

FIGHTING THE COST OF LIVING

Support and ideas to tackle rising household costs

We are all facing rising household costs and an increase in food and fuel bills. This pack offers some suggestions to support you through this time and provides ways to release you from financial burden and pressures.

Resources include contact numbers for organisations such as Citizen's Advice East Berkshire and Slough Borough Council debt and welfare teams plus a focus on training, skills and employment to make lives healthier and stronger.

Whatever life is throwing your way at the moment, there might be something in here that can help.

This is the fourth edition of the resource pack. Previous editions can be found online at www.slough.gov.uk/costofliving

For more information, or if you have any questions, you can contact us via community.development@slough.gov.uk

INSIDE THIS ISSUE:

- Support getting back into work, p2
- Childcare support, p5
- Job Centre Plus, p6
- Managing household budgets, p7
- Food support, p8
- Key contacts, p10
- Carer Rights Day, p12
- Disclaimer, p12

Connect with your community

Community Connectors enhance the lives of residents, patients, and carers in Slough, focusing on enabling individuals to develop their strengths and establish long lasting connections to their interests, communities, and a network of wellbeing, care, and support services.

Working together with Slough Borough Council's 'Front Door Hub' and the discharge teams at Wexham Park Hospital, our Community Connectors, through Slough CVS, will draw on their extensive experience and knowledge of the voluntary and community sector and will assist residents, patients, and carers in identifying a variety of community activities and services to improve their health and overall wellbeing.

Slough is full of exceptional community groups and voluntary organisations, each offering unique activities, advice, and services. Our Wellbeing for Slough Community Directory is an online portal to these resources, while our Community Connectors serve as a vital 'bridge,' guiding and directing residents towards practical and relevant support. Whether you're seeking guidance or coordinating assistance, our Connectors can help.

The service is available for everyone.

If you believe that someone - a client, friend, a family member, or yourself could benefit from learning about the resources available in Slough to



improve their health and wellbeing, please do get in touch with our Community Connector Team.

We're just a call or an email away!

T: 01753 251387

E: communityconnectors@sloughcvs.org.uk

W: www.sloughcvs.org/community-connectors/

See page 6 for details on Slough Community Directory.

#OneSlough

www.slough.gov.uk
Slough
 Borough Council

TRAINING, SKILLS, EMPLOYMENT AND CAREERS

Help and Support

Here are a number of organisations and groups providing training and support to upskill and empower residents into employment and improve financial independence.



Work & Health Programme
FEDCAP Employment

Are you currently OUT OF WORK?

Our **Work & Health Programme - Pioneer** service will help you move into work quickly, so you can live the life you choose.

We'll get to know your strengths, aspirations and together, we'll help you find the right job.

- Apply for jobs straight away
- Connect with employers in your local community
- Specialist help to overcome any challenges

Travel costs reimbursed

FedcapEmployment



Build confidence and skills...
Our wraparound support will help you overcome anything you feel is holding you back. It could be...

- Upskill through work trials and work tasters
- Training, skills and vocational qualifications (including digital support)
- Confidence, health and wellbeing

Help with: **CV & INTERVIEWS** **DIGITAL** **FEELING GOOD** **WORKWEAR** **ANXIETY** **JOB SEARCH** **HOUSING**

Your new job...
Once you've started work, we'll help you settle and progress in your new role, and stay in regular contact.

Check if Pioneer is right for you...
To find out more or for a friendly, no-obligation chat.
fedcapemployment.org/workandhealthpioneer

Pioneer is a **voluntary programme** available in **Slough** and **Reading**.
Joining WHP - Pioneer is subject to eligibility checks which our friendly local team will assist you fully with.

#NoOneLeftBehind

Seetec PLUS

In partnership with Department for Work & Pensions

Volunteering - it's good for you!

Volunteering is a great way to help your community and it can be an extremely rewarding, fulfilling and enjoyable experience for you too. Volunteering knows no barriers, no matter what cultural or social background you come from or whether you have a disability, if you can spare a few hours, there's an opportunity for you.

You can bring your skills to help others and also learn some new ones along the way. Here are a few examples:

- Helping young children learn to read.
- Chatting to isolated residents.
- Gardening at a local park.
- Stewarding community events.
- Admin and marketing roles, from home.

One Slough would love to hear from you, their team has an ever-expanding list of volunteer opportunities. Please register your details at www.oneslough.org.uk/oneslough-volunteer-sign-up/

When you sign up to volunteer you will receive a bi-monthly e-newsletter with volunteering opportunities and news.



Register at www.oneslough.org.uk

VOLUNTEERS NEEDED!

Do you have time to spare during your week? Would you like to support a cause you're passionate about or learn new skills?

If so, volunteering is for you!

Volunteer as little or as much time as you choose, use your existing skills or learn something new.

