

Help with the Cost of Living

As autumn and winter approach with darker nights and colder weather, the emphasis changes to supporting those who may be struggling or anxious about making ends meet, especially with the severely restricted Winter Fuel Allowance.

Additionally, the need to continue and extend the Warm Hub facilities will be met

COMMUNITY HELP BOXES

Everything in these boxes is free of charge and no restriction on number of times you can use them, but please only take what you need.

Situated in the entrance porch at St Mary's Church & accessible 24/7 these boxes contain essential personal hygiene & household cleaning consumables.

Also, there is a box containing essential tinned food such as vegetables, corned beef, tuna, meatballs, various soups, rice puddings and other items such as pasta, sauces and other easy to cook products.

Unfortunately, we cannot provide perishable food because of food hygiene regulations.

COMMUNITY WARM HUB

With free tea/coffee & biscuits provided at the Foxhound Inn 3pm-5pm every Thursday, this popular facility will continue throughout the winter. So why not pop in on those cold autumn/winter afternoons for a chat and cuppa.

In addition to the Community Warm Hub, starting on 10th October & running 2nd Tuesday of the month as a trial until December, there is a return of the popular Soup & Pud lunch at St Mary's Church. Everyone is welcome, just turn up 12.30pm to 1.30pm with refreshments served from 11.30am but you don't have to stay for lunch. Again, this is free of charge.

FREE COMMUNITY LIBRARY

Whilst at St Mary's why not take advantage of the now well-established Community Library. There are no boring registration forms to fill out or restrictive 3 week borrowing times, just come and borrow a couple of books. If you have books to swap that's great but not essential. There are children's books and books of genre to suit most reading tastes.

COST OF LIVING GRANTS FROM FEOFFEE TRUST

For families finding themselves in unforeseen financial hardship, the Feoffee Trust is here to help with an emergency £100 grant. Application forms can be found in the church entrance porch or can be downloaded from the village website here.

https://www.brixtondevon.co.uk/data/uploads/398_995936307.pdf

ARE YOU ENTITLED TO PENSION CREDIT?

Nearly 40% of pensioners who are entitled to Pension Credit because of their low incomes, aren't claiming it and therefore missing out on vital support.

The Government is encouraging pensioners to check if they qualify for pension credit and if so, to apply for it in order to receive the winter fuel payment.

You will need to apply by 21st December 2024 – this is also the final date for making a backdated claim for pension credit.

You can apply online, over the phone, by post.

To find out if eligible visit the government website

<https://www.gov.uk/pension-credit>

HOW ELSE CAN THE BRIXTON FEOFFEE TRUST HELP?

The Brixton Feoffee Trust has a long history, originating in the 1400s, when local benefactors set up the Brixton Feoffee Lands Charity to help people living in the hamlets and small farming communities in the parish of Brixton.

In the 21st century, the original aims of the Trust stand the test of time for people living in Brixton parish.

The Brixton Feoffee Trust has an article each month in the Brixton Magazine giving up to date information.

For individuals, couples and families: the Trustees welcome applications to the Trust for specific financial help.

For students going on to higher education: grants can be applied for to help with additional educational costs which may include books, travel, equipment, tools or other items needed when changing from school to further education or work.

The Trust can also help with extracurricular costs such as the Duke of Edinburgh Award or Ten Tors.

For community organisations: the Trust has made many grants to community organisations over the years and welcomes applications or enquiries.

For any further information, regarding the above, please contact Sally Axell, Clerk to The Brixton Feoffee Trust Tel: 01752 880262 or alternatively clerk@brixtonfeoffeetrust.co.uk

WHERE CAN I FIND COST OF LIVING SUPPORT

Benefits, tax and work

Find out what support is available to help increase your income. This includes the Cost of Living Payment, Universal Credit and Carer's Allowance. <https://www.gov.uk/cost-of-living/benefits-tax-work>

Living costs: bills, housing and health

Find out what support is available to help with bills and costs. This includes support with utility bills, support from your local council and Council Tax Reduction. <https://www.gov.uk/cost-of-living/bills-housing-health>

