



Cost of Living Special

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How and where to find support this winter

FOODBANKS and transport	
<p>Bere Peninsula Foodbank delivering food parcels to households on low incomes and in crisis in the Bere Peninsular</p> <p>Also includes a school uniform bank for new and good quality used school uniform items free of charge.</p>	<p>Operating times Monday – Thursday</p> <p>Ring or text 07927 220209</p> <p>Email: bpfb@gmail.com</p> <p>Or ring Rev Nick Law on 01822 840229 or by Personal Messaging via the 'Bere Alston and Peninsula General info' FACEBOOK page</p>
<p>Buckland Chapel Food Hub</p>	<p>A warm welcome and selection of food essentials. 10 am – 11 am Mondays, Wednesdays and Fridays. 01822 853078</p> <p>Email: bucklandchapeltrust@gmail.com</p> <p>https://www.bucklandchapeltrust.org</p>
<p>Chagford Eco-pantry and foodbank</p>	<p>Operating at back of St. Michael the Archangel Church and in reception area of the Primary School.</p> <p>Email Rev. Paul Seaton-Burn at whiddonparishes@hotmail.com</p>
<p>Devon County Council - free supermarket school meal vouchers for those eligible during Christmas and Easter half-term holidays</p>	<p>For those eligible who have not yet received their vouchers, email freeschoolmeals@devon.gov.uk or call DCC's education helpline on 0345 155 1019.</p> <p>For those whose income has recently reduced or stopped, please apply via DCC's Devon Citizens Portal to check eligibility or ring 0345 155 1019.</p>
<p>Horrabridge and Yelverton local soup runs (via Horrabridge Love your Neighbour and Dartmoor Bakery's Pay it Forward scheme)</p>	<p>Deliveries of Christmas dinners on Friday 23 December; provision of meals of hot soup and fresh rolls to those in need. Contact Ali Mansfield at ali@tmc.me.uk or at horrabridgelyn@gmail.com.</p>



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<p>North Tawton Merry Go Round Shop Community fridge and larder</p>	<p>Open to all. Mon - Fri 9am - 5pm Sat 10am - 1pm (N.B. 23 Dec to 4 Jan)</p>
<p>Okehampton Foodbank offering food packs to local people in and around Okehampton. Food can only be accessed with a valid foodbank voucher issued by a local agency like the Citizens' Advice or health visitors</p>	<p>Email: okefoodbank@gmail.com</p> <p>Facebook page</p> <p>07707 565612</p>
<p>Okehampton Fridge (in Ockment Community Centre foyer)</p>	<p>Self-service of food items including some fresh food. Please take what you can use. Available 9 am – 5 pm Monday – Friday.</p>
<p>Okehampton Community Kitchen (East Street, Okehampton)</p>	<p>Okehampton Community Kitchen on Facebook</p>
<p>Okehampton District Community Transport Group provides ring and ride buses. Service for all ages but particularly for the elderly and those rurally isolated.</p>	<p>Tel: 01837 55000 8.30am-4.00pm Out of hours/emergencies: 07485 525577</p> <p>sue.odctg@btinternet.com www.odctg.co.uk</p>
<p>Okehampton Work Club (in Ockment Community Centre)</p>	<p>Offering help to find work. Open 9.30 am – 12.30 pm Wednesdays and Fridays.</p> <p>Email: ockmentworkclub@gmail.com</p>
<p>Princetown Food Hub (run by Feeding Devon)</p>	<p>Fill a bag of food for £5 per week (or £10 for 2 bags for families) at Methodist Chapel Hall, Wednesdays 11am-12pm. All welcome, free hot drinks and snacks available. 07880 870 239</p> <p>Email: princetownfeedingdevon@gmail.com.</p> <p>On Facebook.</p>
<p>Tavistock Community Fridge (in Tavistock Library foyer)</p>	<p>Self-service of up to 5 food items or portions, including some fresh food. During Library's opening hours, included special winter afternoon opening.</p>
<p>Tavistock Foodbank offering emergency food packs to local people in and around the Tavistock area. Food can only</p>	<p>Tel: 07941 436149</p> <p>Email: info@tavistock.foodbank.org.uk</p> <p>www.tavistock.foodbank.org.uk</p> <p>Facebook page</p>



