture, heavily discounted pre-loved furniture online. <https://www.communitytransport.org/shop>

St Mary's Hospice, 15 Pershore Rd S, B30 3EE. Second hand furniture shop.

Clouds End, Contact 0121 680 5287 or help@cloudsend.org.uk for free furniture.

Mobile & Internet Tariffs

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

Broadband and mobile tariffs from £10 available to people on benefits

Landlords & Housing Associations

If you are struggling, you can contact your landlord and ask for support. BVT tenants and homeowners can contact BVT.



Images: Freepik