



SUPPORT FOR COST OF LIVING CRISIS

In this document you will find links and information for support during the cost of living crisis.

What this document will contain:

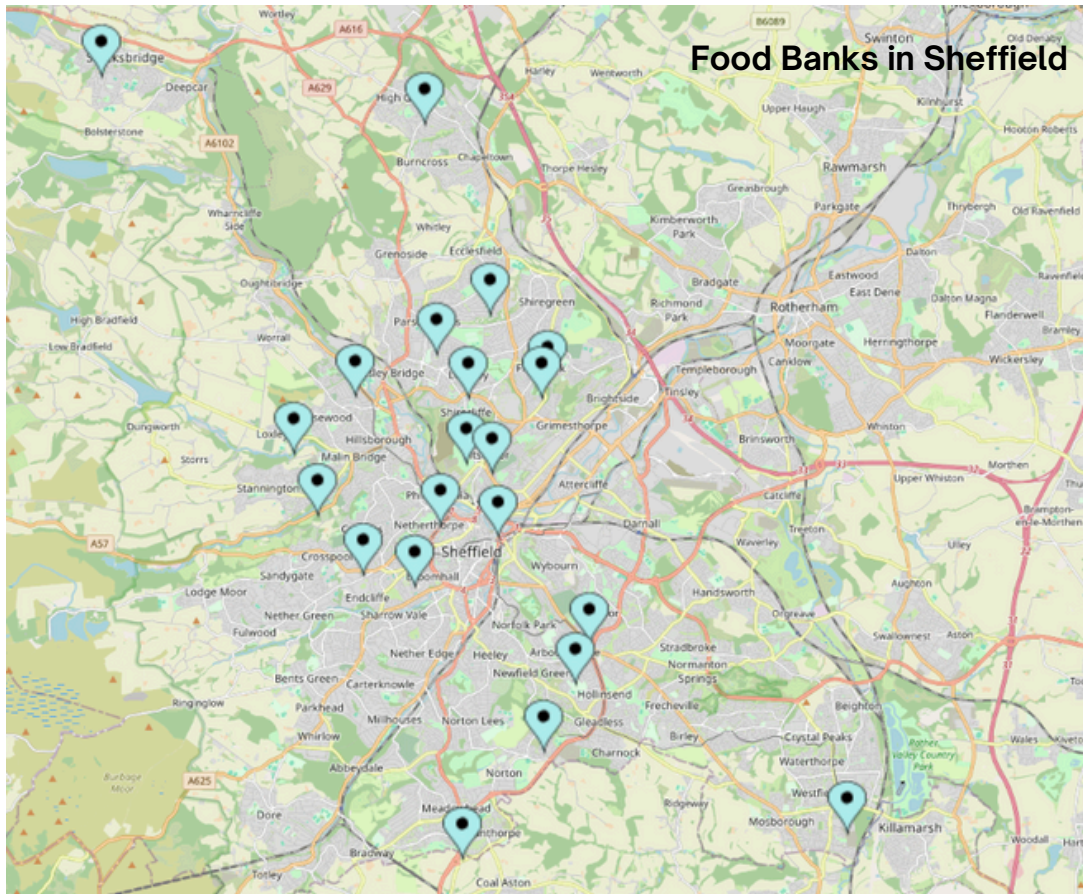
- Information on food banks and social eating spaces in Sheffield
- Links to grant schemes you may be eligible for
- Support systems in place to help you heat your home
- Mental health support link

Food Support

Food Banks

As the cost of living increases, food becomes increasingly unaffordable. There are systems in place that can support you, if you find yourself and your family are struggling to afford meals.

There are foodbanks distributed around Sheffield and there are different processes to access support from each. You can access a list of foodbanks, times and locations via: <http://www.sheffieldfoodbank.org.uk/food-bank-list>



You may need to get a referral to access a foodbank. You can contact Citizens Advice, your GP, Social Worker or Tenancy Worker to discuss getting a referral.

Referral for food bank access via Citizens Advice

1. Go to the Citizens Advice Website (<https://www.citizensadvice.org.uk>)
2. Click on the 'Debt and Money' section
3. Scroll down to 'Using a Foodbank' and click on the link
4. Scroll down to 'Getting a Referral' and follow the instructions

Social Eating Spaces

As well as foodbanks Sheffield offers social eating spaces, where anyone can access free meals on specific days of the week. These places are a great opportunity for social interaction as well as accessing meals to help support you during the cost of living crisis.

Food Works Sharrow and Upperthorpe

Food Works offers lunch, coffee and snacks in 2 locations in Sheffield. Meals and coffee are operated on a 'pay what you can basis' with a minimum contribution of £1.

- **When:** Monday to Friday @ 9am- 3pm Lunch is served @ 12- 2pm
- **Where:** Sharrow- The Old Junior School, South View Road, Sharrow, S7 1DB
Upperthorpe- Zest Centre, 18 Upperthorpe, S6 3NA
- **Email:** info@thefoodworks.org
- **Website:** <https://thefoodworks.org>

Food Works also offer a collection of Just Meals which are freshly prepared meals available for collection from their Sharrow, Upperthorpe and Handsworth locations. There is a minimum donation of £1 and they can be ordered for collection via the Food Works website (<https://thefoodworks.org/shop/just-meals-one-off>) or bought in-person from their freezer counters.

Foodcycle Broomhall

Foodcycle runs community meals, where they provide FREE nutritious hot meals for anyone who chooses to attend.

- **When:** Wednesdays @ 12:30 pm
- **Where:** Broomhall Centre, Broomspring, Sheffield, S10 2FD
- **Email:** broomhall@foodcycle.org.uk
- **Website:** <https://foodcycle.org.uk/location/foodcycle-sheffield-broomhall>

Open Kitchen Social Club

The Open Kitchen Social Club offers FREE meals to people of the community. They offer peer support, advice and opportunities to help cook and serve meals.