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be accessed with a valid foodbank voucher issued by a local agency.	
Tavistock Food Hub (a partnership between Feeding Devon and Redeeming Our Communities)	Wednesday mornings 11 am – 12.30 pm at Kings Church, Pixon Lane. A bag full of all kinds of surplus food can be bought for a donation of £5. Everyone is welcome. Free café available for a friendly cup of coffee and a chat. On Facebook: https://www.facebook.com/tavistockfoodhub
(Tavistock) Devon and Cornwall Food Action with Red & Black Club and Tavi Helps	Food boxes (enough to feed a small family for 1 week for £17) – collect from Red & Black Club, Wed and Sat 11 am-12 noon; these can be delivered. Saturday Surplus Foodstore – fill a carrier bag with food for £5, 11 am – 12 noon at the Red & Black Club. Contact Graham Parker at graham.parker@dcfa.org.uk or ring 07545 075942
WARM SPACES	
Immersion in the Community CIC (in Okehampton Arcade)	Virtual Reality Centre with range of games and virtual escape rooms. Offering warm space and free hot meal. Mon-Fri 3-9pm, Sat 11am-8pm, Sun 11am-7pm Email: immersionokehampton@gmail.com On Facebook.
London Inn, Okehampton	Open to all with free hot drinks during usual opening hours.
Ockment Centre, Okehampton	Wednesdays 1 – 5 pm with free hot drinks and soups/stews; toys, games, puzzles and reading material provided.
Okehampton Library	The “Libraries for Life” campaign offers warm spaces to sit and read as well as their full and varied Library services for all ages. 01837 52805 and 01392 301017 www.devonlibraries.org.uk/web/arena/okehamptonlibrary



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Okehampton Learn Devon	The Learn Devon centre (next to the Library) offers a “Warm Hub” on Mondays for people to come and sit and be warm.
Tavistock Area Christians Together (TACT) Free, warm and welcoming.	Monday - St Eustachius Church in the parish rooms 10am - 2pm with a hot meal. Tuesday - Catholic Church in lounge/meeting room 10.30 - 12.30. Refreshments and crafts available. Wednesday - Kings 11 - 12.30 with a cafe. Thursday – Tavistock Methodist Church upper hall 9am to 12 with refreshments. Friday – United Reformed Church Lower Deck Cafe 10 am – 2 pm Saturday – Abbey Chapel 10.30 am – 12.20 pm (starting 5.11.22) Further information from: deborah@tmc.me.uk
Tavistock Library	The “Libraries for Life” campaign offers warm spaces to make the most of the Library’s full and varied services and activities for all ages; also serves as point of useful information. Refreshments available with donations welcome. N.B. Wednesdays special winter opening 2 – 5.30 pm. Sale of pre-loved warm clothes. 01822 612218 tavistock.library@librariesunlimited.org.uk www.devonlibraries.org.uk
Walkhampton Village Hall	Offer of a warm hub in the Village Hall on Thursdays.
MONEY, DEBT & BENEFITS ADVICE	
Transitions run by the Wisermoney partnership. Free, confidential money and debt advice in rural Torridge and West Devon for those that cannot access mainstream advice services. Offering home visits and phone support. Funded by the	www.navigatecharity.org.uk/make-a-referral/ Email: wisermoney@navigatecharity.org.uk Tel: 01823 299050 8.30am to 4.30pm office Mon to Fri



