



Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

Get in touch with us to let us know if you're struggling with your finances

Lampard Community School

01271345416

We know everyone is feeling the pinch this winter and we want to support those families in our school community who are impacted the most. If you're struggling with your finances, please do get in touch to let us know, as there may be things, we can suggest which will help. We want to do everything we can to help you and your child through this difficult winter.

Contact your local Citizen's Advice Bureau or Family Hub

Citizen's Advice Bureau (CAB)

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice's](#) website or contact your local branch to book an appointment

- [Torrige, North, Mid and West Devon Citizens Advice \(Barnstaple\)](#)

0.72 miles
1 Bridge Buildings The Strand, BARNSTAPLE, Devon, EX32 8LW

- [Torrige, North, Mid and West Devon Citizens Advice \(Bideford\)](#)

7.57 miles
Bideford Medical Centre, Abbotsham Road,, BIDEFORD, Devon, EX39 3AF

- [Torrige, North, Mid and West Devon Citizens Advice \(Okehampton\)](#)

23.93 miles
The Ockment Centre North Street, OKEHAMPTON, Devon, EX20 1AR

- [Torrige, North, Mid and West Devon Citizens Advice \(Crediton\)](#)

27.08 miles
The Crediton Complementary Health Centre, 100 High Street, CREDITON, Devon, EX17 3LF



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- [Torrige, North, Mid and West Devon Citizens Advice \(Tiverton\)](#)

28.47 miles
Tiverton Town Hall, St Andrew Street, TIVERTON, Devon, EX16 6PG

Check you're paying the right amount of tax

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

Claim any benefits you're entitled to

Use one of these benefits calculators to determine whether there are any benefits you could be claiming:

- > [Turn2us](#)
- > [Policy in Practice](#)
- > [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP)

DWP
Barnstaple
0843 509 2579

Check you've received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website

Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. If you



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think you might be eligible for Free School Meals please follow this link [School meals – Education and Families \(devon.gov.uk\)](#) or contact the Free School Meal Team on 0345 1551019.

See what other support you can get from your local authority

North Devon District Council

01271 327711

Barnstaple Town Council

Barum House, The Square [01271 373311](#)

North Tawton Town Council

Phone: [01837 880121](#)

Bideford Town Council

[01237 428818](#)

Local authorities have lots of different schemes that you might be eligible for, including:

- > The [holiday activities and food programme](#) – access to food and activities over the school holidays
- > [Help with transport to school](#)
- > [Help with the cost of uniform](#)

Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

- > If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
- > Find a local foodbank with these websites: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)

NORTHERN DEVON FOODBANK

MAIN LOCATION

You can access Foodbank Centres in Barnstaple, Bideford, Braunton (from 9 November 2022), Holsworthy, Ilfracombe, South Molton and the Lyn Valley.

The Northern Devon Foodbank Office is located at:
Supreme House, Pitt Lane, Bideford, EX39 3JA

PHONE

01237 422243

WEBSITE

<http://northerndevon.foodbank.org.uk>

EMAIL

admin@northerndevon.foodbank.org.uk

Commented [CB1]:



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7 FOODBANK CENTRE(S)

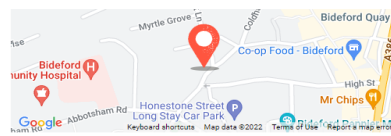
Northern Devon Foodbank - Barnstaple

OPENING TIMES	ADDRESS
Mon 10:30 - 01:30	St John's Community Centre, Rose Lane, Barnstaple EX32 8PG
Tue Closed	
Wed 10:30 - 01:30	
Thu Closed	
Fri 10:30 - 01:30	Directions via Google Maps
Sat Closed	
Sun Closed	



Northern Devon Foodbank - Bideford

OPENING TIMES	ADDRESS
Mon 10:30 - 01:30	Supreme House, Pitt Lane, Bideford, EX39 3JA
Tue Closed	
Wed 10:30 - 01:30	
Thu Closed	
Fri 10:30 - 01:30	Directions via Google Maps
Sat Closed	
Sun Closed	



Northern Devon Foodbank - Ilfracombe

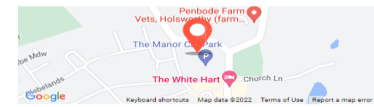
OPENING TIMES	ADDRESS
Mon Closed	Salvation Army Community Hall, Torr's Park, Ilfracombe
Tue 10:30 - 01:30	
Wed Closed	
Thu Closed	EX34 8AY
Fri 10:30 - 01:30	Directions via Google Maps
Sat Closed	
Sun Closed	

Northern Devon Foodbank - South Molton

OPENING TIMES	ADDRESS
Mon Closed	YMCA Centre, Mill Street, South Molton,
Tue Closed	
Wed Closed	
Thu 10:00 - 12:30	EX36 4AS
Fri Closed	Directions via Google Maps
Sat Closed	
Sun Closed	

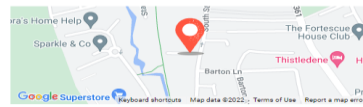
Northern Devon Foodbank - Holsworthy

OPENING TIMES	ADDRESS
Mon Closed	Manor Suite, Memorial Hall, North Road, Holsworthy, EX22 6DJ
Tue Closed	
Wed 14:00 - 16:00	
Thu Closed	
Fri Closed	Directions via Google Maps
Sat Closed	
Sun Closed	



Northern Devon Foodbank - Braunton

OPENING TIMES	ADDRESS
Mon Closed	Northern Devon Foodbank - Braunton South Street Church South street Braunton EX33 2AS
Tue Closed	
Wed Closed	
Thu Closed	
Fri Closed	Directions via Google Maps
Sat Closed	
Sun Closed	



Northern Devon Foodbank - Lyn Valley Foodbank

OPENING TIMES	ADDRESS
Mon Closed	All food parcels are delivered to customers' home address
Tue Closed	
Wed Closed	Donations to: Lynnton & Lynmouth Community Hub, Town Hall, Lynnton, EX35 6HT
Thu Closed	
Fri Closed	
Sat Closed	Directions via Google Maps
Sun Closed	

How to get help from a food bank

Call our free helpline

If you're in financial crisis and live in England or Wales, please call 0808 2082138 for free (open Monday to Friday, 9am-5pm) to talk confidentially to a trained Citizens Advice adviser. They will talk to you about the problems you're facing and provide support to help you manage your money, navigate the benefits system, and identify any other grants you might be entitled to. If you need one, they'll issue you with a food bank voucher so you can get an emergency food parcel.

Get in touch with your nearest food bank

Your local food bank will be able to tell you which referral agencies they work with in your area and how you can get a voucher.



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- › Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)

Further information

- › Contact [StepChange](#), if you're struggling with debt
- › Contact [Shelter](#) if you're having issues related to housing
- › Get free household goods on [Freecycle](#)
- › Contact the [Salvation Army](#) for emergency assistance
- › See if you're eligible for [grants from Turn2us](#)
- › Single parents can get support from [Gingerbread](#)