If you're 60 or over

Find out what support is available if you're 60 or over. This includes Pension Credit, discounted travel and how to check your State Pension. <https://www.gov.uk/cost-of-living/60-or-over>

If you're disabled or have a health condition

Find out what support is available if you're disabled or have a health condition. This includes disability benefits, the Disability Cost of Living Payment and support with prescriptions and health costs. <https://www.gov.uk/cost-of-living/disabled-or-health-condition>

Childcare and maternity costs

Find out what support is available with childcare and maternity costs. This includes free childcare hours and free school meals. <https://www.gov.uk/cost-of-living/childcare-and-maternity-costs>

Managing money, savings and debt

Find advice for managing money, including budgeting advice and debt support. <https://www.gov.uk/cost-of-living/managing-money>

Useful Contacts

Organisation	How can they help	Telephone	Email / Website
Brixton Feoffee Trust	Help with financial grants	01752 880262	clerk@brixtonfeoffeetrust.co.uk
South Hams District Council (SHDC)		01803 861234	
South Dartmoor Community Energy	Free & impartial home energy advice.	0800 112 3044	www.sdce.org.uk
Citizens Advice South Hams	For advice on benefits, debt, housing & more.	New enquiries 0808 278 7948 Existing enquiries 01803 869230	https://southhamscab.org.uk
Salvation Army	Debt advice service	01752 643955	plymouthDAS@salvationarmy.org.uk
Money Advice Plymouth	Debt Charity	01752 208126	www.moneyadviceplymouth.org.uk
Plymouth Focus Advice Centre	Independent debt advice, help dealing with creditors, form filling, benefits & tax credits.	01752 669785	www.plymouthfocus.co.uk
Debt Advice Foundation	Specialist Debt Charity offering advice on all aspects of debt	0800 043 4050	www.debtadvicefoundation.org
Christians Against Poverty	Debt counselling charity with 2 centres in Plymouth	0800 328 0006	www.capuk.org
National Debt Line	Free independent debt advice by phone or online	0808 808 4000	www.nationaldebtline.org
Step Change	Expert debt advice & money guidance	0800 138 1111	www.stepchange.org

TURN2US	Information & financial support to get back on track, benefits calculator & available grants	0800 802 2000	www.turn2us.org.uk
Livewell South West First Response	24 hour mental health crisis helpline	0800 923 9323	
Age UK DEVON	Support & advice for older people, their families & carers	0333 241 2340	www.ageuk.org.uk/devon/ info@ageukdevon.org.uk
Healthy Start Vouchers	Help to buy fruit, veg & milk for those on low income, pregnant or children under 4		www.healthystart.nhs.uk (online applications only)
Plymouth Domestic Abuse Service (PDAS)	Provides non-judgemental support, advice & protection to all victims of domestic abuse.	0800 458 2558	pdas@sanctuary-housing.co.uk
SAMARITANS	Help & advice for those in a crisis or know someone experiencing one.	116 123	jo@samaritans.org
Yealmpton & Brixton Community Friendship.	Befriending & companionship for people who are housebound or isolated. Offering help & advice on local activities and support groups & weekly coffee morning	07841 066921	communityfriendship@yealmpton.org

**In addition to this vital information
the following money saving tips
might be of benefit:**



1. Turn appliances and phone chargers off at the plug (phone chargers still consume power even when they aren't charging your phone).
2. Use microwaves & slow cookers instead of your main oven if you have them.
3. Use washing machines on 30-degree washes & avoid use of tumble dryers if possible.
4. Turn your thermostat down a couple of degrees but no lower than 17-18 degrees (but be aware that elderly and young children may need warmer conditions). Only heat rooms that you need for living.
5. Open curtains during the day to allow the sun to warm your home but close them as the sun goes down to trap in that lovely warmth.
6. Make DIY draught excluders for outside doors.
7. Turn off lights when not needed, when boiling the kettle only boil water you need, consider changing to LED lightbulbs as an equivalent 100-watt LED bulb uses just 18 watts and 60-watt equivalent LED uses just 11 watts.