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National Lottery's Community Fund. Also run money and budgeting courses called 'Navigate the Money Maze'	
AGE UK Help and advice for older people	www.ageuk.org.uk enquiry form online 0800 055 6112 8am-7pm
Benefit and grant calculator	www.turn2us.org.uk
Christians Against Poverty (CAP) Courses and advice on money and budgeting	New Life Church, Okehampton capnewlife@gmail.com 07843924986
Citizen's Advice Free and confidential advice and information regarding benefits applications, disability applications, money, debt and consumer plus free budgeting advice for those on Universal Credit. Okehampton: Ockment Centre, EX20 1AR. Tavistock: Abbey Surgery, Plymouth Rd, PL19 8BU. Help to claim Universal Credit Citizens Advice can provide initial assessment and guidance for Universal Credit claims at their local offices (see above) during opening hours.	www.ruraldevoncab.org.uk Tel: 08082 787999 9.30 to 4pm Mon to Fri telephone service at both offices Okehampton Tues, Thurs 10-3pm Tavistock Mon, Fri 10-2pm https://www.cabdevon.org.uk/advice https://ruraldevoncab.org.uk/our-services/ www.citizensadvice.org.uk/helptoclaim/#h-our-help-to-claim-service Helpline: Tel: 0800 144 8444 Advisers are available 8am to 6pm, Monday to Friday. Chat on line: https://www.citizensadvice.org.uk/aboutus/contact-us/contact-us/web-chat-service/ Monday to Friday 10am to 4pm
DATA offering free debt advice to people living in Tavistock and the surrounding areas through home visits and phone support. Supported by Tavistock Area Christians Together.	www.datavistock.org.uk enquiry@datavistock.org.uk 07955 728721

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<p>The Farming Community Network supports farmers and families through difficult times.</p>	<p>Helpline: 03000 111 999 General: 01788 510866 www.fcn.org.uk help@fcn.org.uk</p>
<p>Government Help with applying for Attendance Allowance Help with applying for Pension Credit new claim Help with applying for Universal Credit Personal Independence Payment new claim If you do not have help and are vulnerable you can ask for the DWP Visiting Team to visit you at home.</p>	<p>www.gov.uk Attendance Allowance help line 0800 731 0122 Pension Service help line 0800 7310469 Universal Credit 0800 328 5644 PIP 0800 121 4433</p>
<p>Help to Save is a type of savings account. It allows those entitled to Working Tax Credit and receiving Child Tax Credit or receiving Universal Credit and your household earned £617.73 or more from paid work in your last monthly assessment period. The saving account offers a 50p bonus for every £1 saved over 4 years.</p>	<p>https://www.gov.uk/get-help-savings-low-income Follow link above for more information and to apply. Help to Save is backed by the government so all savings in the scheme are secure.</p>
<p>Housing information about how your Local Authority can help if you are in housing crisis.</p>	<p>www.westdevon.gov.uk/Housingadvice Tel: 01822 813600</p>
<p>Independent Age Help and advice for older people offering impartial advice and information, including free guides you can order and are posted to you free of charge. Campaigns for better and fairer services for older people.</p>	<p>www.independentage.org Free advice line 0800 319 6789 Mon – Fri 8.30am – 6.30pm Sat 9am – 1pm advice@independentage.org</p>

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Learn Devon (Okehampton)	Offering financial support workshops for people to share concerns and tips and get advice about financial matters. Free Maths/English/Employability courses. www.learndevon.co.uk Tel: 07812 511799
Macmillan free and confidential advice for individuals and families who are affected by cancer and other life limiting conditions on their benefit entitlements.	National Macmillan Support Line 0808 808 00 00 or email contact form Open every day, 8am – 8pm www.macmillan.org.uk/cancer-information-and-support/get-help/financial-help/welfare-rightsadvice
Money and Pension Service formed in 2019 supported by the UK Government and combining the Money Advice Service, Pension Wise and Pension Advisory Service. Money Advice Service offering free guidance on all aspects of managing your income and expenditure	https://maps.org.uk/ www.moneyadviceservice.org.uk Tel: 0800 138 7777
National Debt Line offering information and advice	www.nationaldebtline.org 0808 808 4000
Pension Advisory Service provides free advice and help with tracing lost personal pensions	www.pensionsadvisoryservice.org.uk Tel: 0800 011 3797
Pension Wise free and impartial government guidance about your defined contribution pension options.	www.pensionwise.gov.uk/en Tel: 0800 138 3944
Perennial Advice & Support	Call free of charge and in complete confidence:



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For those individuals and families working or have worked in the horticulture industry. Housing, accommodation, disability, long-term illness, financial hardship, bereavement or the unique challenges that come with old age.	0800 093 8543 (Mon-Fri 8.30 am – 5.00pm) www.perennial.org.uk info@perennial.org.uk
Quids 4 Kids (CAB Devon) offers help to families in Devon with a child who has special needs, a long term illness or disability, with benefit ,tax credit claims & appeals. Also young people aged 16-21 with a special need or a disability.	www.cabdevon.org.uk/projects/quids-for-kids Tel: 0300 5000 404
RABI (Royal Agricultural Benevolent Institution) Offers help, advice & grants for individuals linked to farming.	www.rabi.org.uk info@rabi.org.uk Tel: 0808 2819490
Royal British Legion and SSAFA offers help, advice & grants to members of the armed services, veterans, reservists and their families.	www.britishlegion.org.uk online chat or 0808 802 8080 www.ssafa.org.uk email contact form or 0800 260 6767
Report a Loan Shark National team with 24hr phone line, email and online chat.	www.gov.uk/report-loan-shark www.stoploansharks.co.uk Tel: 0300 555 2222 or text 07860 022116
Report a scam Phone or visit the action fraud web site or contact Citizen’s advice.	www.actionfraud.police.uk or Tel: 0300 123 2040 www.citizensadvice.org.uk/scamsaction/ 0808 2505050 Mon to Friday 9am to 5pm
Stepchange debt charity offering debt advice online or over the telephone	www.stepchange.org 0800 138 1111
South West Water (SWW) provides help with dealing with water debts. Restart which offers a lower water bill based on your ability to pay.	www.southwestwater.co.uk South West Water Tel:0344 346 1010



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<p>A lower water tariff named WaterSure Plus for those using more water because of a medical condition or have three or more children under 19. WaterCare for those on a low income and receiving a means tested benefit. There is also Freshstart and Waterdirect. The Water Care Team are SWW advisors that can visit customers in their own home who would find completing the application forms difficult to advise on applying a lower tariff.</p>	<p>To be eligible for help you will have to have a water meter or have one fitted. This is free. If you can't have a water meter fitted ask about an assessed charge.</p> <p>watercareteam@southwestwater.co.uk</p> <p>Tel: 0344 346 1010</p>
<p>TASS (Tavistock Area Support Services) offering services to people 55 years+: community transport, befriending, outreach visits, advice, info & form filling; offer of small grants related to travel and medical/other equipment.</p>	<p>www.tasstavistock.org.uk online enquiry form</p> <p>Tel: 01822 616958</p>
<p>Tamar Energy Community offering a free home energy check and advice on improving your insulation and heating.</p>	<p>www.tamarenergycommunity.com</p> <p>Tel: 0800 233 5414</p> <p>hello@tamarenergycommunity.com</p>
<p>Warm Home Discount for those on a low income and in receipt of certain benefits. talk to your energy provider about this discount; £140 off your bill and check if you are on the best tariff.</p>	<p>To find out more visit</p> <p>www.gov.uk/the-warm-homediscount-scheme/</p>



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<p>Water Debt Gateway for SWW customers who are in debt or struggling to pay their water bill and would benefit from more specialist advice Plymouth Citizens' Advice Bureau offer a Restart help line service. You need your SWW customer reference number so the FreshStart team can get access to your water debt account.</p>	<p>https://citizensadviceplymouth.org.uk/water-debtgateway</p> <p>freshstart@plymouthcab.org</p> <p>Tel 01752 502699</p>
<p>West Devon Borough Council</p>	<p>For wide range of help and support with cost of living, go to: https://www.westdevon.gov.uk/support-directory Household Support Fund available for slow cookers, electric driers etc. with support of Tamar Energy Community. Sign up to cost of living advice e-bulletin: https://bit.ly/3SNNkeu</p>