Contact us today and we'll help you get started on your volunteering journey!

volunteering@sloughcvcs.org.uk

Reasons to volunteer

- Get out and meet people
- Get some exercise
- Learn something new
- Help others
- It's great for your wellbeing!

#OneSlough

GP

TRAINING, SKILLS, EMPLOYMENT AND CAREERS

Help and Support

Multiply Course

Slough Borough Council has been awarded a grant which is part of a wider Government skills initiative. Multiply is a multi-million-pound national Government investment that forms part of the UK Shared Prosperity Fund. The funding is aimed at adults (19+) who have not already achieved a formal level 2 in maths (GCSE grade 4/C or equivalent.)

The emphasis of the funding is on changing attitudes towards maths using a variety of learning opportunities that will develop confidence in maths, improve life skills, develop employment progression, create opportunities and help parents and carers to support their children's learning.

For more information on courses visit www.langley.ac.uk/multiply-courses

For information, advice and support available with the rise in cost of living, benefit support and low-cost health and social activities across Slough, please scan this QR code.



SCAN ME

Funded by UK Government

FREE RECIPE BOOK WITH OVER 75 RECIPES!

FREE
2.5 hour
Cooking course

Plan and cook healthy main meals and desserts on a budget!

MAIN MEALS:
4TH OCTOBER 9:30AM-12:00PM
1ST NOVEMBER 9:30AM-12:00PM

DESSERTS:
11TH OCTOBER 9:30AM-12:00PM
8TH NOVEMBER 9:30AM-12:00PM

LANGLEY COLLEGE Slough Borough Council UNLOCK YOUR POTENTIAL SKILLS FOR LIFE MULTIPLY

Funded by UK Government

FREE
PREP UP TO
FUNCTIONAL
SKILLS COURSE

Learn practical & useful maths skills used in daily life!

START DATE:
31ST OCTOBER-12TH
DECEMBER
9:30-11:30AM

LANGLEY COLLEGE Slough Borough Council UNLOCK YOUR POTENTIAL SKILLS FOR LIFE MULTIPLY

Funded by UK Government

FREE
2 hour course
& resource pack

Help Your Child With Maths Homework KS1 & 2

AVAILABLE DATES:
22nd SEPTEMBER 9.30AM-11:30AM KS1 12.00PM - 2.00PM KS2
13th OCTOBER 9.30AM-11:30AM KS1 12.00PM - 2.00PM KS2
10th NOVEMBER 9.30AM-11:30AM KS1 12.00PM - 2.00PM KS2
24th NOVEMBER 9.30AM-11:30AM KS1 12.00PM - 2.00PM KS2

LANGLEY COLLEGE Slough Borough Council UNLOCK YOUR POTENTIAL SKILLS FOR LIFE MULTIPLY

Multiply Cooking on a budget - Main Meals

With the cost of living rising, these free 2 and half hour courses will support you to plan and cook family meals & desserts on a budget! You will be provided with ingredients to cook a healthy nutritious meal for your family. The session will also cover menu planning and cost saving ideas.

LANGLEY COLLEGE, Station Road, Langley SL38BY

To register: Scan the QR code now to apply! Please email all enquiries to multiply@windsor-forest.ac.uk or call 01753793416

Multiply - Prep up to Functional Skills

Boosting your maths skills can help you unlock more job opportunities, lead to higher wages or prepare you for further study. It also benefits you in everyday life, such as helping children with homework or making sure your household bills and budget add up. This Free 6 week course will give you the confidence to sign up for a FS qualification at the appropriate level.

LIMITED AVAILABILITY

LANGLEY COLLEGE, Station Road, Langley SL38BY

To register: Scan the QR code now to apply! Please email all enquiries to multiply@windsor-forest.ac.uk or call 01753793416

Help your child with maths homework KS1 & 2

This practical course is designed for parents of primary aged children to give an overview of how Maths is taught at school. You will receive free resources and visual aids to take away to use with your child. The course will also signpost parents to further resources.

LIMITED AVAILABILITY

LANGLEY COLLEGE, Station Road, Langley SL38BY

To register: Scan the QR code now to apply! Please email all enquiries to multiply@windsor-forest.ac.uk or call 01753793416

