

Support to access food

Blackburn Foodbank – help with emergency food needs:
blackburn.foodbank.org.uk/

Darwen Food Larder - help with emergency food needs:
www.darwenfood.com

Blackburn with Darwen Council free school meal information – find out if your child can receive free school meals:
www.blackburn.gov.uk/schools-and-education/school-meals

Healthy Start Vouchers – find out if you can get help to buy food or milk for your child:
www.healthystart.nhs.uk/how-to-apply/

Money, debt, housing advice & support

Shelter – help with debt, welfare benefits and housing issues:
england.shelter.org.uk/get_help/local_services/blackburn

The Oaks Money Advice Centre – free, confidential money advice for all based at Blackburn Foodbank:
blackburn.foodbank.org.uk/the-oaks-money-advice-centre

Lancashire Women – help with money support and energy advice:
www.lancashirewomen.org/get-support/money-advice

Blackburn with Darwen Council – Support with cost of living, Council Tax Support, Household Support Scheme and more:

- www.blackburn.gov.uk/cost-living-support
- www.blackburn.gov.uk/benefits

Mental health support

Lancashire and South Cumbria NHS Foundation Trust Mental Health helpline - Mental health support at the end of the phone: **0800 013 0707**

Lancashire Mind – Local mental health charity with a wide range of services:
www.lancashiremind.org.uk/

Every Mind Matters – NHS advice, tips and support:
www.nhs.uk/every-mind-matters/

Kooth – safe and anonymous mental health support for young people:
www.kooth.com/

Spark Blackburn with Darwen Recovery Collective - Addiction support for people of all ages, families and children:
www.sparkbwd.org.uk/

We can get through this together

Our cost of living support for you



We know that it is a difficult time for everyone right now - for some it's even worse.

The rising cost of everything is making it difficult to make ends meet. In this leaflet you will find information and contacts for anyone who needs to reach out for support.



BLACKBURN
with
DARWEN
BOROUGH COUNCIL

Cost of living support – we are here for you

The rising cost of living has been affecting everyone in our borough and many people are struggling with bills, food prices and rents and mortgages going up.



We know that people in Blackburn with Darwen are worrying about how they are going to cope as the cost of living crisis carries on over this winter.

At the Council, we are doing everything in our power to support you in any way we can, and it is a huge priority for me as Leader of the Council.

This help is for everyone – even if you have never had to access any outside support before, please don't think you can't now. We are all struggling in some way, so please don't be scared to reach out.

This leaflet with information and contacts will hopefully be a big help to anyone who needs to reach out for support. It gives information on the practical support out there from the Council, our volunteer and charity partners and other organisations with things such as energy bills, food and housing costs, debt advice, and other ways to help you stay afloat.

We also know that such a big crisis can have a really negative effect on your mental health, and you will find links to organisations you can contact to help you with this as well.

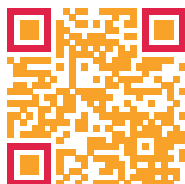
If you're worried that you're going to find yourself in difficulty, please contact us or one of the relevant organisations as soon as possible so that we can help you before you reach crisis point.

Please don't feel you have nowhere to turn. Our borough has always risen to the challenge and come together in a crisis and this is no different. It won't be easy but together we can get through this.

So please keep hold of this leaflet and stick it on your fridge or pin it up on a wall so you have it to hand if you might need it.

Phil Riley

Councillor Phil Riley
Leader of Blackburn with Darwen Council



Household Support Scheme



The Household Support scheme is for residents of Blackburn with Darwen. There are fuel payments, boiler servicing, home insulation and help with items like fridges and washing machines if you are struggling. You could be missing out on financial help, even if you are in work and don't currently receive any benefits. Go to the website to find out more and if you are struggling, please apply:

www.blackburn.gov.uk/cost-living-support/household-support-scheme

BwD Help Hub – This can offer help with finance, benefits and debt management, mental health support and more. Go to: www.refreshbwd.com/bwd-help-hub/ or call **01254 588111**. Phone lines are open 9am-5pm Monday to Friday.

Age UK – Support and advice for people over 50 in Blackburn with Darwen: www.ageuk.org.uk/blackburnwithdarwen/

Gambling and illegal money lending support

These websites have information, support and advice if you have concerns about gambling and illegal money lending (loan shark) issues:

- www.nhs.uk/live-well/healthy-body/gambling-addiction/
- www.gamblersanonymous.org.uk/
- www.stoploansharks.co.uk/



Help with fuel costs and energy efficiency

Jubilee Tower Credit Union – Community based financial support and loans: www.twitter.com/jubileetowercu

Care Network – the Safe and Warm Homes programme provides advice and support to help your home be more energy efficient: www.carenetwork.org.uk/Listing/Category/healthy-homes

Cosy Homes in Lancashire (CHiL) – the one stop shop for warmth which includes grants for first time central heating and insulation where eligible: www.chil.uk.com

Simple Energy Advice – Government scheme to make your home cheaper to heat and keep warm: www.simpleenergyadvice.org.uk/grants

United Utilities – There are various schemes to help customers pay their bills and save money: www.unitedutilities.com/difficulty-paying-your-bill