FUNDING FOR INDIVIDUALS

BBC CHILDREN IN NEED EMERGENCY ESSENTIALS

<https://www.bbcchildreninneed.co.uk/grants/apply>

BRITISH GAS SUPPORT FUND (British Gas Customers only) <https://britishgasenergytrust.org.uk>

BRITISH GAS ENERGY TRUST (open to all) Help and support to households struggling with money and energy debt. <https://britishgasenergytrust.org.uk>

CAVELL NURSES TRUST help for nurses, midwives and healthcare assistants, both working and retired who are suffering personal or financial hardship. Telephone 01527 595 999 or go to <https://cavellnursestrust.org/help-and-advice>

COSARAF CHARITABLE FOUNDATION – HARDSHIP GRANTS Charitable and voluntary organisations, housing associations, schools and social services working directly on behalf of a family or individual in need can apply on their behalf. Applications are considered every 6 weeks. Further information from <https://www.cosaraf.org/apply-for-funding/hardship-grants>

EDF Customer Support Fund (UK) The EDF Customer Support Fund awards grants to vulnerable customer households. The Fund also offers grants to buy *essential energy efficient white goods* such as cookers, refrigerators, or washing machines. Applications can be submitted at any time. Go to <https://www.edfenergy.com/for-home/help-centre/faq/extra-support-when-you-need-it>



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E-On Next Energy Fund (UK) help for E.ON Next customers who are experiencing financial hardship and struggling. Applications are open to individual customers of E-On, application can be submitted at any time. Go to <https://www.eonnextenergyfund.com>

Friends of the Elderly - Grants for Older People (England & Wales) provide support for older people affected by loneliness and grants for those living on a **low income**. Applications can be submitted at any time. <https://www.fote.org.uk/our-charity-work/grants-2/>

GLASSPOOL CHARITY TRUST – grants to support people experiencing financial hardship – professionals need to apply on behalf of client. Further details from <https://www.glasspool.org.uk>

PERCY BILTON CHARITY – help for individual's in need who have a serious, long-term illness/disability or are over 65yrs and on a low income. Local Authority or NHS Support Workers may apply on behalf of clients. Details at <https://www.percy-bilton-charity.org>

FRIENDS OF THE ELDERLY – Grants for older people in need who are living on a low income and who have few savings. Applications must be made by a referral agent (register on-line). Details from <https://www.fote.org.uk>

Royal British Legion's Everyday Needs Grants Programme (UK) Grants of up to £2,400 are being made available to help UK Armed Forces veterans and their families who are struggling to pay their bills and/or afford everyday essentials such as kitchen appliances, clothes, and energy costs. The initiative will provide non-repayable emergency grants of up to £200 a month for up to twelve months. Applications can be made at any time. Further information from <https://www.britishlegion.org.uk/get-support/financial-and-employment-support/finance/grants/cost-of-living-grants>

WDBC HOUSEHOLD SUPPORT FUND – grants to provide rapid short term financial support to those who are struggling with food, energy and water bills. Applications can be made at any time. Go to <https://www.westdevon.gov.uk/household-support-fund>

SCOTTISH POWER HARDSHIP FUND (UK) Help for customers to get their energy payments under control. To qualify, individuals need to be in receipt of one of the following: Income Support, Job Seekers Allowance, Pension Credit, or Employment and Support Allowance. Further information from <https://community.scottishpower.co.uk/t5/Extra-Help/Hardship-Fund/ta-p/53>

FUNDING FOR GROUPS

ASDA FOUNDATION COST OF LIVING GRANTS Further information from <https://www.asdafoundation.org/how-to-apply> Closing Date 1st Feb 2023



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THE ASHLEY FAMILY FOUNDATION <https://www.ashleyfamilyfoundation.org.uk/how-to-apply-for-a-grant-from-the-ashley-family-foundation>

BENEFACT TRUST GRANTS – a range of grants for Christian charities and churches for community projects and buildings. Further information from <https://benefacttrust.co.uk/which-grant-is-for-me>

CLARE MILNE TRUST – grants for not-for-profit organisations supporting people living with disabilities in Devon and Cornwall. Grants assessed on a quarterly basis –next Deadline is 4 January. Further information from <https://www.claremilnetrust.com>