TRAINING, SKILLS, EMPLOYMENT AND CAREERS

Help and Support

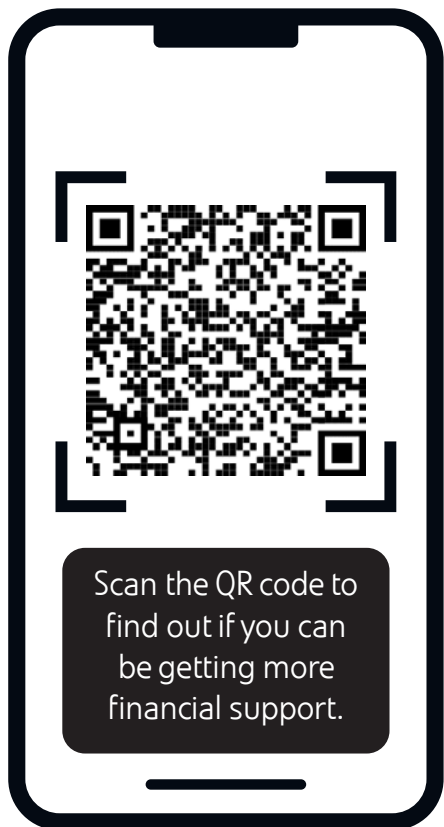
Ways Into Work: Ability Slough

Ability Slough is a fantastic new project providing support for people with disabilities and long-term health conditions to gain and maintain paid employment. Ways into Work are working with Slough Borough Council to support local residents.

If you have a disability or long-term health condition and are struggling to gain or maintain employment, we can help!

We work with you to understand what you like to do and match your skills, experience and aspirations to job roles in the local area. We also work with lots of employers and are always making new relationships, which helps to get you into work as soon as possible. Once you get a job, we provide support to help you keep it at your place of work.

You, or someone on your behalf, can make a referral on www.waysintowork.com/job-seekers



Ability Slough Slough working with waysintowork

Changing lives one job at a time

Ability Slough is a fantastic new project providing support for people with disabilities and long term health conditions to gain and maintain paid employment.

If you have a disability or long term health condition and are struggling to gain or maintain employment, [we can help!](#)

We provide supported employment services in Slough. We work with you to understand what you like to do and match your skills, experience and aspirations to job roles in the local area.

We also work with lots of employers and are always making new relationships, which helps in our aim to get you into work as soon as possible.

Once you get a job, [we provide support to help you keep it](#) at your place of work.

www.waysintowork.com
info@waysintowork.com | 0300 561 0010

Support for your journey to employment

Along the way we will complete a **Vocational Profile** to get to know you well and put together a **Development Plan** mapping out steps needed to move you closer to employment. We may support you in the following ways, where relevant:

- Good quality, time limited work experience to build skills
- Support writing CVs and completing application forms
- Supported internships, apprenticeships and traineeships
- Applying for jobs, support at interviews, pre-employment checks and travel training
- In-work support for you and your employer including help with reasonable adjustments, workplace assessments and compulsory training
- Signposting to other support, such as benefits advice, relevant training or Access to Work funding.

Alternatively, if you are **already in work** and have a disability or long term health condition and are struggling to manage with the demands of your role or you feel your employer is not treating you fairly, we can provide you and your employer with **support in your workplace**.

To find out more about how we work with Job Seekers visit www.waysintowork.com/job-seekers and go to our Referrals page to see if you are eligible for our support.

East Berkshire Community Learning and Skills Service

Adult Learning Courses

- English
- ESOL (English for speakers of other languages)
- Digital skills
- Maths
- Employability
- Health and Wellbeing



- IT and computing skills for everyday life
- Learn skills for work
- Short and flexible courses

LL-6896/11-07-23



learn | enjoy | improve

ESFA terms and conditions apply.



TRAINING, SKILLS, EMPLOYMENT AND CAREERS

Help and Support

BRIGHT FUTURES START IN EARLY YEARS

Thinking about childminding as a career?

Want to learn more about becoming a childminder in Slough? Why not join us at one of our information sessions to discover what childminders do, the different pathways to registration and developing a rewarding career working and caring for children.



Face-to-face:

- Chalvey Grove Children's Centre:
Friday 22 September 9.15-10.45am
- Romsey Close Children's Centre:
Friday 6 October 1.30-3pm
- Penn Road Children's Centre:
Monday 6 November 1.30-3pm

Online sessions on Teams:

- Tuesday 26 September, 7-8.30pm
- Monday 30 October, 7-8.30pm
- Thursday 23 November, 7-8.30pm
- Monday 4 December, 1-2.30pm

We are unable to accommodate children at the face-to-face sessions, so please join one of the online sessions.

Ask us a question:

Email: earlyyears@slough.gov.uk
Tel: 01753 476589

www.slough.gov.uk
Slough
Borough Council

Some frequently asked questions

I live in a flat and don't have access to a garden or any outside space. Can I still Childmind?

You can register as a childminder if you live in a flat. If you have no access to an outside play area, you will need to ensure you plan for and take children outdoors for activities daily, such as to the local park.

I don't drive and rely on public transport. Can I take children out on trips?

Taking children out on trips using public transport offers unique learning opportunities for children to experience. You will need to obtain parent/carer written consent, to do so.

I live in a rented property; can I still register as a Childminder?

You can register as a childminder if you live in rented accommodation, however you will need to seek the consent of your Landlord or Lettings Agent to run a business from the premises.

Can I register as a childminder but continue with my main employment?

