

Cost-of-living support information

At Centre Academy we understand that times are difficult now, and we would like to support you and your families the best we can.

We have put together this information sheet for you sharing the help and support that is available as the cost-of-living crisis continues.

Get in touch with us to let us know if you're struggling with your finances

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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

Citizens Advice Mid Suffolk

5 Milton House Milton Road South, Stowmarket IP14 1EZ
01449 676060

Family Hub

Contact your local Family Hub to get help accessing all the support you might need as a family.

Family Hub	Address	Telephone Number
The Oaks	Grange Road, Felixstowe, IP11 2LA	01394 694750
Kesgrave	22 Bell Lane, Kesgrave, Ipswich, IP5 1JQ	01473 265833
Leiston	Waterloo Road, Leiston, IP16 4HF	01728 642930
Wooden House	20b Lanark Road, Ipswich, IP4 3EJ	01473 323870
Treehouse	251 Clapgate Lane, Ipswich, IP3 0RH	01473 263815

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 St Felix House, Silent St, Ipswich

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.

All pupils attending CAEA will be provided with a choice of meals daily free of charge.

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 [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](#)
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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.

- We can provide breakfast if its needed. Please just let us know.

Local foodbank Stowmarket & Area Foodbank Hillside Community Centre, Hillside, Stowmarket IP14 2BD · 01449 774000

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
- See if you're eligible for [grants from Turn2us](#)
- Single parents can get support from [Gingerbread](#)