DEVON COMMUNITY FOUNDATION

- Community Grants for groups up to £2000
- Devon On Earth Grant – £2000-£5000 for community organisations/groups for projects that bring people together to reduce environmental damage and improve local areas in Devon. Deadline 31 January
- Food Fuel & More – (part of DCC Household Support Grant programme) grants of between £2000-£20,000 for organisations working with vulnerable households eg households with disabled people or those suffering ill health, homelessness, which has a direct impact on household income and the ability to meet food and energy bills. Deadline 28 February 2022 with all monies needing to be allocated by 31 March 2023.

Further information from <https://devoncf.com/how-to-apply>

DEVON COUNTY COUNCIL

- Connecting You Grants <https://www.traveldevon.info/accessibility/connecting-you>
- Growing Communities Fund – <https://www.devon.gov.uk/communities/growing-communities-fund>

THE FORE TRUST – grants of up to £30k over 3years available to smaller registered charities, CIC's and Community Benefit Societies to transform their impact by unlocking exponential growth

HENRY SMITH CHARITY GRANTS - The Henry Smith Charity has two grant streams available for charitable organisations.

- Improving Lives provides grants of £20,000-£60,000 over 3 years, to charitable organisations that help people in need when other sources of support have failed, are inappropriate, or are simply not available.
- Strengthening Communities – grants of between £20,000-£60,000 to support small charitable organisations working at grassroots level, to enable people who are excluded, vulnerable or facing hardship to access community based services

Applications can be submitted at any time. Further information from <https://www.henrysmithcharity.org.uk/explore-our-grants-and-apply/strengthening-communities-grants/strengthening-communities-overview/>

LITTLE LIVES UK: CHILDREN'S COMMUNITY SUPPORT PROGRAMME - grants of up to £2200 for a range of not for profit children's groups and organisations eg playgroups, sports classes to enable



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children to access fun activities <https://www.littlelives.org.uk/our-campaigns/childrens-community-support-programme> Deadline last day of each calendar month

LLOYDS BANK FOUNDATION: SPECIALIST PROGRAMME – grants of up to £75,000 over 3 years to support small, local specialist registered charities. For details go to www.lloydsbankfoundation.org.uk/funding/specialist-programme Deadline 3 March 2023

NATIONAL ALLOTMENT GARDENS TRUST - grants of between £250-£2000 for constituted Allotments and Community Garden projects – go to the website to download the application form www.nagtrust.co.uk Closing Date 1st Jan 2023

NATIONAL GARDEN SCHEME COMMUNITY AWARDS 2023 - grants of between £500-£5000 to help community gardening projects. Full details from <https://ngs.org.uk/who-we-are/community-garden-grants> Closing date 31 January 2023

NATIONAL GRID –COMMUNITY GRANT PROGRAMME –grants of up to £10,000 aimed at community organisations, not-for-profits and charities in areas where National Grid work is impacting on local people through their operations and site activities. Email nationalgrid@trustcsr.com or further details from <https://www.nationalgrid.com/responsibility/community/community-grant-programme>

UNIVERSAL MUSIC UK SOUND FOUNDATION INSTRUMENT & EQUIPMENT AWARDS – provision of grants of up to £1500 towards purchase of musical instruments and equipment for individuals in full time education and courses and training opportunities for music teachers in schools. Further information from <https://www.umuksoundfoundation.com/awards>. Closing Date 18 January 2023

THE VINCI UK FOUNDATION – one-off grants of between £3000-£22,000 available for innovative projects addressing social exclusion, especially around promoting access to employment, integration through housing, inclusive mobility and building better communities. OPENS 1st January closes 31 March 2023 <https://vinci-uk-foundation.co.uk/your-project>

WOLFSON FOUNDATION MAIN GRANTS PROGRAMME – capital grants for buildings and equipment for a broad range of organisations. Further information Email grants@wolfson.org.uk or go to <https://www.wolfson.org.uk/funding> Closing Date 5 January 2023 for Stage 1 applications