If you have time within your working

week and are looking to take on some additional part-time work, Childminding offers an opportunity for flexible working and therefore can fit in around other work commitments.

I'm only interested in looking after older children. Can I still register as a childminder or is it just for those wishing to care for younger children?

When registering you can choose which ages and registers you wish to join. If you only wish to care for older children, you can register on the Childcare Register.

How much does it cost to register as a childminder and to set up my childminding business?

The typical cost for setting up your childminding business is around £600, but costs can vary depending on individual circumstances. Once you are registered as a childminder, you can apply for a Government grant of £600 if you registered with Ofsted or £1,200 if you choose to register with a Childminder Agency.

UK Government

Help for Households

Balancing childcare and work?

There is now even more **support** for you with **Universal Credit**.

Eligibility criteria apply.



Check what help is available at:

childcarechoices.gov.uk

Childcare
Choices



Parent and Child Groups

Do you have a baby or young child at home?

Do you want to get out of the house and meet other parents?

Why not come along to our parent and child groups with your little one to play, learn and meet others.

We provide a friendly and safe environment where everyone is welcome!

Running at:

- Chalvey Grove Children's Centre, Chalvey Grove, SL1 2TE
Mondays at 1.30-3pm
Starting on 6 November
T: 01753 574387.
- Romsey Close Children's Centre, Romsey Close, SL3 8PE
Thursdays at 9.30-11am
Starting on 9 November
T: 01753 540797.

Please call the centres to book your place.

CC703026-1023



www.slough.gov.uk
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TRAINING, SKILLS, EMPLOYMENT AND CAREERS

Help and Support

Job Centre Plus

Jobcentre Plus has a range of recruitment services that can help you as an employer/jobseeker:

- recruiting agencies, including support with your vacancies
- help setting up work trials to give you the opportunity to try out potential recruits (www.gov.uk/jobcentre-plus-help-for-recruiters/work-trials)
- advice about offering work experience and apprenticeships, including using the sector-based work academy programme (www.gov.uk/jobcentre-plus-help-for-recruiters/work-experience-apprenticeships)
- support if you employ someone with a disability (Access to Work) (www.gov.uk/government/publications/access-to-work-guide-for-employers)
- advice and guidance on employing someone with a disability or health condition (www.gov.uk/government/collections/disability-confident-campaign)

- CV building and interview tips
- local jobs and exciting opportunities
- personalised provisions to support with your current needs.

You're entitled to free help and advice from a Jobcentre Plus adviser if you're unemployed and looking for work. Your Jobcentre Plus adviser can help you: look for a job vacancy most suited to your skills, write a CV and covering letter.

There are many other services and provisions offered by the Jobcentre Plus. Once you have a claim, your work-coach can advise you on current opportunities and services.

Alternatively, for more information please be directed to Universal Credit: What you'll get - GOV.UK (www.gov.uk) and What is the Jobcentre Plus? (jobcentreguide.co.uk).

If you consider yourself a vulnerable person and are new to the jobcentre and would like to know more, please contact the helpline above.

Additionally, you may come into the Slough job centre to speak to an advisor and use the free customer computers in-order to create your claim.



ACTIVITIES

Social Groups
Adult Learning
Sports & Leisure
Arts & Creative
Wellbeing



Slough Community Directory



SERVICES

Warm Spaces
Volunteering
Info & Advice
GPs in Slough
Staying Healthy



www.wellbeingforslough.org.uk



MANAGING HOUSEHOLD BUDGETS

Advice and Support

Many of us are experiencing an increase in rent, bills and food costs. Here are some tips and suggestions if you are looking for ways to squeeze a bit more out of your income each month.

CAP Money Coaching Courses

Slough Baptist Church is working with Christians Against Poverty to run two Money Coaching Courses in Slough, starting in October. Money coaching is a free service designed to empower you with the knowledge, skills, tools and confidence to better manage your finances.

Everyone is welcome - from seasoned budgeting experts to those struggling to get to grips with their spending. It's backed by a range of financial experts, and it's 100% free.

The sessions will run weekly for two hours, over four weeks.

The courses started on:

- Monday 23 October at 10am at Slough Jobcentre, 2A Yew Tree Road SL1 2AQ
- Wednesday 25 October at 7pm at Slough Baptist Church, Windsor Road, SL1 2EJ

Book your free place, contact 07485 157796.

Find your nearest course and book online at: Capuk.org/trymoneycoaching



Household Support Fund

The Household Support Fund (HSF) grant of £2,355,383 is funded by the Department of Work and Pensions (DWP). It is available until 31 March 2024. We, the council, cannot commit to applications made once all the available funding has been allocated.

The grant helps families and vulnerable individuals who struggle to pay for basic living costs, such as:

- food
- energy
- water bills
- essential goods.