- **Email:** openkitchensocial@gmail.com
- **Website:** <https://www.openkitchensocialclub.com>

The times vary on different days of the week, please see below.

Monday: On a Monday a free meal is available for everyone to attend, regardless of their circumstance.

- **When:** Mondays @ 10am- 2pm (Food is served at 12:30 but diners can come early to help set up and socialise)
- **Where:** St Andrews Church Hall, Upper Hanover Way, Sheffield, S3 7RQ

Tuesday: On a Tuesday a free meal is available for people seeking sanctuary, refugees and migrants.

- **When:** Tuesdays @ 12:30pm
- **Where:** The Sanctuary, 37-39 Chapel Walk, Sheffield, S1 2PD

Monthly Wednesdays: On the last Wednesday of every month simple food is cooked for people seeking sanctuary, refugees and migrants

- **When:** Last Wednesday of the Month @ 1pm
- **Where:** Victoria Hall, Norfolk Street , Sheffield, S1 2JB

Organisations that can help with support for cost of living

Citizens Advice

Citizens Advice is a national charity, with local branches, that is able to support you with any queries you may have around the challenge of cost of living. They can support you with benefits, work, debt and money, housing, family, law and courts, immigration and health queries. You can visit their website at <https://www.citizensadvice.org.uk>

Or directly contact the Sheffield branch via:

- **Call:** 0808 278 7820
- **Email:** getintouch@citizensadvicesheffield.org.uk
- **Address:** The Circle, 33 Rockingham Lane, Sheffield, S1 4FW

Sheffield City Council Grant Schemes



Sheffield City Council has grant schemes that you may be eligible to apply for on their website: <https://www.sheffield.gov.uk/cost-of-living>

There are schemes for supporting different areas of costs eg. food, heating and electricity, housing, Council Tax support, clothes etc.

Martin Lewis Money Saving Expert



The Martin Lewis Money Saving Expert website has information and tips on banking and money issues. There is information on available grants and cheap deals, amongst many other useful articles. You can also search for cost of living specific information, and use the 'Cost of living help guide' to find out more ways to save.

Access all information through the website: <https://www.moneysavingexpert.com>

The Money Saving Expert also provides mental health support regarding debt and money management. The document discusses mental health issues and how debt and money issues can impact it, guiding you to help make things easier to understand. You can access the document via: <https://www.moneysavingexpert.com/credit-cards/mental-health-guide>

Heating Your Home



There are a few national schemes that aim to help you heat your home. Find more information below.

Warm Home Discount



You may be eligible for £150 off your electricity bill between October 2023 to 31st March 2024. If you might be eligible you will get a letter by early January, if you do not get a letter and you believe that you are eligible then you must contact the Warm Home Discount scheme before 29th February 2024.

Visit: <https://www.gov.uk/the-warm-home-discount-scheme> to find out more.

Connected for Warmth Energy Grants



The Connected for Warmth Energy Grants offer free energy saving measures to eligible homes across Britain. They provide heating and insulation measures to ensure that your house is kept as warm as possible and help you save on energy costs.

Heating Eligibility:

- You are in receipt of any means-tested benefits (see website for full list)
- You are a homeowner or privately rent
- Properties must have an Energy Performance Certificate rating of E, F or G
- You heat your home using one of the following:
 1. Electric storage heaters
 2. Room heaters
 3. Open fires
 4. Electric warm air system
 5. Electric underfloor or ceiling heating (not connected to an electric boiler)
 6. Oil boiler
 7. LPG boiler
 8. Electric boiler
 9. Solid fuel boiler

Insulation Eligibility:

- You are a homeowner or privately rent
- Properties must be in Council Tax bands A, B, C or D
- Properties must have an Energy Performance Certificate rating of C or below
- Properties must be suitable for loft insulation, cavity wall insulation, heating controls (this will be confirmed via EPC or the home survey that will be undertaken)

If you think you are eligible you can apply via:

- **Website:** <https://www.connectedforwarmth.org.uk/apply-now>
- **Call:** 0800 029 4547

Better Housing Better Health



Better Housing Better Health is a service to help people in fuel poverty.

They offer:

- Free impartial advice
- Grants and funding for energy efficiency measures
- Insulation or new heating system
- Access to other support services
- Routes to energy bill discounts

You can make a referral via:

- **Website:** <https://www.bhbh.org.uk/make-a-referral>
- **Call:** 0800 107 0044
- **Email:** bhbh@nef.org.uk

Mental Health Support

Sheffield Mental Health Guide

Sheffield Mental Health Guide can provide information on the services, activities and resources available for yourself or someone you are supporting in Sheffield. Services and activities are divided into categories to ensure you can find the correct support for you.

- **Website:** <https://www.sheffieldmentalhealth.co.uk>
- **Email:** mhguide@sheffieldflourish.co.uk
- **Call:** 0114 273 7009

*If you require urgent help you can click on the urgent help button on the Sheffield Mental Health Guide website, call the Sheffield Helpline on **0808 801 0440** or call Samaritans on **116 123**. Help is available 24 hours a day, 7 days a week.*

Sheffield Flourish

Sheffield Flourish run friendly, free, mental health friendly groups throughout the week. These groups include: art, creative writing, gardening and music sessions. Visit the website to access more information on attending groups.

- **Website:** <https://sheffieldflourish.co.uk>
- **Email:** info@sheffieldflourish.co.uk
- **Call:** 0114 273 7009
- **Address:** Upper Floor, 4 Windrush Way, Sheffield, S3 8JU

