

## **COST OF LIVING CRISIS - BRIXTON COMMUNITY HELP**

As the cost of living crisis starts to bite, Brixton Community is here with a helping hand. This leaflet is designed to offer advice on keeping warm, financial difficulties, supplying essential non-food items and more. Updates will appear on the Brixton Village website, Brixton Devon & Love Brixton Devon Facebook pages, in the monthly Brixton magazine and village notice board. Please read on.....

### **COMMUNITY HELP BOX**

Available from 1st January 2023, situated in the entrance porch of St Marys Church 24/7. This box contains; essential everyday items, free of charge, such as toiletries, household cleaning consumables, male & female personal hygiene & baby products. This is an honesty box please take only what you need. If you wish to donate items then please place any of above items in the box at anytime.

### **FINANCIAL HELP & SUPPORT**

The Brixton Feoffee Trust will be supporting the community by offering immediate grants of up to £100 to households in Brixton Parish who are affected by the financial impact of the Cost of Living Crisis. These grants will be available from 1st January to 31st March 2023, and will be made after the completion of a simple application form. If further financial help is needed, this can be applied for using our normal application grant process.

The Brixton Feoffee Trust will also be helping to fund other community help activities described in this leaflet.

Please remember that the Brixton Feoffee Trust is here for all of you living in Brixton parish. Please do get in touch with Sally Axell as Clerk (880262 or [brixtonfeoffeetrust@googlemail.com](mailto:brixtonfeoffeetrust@googlemail.com)) if you think we might be able to help. Or use an application form on the BrixtonDevon website, <https://www.brixtondevon.co.uk>

### **BRIXTON COMMUNITY WARM HUB**

The Foxhound Inn has kindly offered to host coffee mornings and afternoon tea throughout the winter months from 5th January to 30th March 2023. Free of charge, these will be available Monday & Thursdays 11.00am-12.00pm and 3.00pm-5pm. Soup & a bread roll will be available mornings, tea/coffee & cakes in the afternoon. There is no limit to the number of times you can use this facility which is being subsidised by Brixton Parish Council, Brixton Feoffee Trust & Brixton Composters with a collection box for those wishing to make a cash donation.

### **FURTHER SUPPORT & ADVICE**

**Keeping warm:** Recent scientific research has highlighted the importance of body warmth. A room temperature lower than 18 degrees can have many detrimental metabolic effects if the body is not kept warm by extra clothing, blankets etc. This is the advice offered by scientists:

1. Focus on clothes that provide good insulation such as those made of wool. Gloves & socks are more beneficial than hats, although a woolly hat will help.
2. Switch foods to a higher carbohydrate diet such as potatoes, pasta & rice.
3. Generate more body heat by exercise, moving around and not just sitting in a chair and watching TV.

**Please note that free easy read room thermometers are available at The Post Office, Foxhound Inn, Brixton Fish & Chip Shop & St Marys Church.**

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.

## USEFUL CONTACT LIST

### **Brixton Feoffee Trust.**

Help with financial grants.

Tel: 01752 880262

Email: [brixtonfeoffeetrust@googlemail.com](mailto:brixtonfeoffeetrust@googlemail.com)

### **South Hams District Council.**

Tel: 01803 861234

### **South Dartmoor Community Energy**

Free & impartial home energy advice.

Tel. 0800 112 3044

Website: [www.sdce.org.uk](http://www.sdce.org.uk)

### **Citizens Advice South Hams.**

For advice on benefits, debt, housing & more.

Tel: 0808 278 7948 (new enquiries)

Tel: 01803 869230 (existing enquiries)

Website: <https://southhamscab.org.uk>

### **Salvation Army.**

Debt advice service

Tel: 01752 643955

Email: [plymouthdas@salvationarmy.org.uk](mailto:plymouthdas@salvationarmy.org.uk)

### **Money Advice Plymouth.**

Debt charity

Tel: 01752 208126

Website: [www.moneyadviceplymouth.org.uk](http://www.moneyadviceplymouth.org.uk)

### **Plymouth Focus Advice Centre.**

Independent debt advice, help dealing with creditors, form filling, benefits & tax credits.

Tel: 01752 669785

Website: [www.plymouthfocus.co.uk](http://www.plymouthfocus.co.uk)

### **Debt Advice Foundation.**

Specialist Debt Charity offering advice on all aspects of debt.

Tel: 0800. 043. 4050

Website: [www.debtadvicefoundation.org](http://www.debtadvicefoundation.org)

### **Christians Against Poverty**

Debt counselling charity with 2 centres. In Plymouth.

Tel: 0800 328 0006

Website: [www.capuk.org](http://www.capuk.org)

### **National Debt Line**

Free independent debt advice by phone. or online.

Tel: 0808 808 4000

Website: [www.nationaldebtline.org](http://www.nationaldebtline.org)

### **Step Change.**

Expert debt advice & money guidance.

Tel: 0800 138 1111

Website: [www.stepchange.org](http://www.stepchange.org)

### **TURN2US.**

Information & financial support to get back on track, benefits calculator & available grants.

Tel: 0800 802 2000

Website: [www.turn2us.org.uk](http://www.turn2us.org.uk)

### **Livewell South West First Response.**

24 hour mental health crisis helpline

Tel: 0800 923 9323

### **Age UK DEVON.**

Support & advice for older people, their families & carers.

Tel: 0333 241 2340

Website: [www.ageuk.org.uk/devon/](http://www.ageuk.org.uk/devon/)

Email: [info@ageukdevon.org.uk](mailto:info@ageukdevon.org.uk)

Website: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### **Healthy Start Vouchers.**

Help to buy fruit, veg & milk for those on low income, pregnant or children under 4  
Online applications only

### **Plymouth Domestic Abuse Service (PDAS)**

Provides non-judgemental support, advice & protection to all victims of domestic abuse.

Tel: 0800 458 22558

Email: [pdas@sanctuary-housing.co.uk](mailto:pdas@sanctuary-housing.co.uk)

### **SAMARITANS**

Help & advice for those in a crisis or know someone experiencing one.

Tel: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Yealmpton & Brixton Community Friendship Projects.**

Befriending & companionship for people who are housebound or isolated. Offering help & advice on local activities and support groups.

Tel: 07841 066921

Email: [communityfriendship@yealmpton.org](mailto:communityfriendship@yealmpton.org)

Weekly coffee morning.