We provide a locally managed government grant to a wide range of low income households in our community:

- who are most in need of support, and
- to help with significant rising living costs and
- to those who may be going through exceptional hardship.

The HSF will be awarded at our discretion following an assessment of eligibility. Each case will be treated strictly on its individual merits. All those deemed eligible will be treated equally and fairly within the constraints with the HSF budget.

We will make sure any award given is used for the purpose it was applied for. Most of the award will be given in goods or services by online vouchers only.

W: www.slough.gov.uk/hsf

** If you have already applied in April - September, you can apply for a second time.

Cost of living advice

Guidance on getting extra payments to help with the cost of living if you're entitled to certain benefits or tax credits.

www.gov.uk/guidance/cost-of-living-payment
[Cost of living - BBC News](#)

Debt and welfare

Slough Borough Council's debt and welfare team provides advice and support for people, including information on those struggling with council tax payments, as well as advice and guidance on welfare benefits and financial hardship funds.

W: www.slough.gov.uk/benefits-support

E: incomeboost@slough.gov.uk

T: 01753 475111

Berkshire NHS Wellbeing Service workshops

Berkshire NHS Wellbeing Service run a series of online workshops covering topics such as: motivation, resilience, housing and cost-of-living. The aim of the cost-of-living workshop is to reassure participants that there is financial support available in the form of government schemes, grants and support from charitable organisations.

T: 0300 365 2000

W: www.berkshirehealthcare.nhs.uk/wellbeing-service

E: BHFTIAPTWellbeingService@berkshirenhs.uk

FOOD SUPPORT

List of food services and support in Slough

Free/low-cost food, including meals and refreshments, plus Warm Spaces in Slough as of September 2023.

For more information about groups and organisations in Slough supporting residents please visit the Slough Community Directory [Slough](#)

[Community Directory - Activities and services to keep Slough residents fit and healthy \(sloughhealth.org\)](#)

More help and advice on the cost of living can be found in the Cost of Living Resource Pack [Benefits and support - Slough Borough Council](#)

Note: See Signposting Support on pages 10-11 for contact details of organisations listed

Day	Provider	Address	When	Notes
M O N D A Y	AJ Café Warm Space	Britwell Hub, Wentworth Avenue, Slough, SL2 2DS	9am-12noon	Share a warm space and enjoy a hot drink and chat. Free WiFi, volunteering and training opportunities. All welcome.
	Church of God of Prophecy Warm Space	5 Ansculf Road, Slough, SL2 2DF	9.30am-2pm	Free hot drink and refreshments for residents and supermarket surplus food to pick up when available.
	Slough Foodbank Distribution point - voucher needed	Slough Baptist Church, Windsor Road, Slough, SL1 2EJ	12noon-2pm	Voucher needed from referral agency only.
	Food Bank at Faizan E Madinah	27 Cheviot Road, Slough, SL2 8LA	11.30am-1.30pm	Tinned food, pasta and other foods available for pick up.
	Slough Outreach	High Street, Slough	7pm	For homeless, vulnerable and those in need of emergency food parcels and outreach support. Not suitable for children.
T U E S D A Y	St George's Church Food Distribution	St George's Church, Long Furlong Drive, Britwell, SL2 2LX	8.30-9.30am	Supermarket surplus food is available for collection. All welcome.
	Art Classes Group Warm Space	Observatory Shopping Centre, Slough, SL1 1LN	10am-12.30pm	Free art course for adults with tea and coffee. Term time only.
	Slough Outreach	High Street, Slough	7pm	For homeless, vulnerable and those in need of emergency food parcels and outreach support. Not suitable for children.
	Slough Community Support Café	St John's Church, Stoke Poges Lane, Slough, SL1 3LW	5-8pm	Enjoy a simple meal, chat over coffee, play games or read a newspaper. Family friendly. Free of charge. All ages welcome.
	Ujala Foundation Warm Space	Manor Park Pavilion, Villiers Road, Slough, SL2 1NP	10am-2pm	A Warm Space where you can enjoy a free hot drink and people to talk to. All are welcome.
	Slough Foodbank Distribution point - voucher needed	Langley Free Church, 100 Trelawney Avenue, Langley	10.30am-12.30pm	Voucher needed from referral agency only.
	Food Bank at Faizan E Madina	27 Cheviot Road, Slough, SL3 8LA	11.30am-1.30pm	Tinned food, pasta and other foods available for pick up.
	Edens Tree Pantry Pop-Up Stop	St John's Church, Stoke Poges Lane, Slough, SL1 3LW	10am-12noon	Pick up free fresh products and artisan food donations from local shops

