

If you live anywhere in Nottinghamshire, get in touch with Insight Healthcare Tel: **0300 555 5582**.

If you use British sign language Sign Health can help Tel: **01494 687 606**.

There's more information at notts.icb.nhs.uk/your-health/mental-health/

The Samaritans phone line is open 24/7 Tel: **116 123**. It's free from any phone.

The Silver Line Tel: **0800 470 8090** is a free confidential helpline for older people and is open 24 hours a day, every day of the year.

If you're a mum or dad with a child under five and have low mood, a PHEW (Parents Health and Emotional Wellbeing) Group at your Children's Centre might be helpful. Call in to your local Children's Centre or ask the Customer Service Centre on **0300 500 8080**

If you're a young person get someone you trust to look at the Nott Alone website nottalone.org.uk/about?a=yp.



COST OF LIVING SUPPORT



Many are struggling with the increases in the Cost of Living. We want people to know about the financial help they can get, so this leaflet gives lots of contact information.



Where to go for help

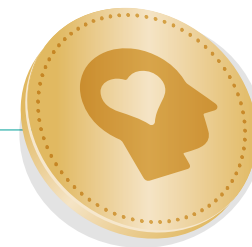


- www.nottinghamshire.gov.uk/business-community/cost-of-living-support
- Nottinghamshire County Council's Customer Service Centre
Tel: **0300 500 8080** Opening hours:
Mon-Thurs **8:30am-5:00pm** Fri – **8:30am-4:30pm**
- Your local library
- Job Centre Plus, if you claim benefits
- If you are an older person Age UK Connect Service:
 - Bassetlaw Tel: **0115 844 3541**
 - Broxtowe, Gedling or Rushcliffe Tel: **0115 939 5406**
 - Mansfield, Ashfield or Newark and Sherwood Tel: **01623 488217**
- Disability Nottinghamshire Advice Line Tel: **01623 625 891**
- Your local Children's Centre if you are pregnant or have a child under five
- Your local Young People's Centre if you are a young person.

Your local district or borough council has lots of help and advice, such as community hubs and warm spaces.

- Ashfield District Council, Kirkby in Ashfield Tel: **01623 450000**
- Bassetlaw District Council, Worksop Tel: **01909 533533**
- Broxtowe Borough Council, Beeston Tel: **0115 917 7777**
- Gedling Borough Council, Arnold Tel: **0115 901 3901**
- Mansfield District Council, Mansfield Tel: **01623 463463**
- Newark and Sherwood District Council, Newark Tel: **01636 650 000**
- Rushcliffe Borough Council, West Bridgford Tel: **0115 981 9911**

Mental health and wellbeing support



It's normal to feel worried when times are hard, but if you are getting anxious and have low mood, don't forget to speak to your doctor, nurse, midwife or health visitor.

People living in Nottingham and Nottinghamshire can get mental health services including Talking Therapies and a 24/7 mental health crisis line Tel: **0808 196 3379**. You'll speak to a local health worker who will get you the right support.

Talking therapies can help with common mental health problems like stress, anxiety and depression. They are free on the NHS, and you can refer yourself.

Help for Households

is a website set up by the government with details of what support is available. Could someone have a look at it for you?

helpforhouseholds.campaign.gov.uk/



Food help



Healthy Start scheme

If you're at least ten weeks pregnant or have a child under four-years old, you could get help to buy fruit, vegetables, and milk. You can also get vitamins. If you qualify, you'll get:

£4.25 each week during your pregnancy

£8.50 each week for children from birth to one-year old

£4.25 for each child aged one to four years

Speak to your midwife, health visitor or Children's Centre for more information.

More information and to apply Tel: **0300 330 7010**
or have a look at www.healthystart.nhs.uk

Lots of children are entitled to free school meals and milk. Speak to your child's school or phone the Council's Customer Service Centre Tel: **0300 500 8080**. You can apply on line at www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk

The Holiday Activities and Food (HAF) Programme supports children who get free school meals during term time, in the holidays. To find out more phone **0115 9774 999** or take a look at www.nottinghamshire.gov.uk/education/holiday-activities-and-food

Across Nottinghamshire there are lots of food banks, food clubs, social supermarkets and social eating sessions. Phone the Council's Customer Service Centre Tel: **0300 500 8080** or take a look at www.nottshelpyourself.org.uk and type in "Food Support" in the search bar at the top of the page.

Help with benefits



Make sure you get any benefits you are entitled to.

If you are unable to find the answer you are looking for and you have a specific benefits enquiry, then please call the Customer Service Centre and request a referral to the Benefits Team. Tel: **0300 500 8080**

Your local Citizens Advice may also help.

Adviceline (England): **0800 144 8848** Local office numbers can be found on their website www.citizensadvice.org.uk/

Online **benefits calculators** can also help. Get help to look at www.entitledto.co.uk or benefits-calculator.turn2us.org.uk/

Help with bills

- Government Warm Home Discount Scheme Tel: **0800 107 8002**
- Severn Trent's Big Water Big Difference Scheme Tel: **0345 7500 500**
- British Gas Energy Trust Tel: **0330 100 0056**
- Nottingham Energy Partnership Healthy Housing Service Tel: **0115 985 9057**
- National Energy Action's Warm and Safe Homes advice service.
 - Energy Advice Tel: **0800 304 7159**
 - Benefits Advice Tel: **0800 138 8218**
- Fuel Direct Scheme. Contact your local Job Centre Tel: **0800 169 0190**
- Discretionary Housing Payment (DHP) can help those claiming Housing Benefit – speak to your local district or borough council
- Shelter can help if you are behind on rent Tel: **0808 800 4444**.



Childcare costs support



There are lots of ways you can get help to pay for childcare costs:

- Tax Free Childcare Scheme up to age 12
- Funding for some two-year olds
- Funding for all three and four-year olds - 15 hours per week for everyone and 30 hours per week for working parents
- Care to Learn – for young parents under 20 in education/training

For more information speak to your local Children's Centre or phone the Customer Service Centre on **0300 500 80 80**.

If someone can go on line for you, take a look at

www.nottinghamshire.gov.uk/care/early-years-and-childcare/help-with-childcare

or

www.nottshelpyourself.org.uk and look at the Families Information Service tab.



Money support

- Money Helper is a free money advice service Tel: **0800 138 7777**
- If you think you've been the victim of a scam, phone your bank and Citizens Advice Consumer Service Tel: **0808 223 1133** for support and advice
- StepChange Debt Charity Tel: **0800 138 1111**
- Youth Legal and Resource Centre Tel: **0203195 1906**
- Debt Advice Foundation Tel: **0800 622 61 51**
- Don't be tempted by loan sharks, speak to your local Credit Union instead:
 - For Bassetlaw: 2Shires Credit Union Tel: **01909 500575**
 - For the rest of Nottinghamshire: Notts and Lincs Credit Union Tel: **0330 004 0842**
- Multiply - free courses to help you budget better

If you're aged 19+ and do not already have a GCSE at grade C (or equivalent) in maths, Multiply is available to you.

Courses and drop-in sessions are available to help improve basic maths and number skills which help when cooking on a budget.

You can find out more about Multiply by calling:

Inspire Tel: **01623 677 200** or ask when visiting your local library

Futures Tel: **0800 085 8520**

Vision West Notts College Tel: **0808 100 3626**

