



of Living Support

Autumn 2024

Welcome to the Woodside Cost of Living Support Booklet!

In this booklet, you will find information, tips and resources to help you manage and reduce your cost of living. Whether you are looking for ways to save on everyday expenses or access support services, this guide is designed to assist you in navigating these challenges.

School support

- **Clothing:** uniforms and non-uniform items.
- **Food support:** school based and also referrals to local food support network.
- **Warm and Safe space:** opportunities to meet and chat with staff and members of the wider school community, including other parents and carers.

CROYDON
www.croydon.gov.uk

Help for Households



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Local and National level support

- **Community resources:** Local organisations offering support with food, housing, and other essentials.
- **Energy efficiency:** Ways to reduce your utility bills through energy-saving practices.
- **Financial advice:** Where to find free or low-cost financial and debt advice.
- **Benefits advice:** Overview of available benefits and how to apply.
- **Transport savings:** Options for cutting down on commuting and travel costs.

We hope this booklet serves as a helpful resource in managing your cost of living and accessing the support you need.

Remember, you are not alone and there are many resources available to help you navigate these challenges. Sometimes, even just talking can help. If you have any questions or need further assistance, contact Mrs Georgiades (Family Support) or alternatively reach out to the organisations and services listed within this guide.



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At Woodside Primary School, we understand the cost of supporting your children through school can put pressure on your household budgets.

The past few years have seen a cost of living crisis resulting in money worries for many more families, and we are still facing financial pressures with essentials like food, heating and fuel costs remaining high.

We want to do all we can to make every school day affordable for all our families and to help you find the support you might need if you have money concerns.

Who can help?



Getting Help

Many people are currently finding it hard to make ends meet, and often they hang on and try to sort things out themselves, not seeking help until the situation has become very difficult. Whatever the issues you are facing, we would encourage you to ask for support before things get that way. We understand this can be very overwhelming. There is no shame in seeking support and both the school and the help organisations listed below will help with sensitivity and confidentiality.



Food Support

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Who can help?

Woodside Surplus Food Store

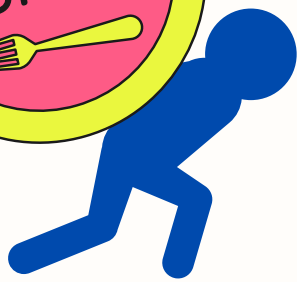
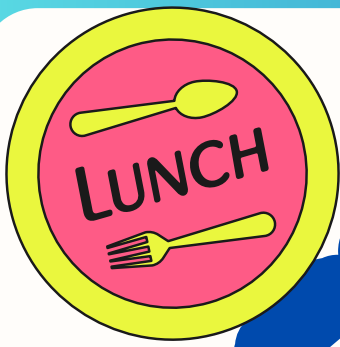


The weekly Surplus Food Store offers a selection of fresh fruit, vegetables, bread, and a variety of other foods. This is provided by The Felix Project, a London-based food redistribution charity that combats food waste.

We ask for small donations to help us restock essential items, such as dried food goods, supporting families within our school community who are in need.



Felix THE FELIX PROJECT
GOOD FOOD FOR GOOD CAUSES



School Lunch Support

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Free School Meals for All!!

In response to the ongoing 'Cost of Living Crisis', the mayor of London, Sadiq Khan has extended funding for all Primary school children in state-funded schools to receive free school meals for the 2024/2025 academic year. This means that all children from Reception to Year 6 will be able to have a school dinner absolutely free.

This funding does not automatically entitle you to Free School Meal vouchers in the school holidays. Your child may also be entitled to free school meal vouchers during the school holidays if you are in receipt of qualifying benefits.

To check whether your child is entitled to Free School Meal vouchers during the school holidays, please see Mrs Hewitt in the school office – you will need to give her your full name, date of birth and National Insurance number in order for her to check your eligibility.



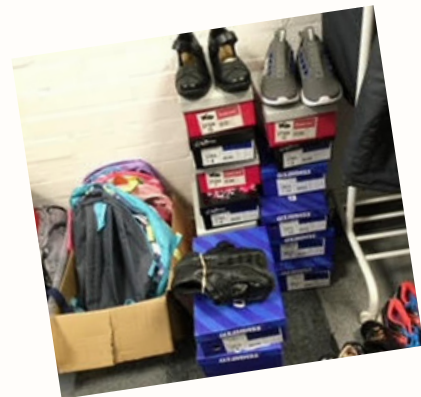
Uniform Support

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Woodside Surplus Store

Alongside our weekly Surplus Food Store, our PTA POWS, offer pre-loved items, at a greatly reduced cost, including:

- Uniform and Footwear
- Lunch Boxes
- Coats and Jackets





Local & National Advice & Support Services

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Who can
help?



Croydon council have a section on their website dedicated to supporting residents.

Visit: [Croydon.gov.uk/get-help-rising-cost-living](https://www.croydon.gov.uk/get-help-rising-cost-living) or click on the QR code to find local help with the rising cost of living. There is support and advice on how to access the following services:

- Help paying Council Tax
- Benefits you might be entitled to
- Financial support and advice
- Saving energy
- Help with employment and training
- Warm Spaces
- Mental health and wellbeing





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Who can
help?



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

Help for Households

Visit GOV.UK to see what advice and support is available to help with the increasing cost of living.

It covers areas such as:

- Household costs
- Childcare costs
- Income support
- Travel costs
- Energy costs and energy saving tips

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