FOOD SUPPORT

Day	Provider	Address	When	Notes
WEDNESDAY	Church of God of Prophecy Warm Space	5 Ansculf Road, Slough, SL2 2DF	9.30am-2pm	Free hot drink and refreshments for residents and supermarket surplus food to pick up when available.
	Salvation Army Warm Space	53 Stoke Road, Slough, SL2 5BW	10am-12noon	Warm Space with refreshments, food, clothing and showers. Homeless/vulnerable.
	Cippenham Royal British Legion Warm Space	Cippenham Royal British Legion, Brook Path, Slough, SL1 5EJ	11am-3pm	A Warm Space offering free hot drinks and biscuits. Television and books available to enjoy. All are welcome.
	Art Classes Group Warm Space	Observatory Shopping Centre, Slough, SL1 1LN	11.30am-1pm	A Warm Space offering free embroidery classes and hot drinks for women. Term time only.
	Cippenham Carers Warm Space	Cippenham Baptist Church, Elmshott Lane, Slough, SL1 5QS	Every 3rd Wed of the month 1-3pm	Open to carers and relatives on the third Wednesday of the month. Refreshments and talks, plus the chance to meet other carers.
	Slough Foodbank Distribution point - voucher only	St Andrew's Church, Washington Drive, Cippenham, Slough, SL1 5RE	11am-1pm	Voucher needed from referral agency only.
	Slough Outreach	High Street, Slough	7pm	For homeless, vulnerable and those in need of emergency food parcels and outreach support. Not suitable for children.
THURSDAY	St George's Church Food Distribution	St George's Church, Long Furlong Drive, Britwell, SL2 2LX	8.30-9.30am	Supermarket surplus food is available for collection.
	Ujala Foundation Warm Space	Manor Park Pavilion, Villiers Road, Slough, SL2 1NP	12noon-2pm	A Warm Space where you can enjoy a free hot drink and people to talk to. All are welcome.
	Slough Community Support Café	St Andrew's Methodist Church, 2 Merton Road, Slough, SL1 1QW	3.30-8.30pm	Enjoy a simple meal, chat over coffee, play games or read a newspaper. Family friendly. Free of charge. All ages welcome.
	Slough Foodbank Distribution point - voucher only	Slough Baptist Church, Windsor Road, Slough, SL1 2EJ	11am-2pm	Voucher needed from referral agency only.
	Food Bank at Faizan E Madina	27 Cheviot Road, Slough, SL3 8LA	11.30am-1.30pm	Tinned food, pasta and other foods available for pick up.
	Slough Outreach	Stoke Road, Slough	7pm	For homeless, vulnerable and those in need of emergency food parcels and outreach support. Not suitable for children.
	Edens Tree Food Pantry	Slough Jamia Masjid & Islamic Centre, 83 Stoke Poges Lane, Slough, SL1 3NY	11am-1pm	Pick up free food redistributed from supermarkets
FRIDAY	Church of God of Prophecy Warm Space	5 Ansculf Road, Slough, SL2 2DF	9.30am-2pm	Free hot drink and refreshments for residents and supermarket surplus food to pick up when available.
	Salvation Army Warm Space	53 Stoke Road, Slough, SL2 5BW	10am-12noon	Warm Space with refreshments, food, clothing and showers. Homeless/vulnerable.
	Slough Foodbank Distribution point - voucher only	The Pavilion, Iver Heath Recreation Ground, Church Road, Iver, Bucks, SL0 0PN	10.30am-12noon	Voucher needed from referral agency only.
	Slough Outreach	High Street, Slough	7pm	For homeless, vulnerable and those in need of emergency food parcels and outreach support. Not suitable for children.
SAT	Church of God of Prophecy Warm Space	5 Ansculf Road, Slough, SL2 2DF	9.30am-2pm	Free hot drink and refreshments for residents and supermarket surplus food to pick up when available.
	Slough Foodbank Distribution point - voucher only	Britwell Community Centre, Long Furlong Drive Recreation Ground, Slough, SL2 2PH	10am-12noon	Voucher needed from referral agency only.
SUN	Slough Outreach	High Street, Slough	10am	For homeless, vulnerable and those in need of emergency food parcels and outreach support. Not suitable for children.
		Stoke Road, Slough	7pm	

KEY CONTACTS

Support on offer

There are a number of organisations offering support for residents, especially those who are vulnerable or struggling due to the rise in living costs.

Food

- **Slough Foodbank:** Provides three days' worth of nutritionally balanced, emergency food and support to local people referred to them in food poverty crisis. Referrals for vouchers can be made through GPs, social prescribers, children's centres and health visitors. To find out who is your local referral agency:

Call: 01753 550303

Email: office@slough.foodbank.org.uk

Visit: www.slough.foodbank.org.uk

- **Slough Community Support Café:** Will provide a community pantry and hot meal for residents including families offering somewhere for people to read the paper, meet others, signpost for other services, help children with homework all in a café-style setting. Places need to be booked. For updates follow Slough Community Support Café on Facebook.

- **Salvation Army:** Provides a Soup Kitchen on a Wednesday and a Sunday 7.15-8.30pm. A hot meal with drinks and snacks plus food to take away, and the chance for a shower and a change of clothes.

Located: Stoke Road

Call: 01753 525819

Visit: www.salvationarmy.org.uk/slough

- **SHOC:** Support for homeless people with food, crisis care, recovery and skills training. Open Mon-Fri 9.30am-1.30pm and Sat 11am-2pm.

Location: Quaker Meeting House, 74 Ragstone Road

Call: 01753 577747

Visit: https://sloughhomeless.org.uk/

- **Edens Tree Pantry:** This service redistributes food that is no longer available for purchase in supermarkets. See the Food List pages for distribution points.

Call: 07507 671668 for JMIC or

07821 775015 for St John's Church.

- **Not Just Save It Discount Store - Slough:** Coming soon - A foodshare discount store will be opening at the old Decathlon building at Westgate Retail Park, Bath Road by Connect Aid. Food, household products, furniture and much more will be available. Keep an eye out for opening details on their Facebook page www.facebook.com/saveitslough

Clothes

- **Baby Bank:** Provide newborn starter kits including essentials for mother and baby, clothing bundles for babies and children up to age 16 plus school uniform. Referrals via a health professional or with help from the team.

Email: info@thebabybank.org

Visit: www.thebabybank.org/

- **The Cow Shed:** Provides good-quality cleaned and ironed clothes and other essentials to those in need.

Call: 0118 934 5120

Email: info@thecowshed.org

Visit: www.thecowshed.org/

Furniture

- **Baby Bank:** Can help source beds for children.
Email: info@thebabybank.org
Visit: www.thebabybank.org/
- **London and Slough Run:** A charity supporting the homeless and residents in need. Access to furniture and goods for homeless and residents re-homing.
Email: community.development@slough.gov.uk
Visit: https://thelondonandsloughrun.org/

Fuel

- **Green Doctors:** Expert energy advisers who help south east residents save money, stay warm, and improve energy efficiency in the home. They are now offering prebooked home visits/phone consultations. During telephone consultation/home visit, the energy advisors will help residents to:
 - save money on energy bills and lower the cost of heating homes
 - get personalised advice on energy bills
 - access energy-saving devices
 - support accessing home improvement grants and schemes.

Freephone: 0300 365 3005

Email: greendoctorsldn@groundwork.org.uk

Visit: london.greendoctors.org.uk

- **Wellbeing at Home:** Slough CVS is working with volunteers to:
 - raise awareness of Carbon Monoxide safety in the home
 - promote the benefit of the Priority Service Register
 - provide cooking sessions in the community
 - help residents lower food costs and be safe in their homes.

Visit: [Wellbeing at Home - Slough CVS \(sloughcvcs.org/wellbeing-at-home/\)](https://sloughcvcs.org/wellbeing-at-home/)

Call: 07572118599

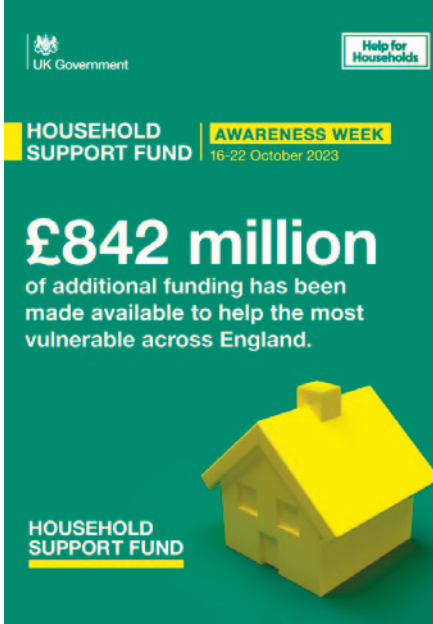
Email: wellbeingteam@sloughcvcs.org.uk



Keep an eye out for a Warm Space this winter and you will be welcomed into the warm

KEY CONTACTS

- Scottish and Southern Electric Network (SSEN):** SSEN have two services - one is the priority service register, and the other is Energy Advice service. Both aim to help residents with their energy bills.
Priority Service: www.ssen.co.uk/power-cuts-emergencies/priority-services/
Energy Advice: www.ssen.co.uk/power-cuts-emergencies/yes/
Freephone: 0800 294 3259
Textphone: 0800 316 5457
Visit: www.ssen.co.uk/power-cutsemergencies/priority-services/
- Connecting Communities Berkshire:** This project delivers:
 - drop-in advice sessions or talks to groups where families meet in Berkshire (such as in Children's Centres)
 - telephone advice and support through referrals from frontline workers supporting low-income families
 - training sessions for frontline workers supporting families on advice and support they can give.**Call:** 0778 961 2000
Email: admin@ccberks.org.uk
Visit: ccberks.org.uk/
- Other useful links**
 Not a full list, but some may help with directing to other areas of support.
 - One Slough Directory:** A one-stop shop with information on activities and groups in Slough
sloughhealth.org/
 - Department for Work & Pensions:**
www.gov.uk/check-benefits-financial-support
 - Slough Family Information Service:** Information, advice and support for families and young people
www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/home.pag
- Information on GP surgeries in Slough:**
eastberkshireccg.nhs.uk/local-services/gp-practices/our-gp-member-practices-primary-care-networks/slough
- Healthwatch Slough:** Independent champion for people who use health and social care services.
www.healthwatchslough.co.uk/
- Turning Point:** Supporting people with drug and alcohol issues
www.turning-point.co.uk/
- Home Start Slough:** Helping families with children under 5 with practical support.
hsslough.co.uk/
- New Horizons:** Community Mental Health Team - working with adults with complex and severe mental health difficulties and support for families. Berkshire Healthcare NHS Foundation Trust.
www.berkshirehealthcare.nhs.uk/our-sites/slough/new-horizons/
- East Berkshire Safe Haven:** Out-of-hours mental health support to anyone aged over 18.
www.mhm.org.uk/east-berkshire-haven
- Friends in Need:** A peer support group for people managing depression and anxiety.
www.bucksmind.org.uk/guide/friends-in-need/
- Healthier Together:** Advice for parents, young people and pregnant women.
frimley-healthiertogether.nhs.uk/
- Slough Outreach:** Provide hot meals, warm clothes and advocacy support to those struggling with homelessness and complex needs.
Call: 07832442424
Email: info@sloughoutreach.org
Visit: sloughoutreach.org/
- Citizen's Advice East Berkshire:** provides free, independent, impartial and confidential advice and support on issues such as benefits, work, debt and money, consumer's rights, relationships, housing and discrimination. They provide a freephone number and a local number and local residents are also able to email enquiries.
Freephone: 0808 1697766
Local line: 01753 981040
Email: advice.sl@caeb.org.uk
Website: caeb.org.uk/
- Slough Refugee Support:** A registered charity focusing on the needs of refugees and asylum seekers. They offer practical help as well as support and advice sessions. English classes are available and other projects such as football sessions.
Call: 01753 537142
Email: srsinfo@sloughrefugeesupport.org.uk
Website: www.sloughrefugeesupport.org.uk



UK Government Help for Households

HOUSEHOLD SUPPORT FUND **AWARENESS WEEK**
16-22 October 2023

£842 million
of additional funding has been made available to help the most vulnerable across England.

HOUSEHOLD SUPPORT FUND

SIGNPOSTING

Citizen's Advice Help to Claim

The Citizens Advice Help to Claim service can support you in the early stages of your Universal Credit claim, from the online application, through to support with your application before your first full payment.

It's a free, independent, confidential and impartial service provided by trained advisers from Citizens Advice. They can help with things like how to gather evidence for your application or how to prepare for your first Jobcentre appointment.

- Call us for free: 0800 144 8 444 (England) or 08000 241 220 (Wales)
- Chat to an adviser online: citizensadvice.org.uk/helpclaim

Do you need help applying for Universal Credit?

Help to Claim is a dedicated service from Citizens Advice. It's free, independent and confidential.

Chat to an adviser online at citizensadvice.org.uk/helpclaim



Call us for free: 0800 144 8 444 (England) or 0800 024 1 220 (Wales) 8am to 6pm, Monday to Friday.



Carers Rights Day 23 November 2023

Do you look after someone who can't manage without your help, due to an illness, disability or mental ill health?

If so then you will have rights as an informal carer.

Join us at our drop-in information event to find out what support you can get at Arbour Park Stadium on Thursday 23 November between 2-4pm.



We are working with our partners to make sure as an unpaid carer you know:

- your rights
- where to get information, help and support.

Light refreshments will be served, you can register for a carers discount card and connect with other carers.

Our partners will be there to offer help and information, including:

- ✓ Adult social care teams
- ✓ Voluntary sector support services
- ✓ Local carer support groups
- ✓ Cost of Living support
- ✓ Slough Memory clinic
- ✓ HealthWatch.

How to get there:

Arbour Park, Stoke Road, Slough SL2 5AY - ample free parking. Number 7 bus from Slough town centre runs every 20 minutes. Arbour Park Stadium is an accessible building.



Thank you

to everyone who contributed information for this issue of the Fighting the cost of living resource pack. If you have found this resource pack useful, have a suggestion to make it better or an idea for content for the next issue, we would love to hear from you.

For any queries and questions, please email community.development@slough.gov.uk

DISCLAIMER

Whilst every care has been taken in the compilation of this information, Slough Borough Council will not be held responsible for any loss, damage or inconvenience caused as a result of using the resource pack and of any inaccuracy or error within these pages.