

Warm Spaces and Cost of Living Support in Sefton

seftoncvss.org.uk/warmspaces

sefton.gov.uk/costofliving

Information correct as of November 2022

Acknowledgements: Information for this document has been sourced from costoflivingbradford.co.uk



Sefton Warm Spaces Scheme

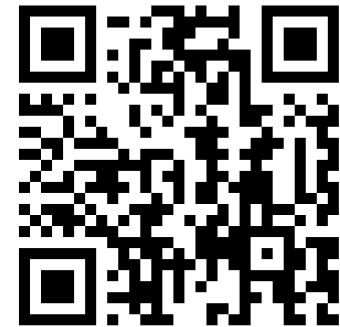
Working alongside voluntary, community and social enterprise organisations and in partnership with Sefton Council we have established a network of Warm Spaces across Sefton this winter. These include libraries, community centres, community hubs and other places offering a warm welcome and free to use for anyone struggling to heat their home.

All 'Warm Spaces' will be heated, safe and friendly places where you can comfortably spend time reading, studying or chatting with others. Our 'Enhanced hub' Warm Spaces, will also offer hot drinks and food, activities, and other services such as free Wi-Fi.

To ensure you always get a warm welcome and everyone is treated equally, with both dignity and respect our Warm Space venues will uphold the **Sefton Warm Space Charter**.

You can find out more information about opening times and those organisations providing Warm Spaces across Sefton by visiting our dedicated webpage: **www.seftoncvvs.org.uk/warmspaces**

Scan the QR code to find your nearest 'Warm Space' on our handy map of Sefton, including opening hours.



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Sefton Warm Spaces

a space for community
and warmth in Sefton



in partnership with

Sefton Council



Sefton CVS
Supporting Local Communities

Cost of Living Payment Schemes

The Government has a number of schemes available to help with the cost of living as prices increase. With support available (in most cases automatically), here is a breakdown of the current schemes;

What am I entitled to and when to expect the payment?

Who?	What?	When?
Everyone	£400 energy bill support scheme	From October, over 6 months
Under 66 in receipt of benefits	£325 cost of living payments	Second payment in Autumn
Aged 66+	£300 cost of living payments	November / December 2022
Disability benefit claimants	£150 cost of living payments	From September 2022

The payments listed above are all to be paid on top of existing benefits you are entitled to, and will not impact any other payments or taxes.

Scan the QR code for quick access to the GOV.UK website



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Warm Home Discount Scheme

If you are on a low income or pension credits, you could get £150 off your electricity bill for winter 2022 to 2023 under the Warm Home Discount Scheme, re-opening November 2022.

The scheme has undergone some changes and will now be used to help even more people in England and Wales.

The main changes include:

- Increasing the value to £150
- Continuing to provide *rebates to around one million low-income pensioners and creating a new list of households on low incomes (including housing benefit) with high energy costs to benefit from the scheme

*Rebates will be awarded automatically.

How you apply for the Warm Home Discount Scheme depends on how you qualify for the discount, you can out more information via the gov.uk website: **www.gov.uk/the-warm-home-discount-scheme**

Scan the QR code for quick access to the GOV.UK website



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Alternative Payment Arrangements

Are you facing financial issues that are affecting your ability to manage your money and/or in arrears with your rent?

Speak to the Department of Work and Pensions about what options are available to you.

Alternative Payment Arrangements are for those claimants who cannot manage their single monthly payment and there is a risk of financial harm to the claimant and/or their family.

The following Alternative Payment Arrangements are available to help people who need additional support:

- paying housing costs out of Universal Credit as a Managed Payment - direct to the landlord
- more frequent than monthly payments
- split payment of an award between partners

To find out more information visit: www.gov.uk

Scan the QR code for quick access to the GOV.UK website



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Energy Bill Help

If you are struggling with your energy bills, help is out there.

Most energy companies now have a fund to help anyone going through hardship, give your provider a call and see how they can help.

We all have to use energy in our homes. Whether that be heating or cooling your property, generating hot water or powering all your appliances and devices.

The Energy Saving Trust can provide more information, including tips for saving energy in the home and other financial support available where you live - visit www.energysavingtrust.org.uk

Ways to reduce your energy bill

01

Try out these quick and easy #EnergySavingHacks to start saving on your bills today.

02

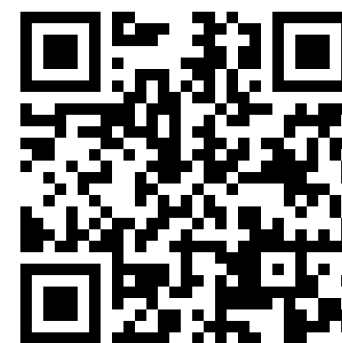
Installing insulation or draught-proofing will help reduce heat loss.

03

Find financial support available to help keep you warm for less.

Did you know?

British Gas provides grants for customers and non-customers to help with energy bills so even if you get your gas and electric elsewhere, you can still apply for help! Call 0121 348 7797 or Scan the QR code below



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Sefton Support Hub

The Sefton Support Hub is a digital One Stop Shop for residents to find help, advice and guidance, as well as financial and social support.

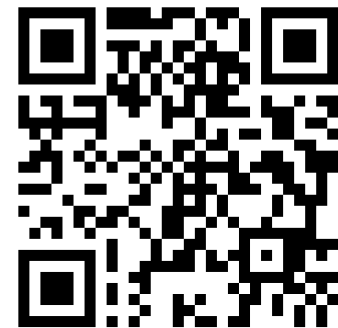
Sefton Council, along with its partners, continue to put communities, residents and businesses first. The Support Hub provides a useful guide to what support services may be available to you and how you may be able to access them.

From emergency financial support to COVID-19 advice and to tips and resources for living a healthier lifestyle, the Sefton Support Hub is here for you.

Visit **sefton.gov.uk** for more information or alternatively you can call Sefton Council's Contact Centre on **0345 140 0845** or book an appointment at one of Sefton's One Stop Shops.

Did you know?

ELAS (Emergency Limited Assistance) supports local residents who are experiencing severe hardship, a disaster or emergency. It is there to meet one-off needs. You can find out more at the link below or get in touch with us on 0151 934 3377, Monday to Friday, 9am to 4pm.



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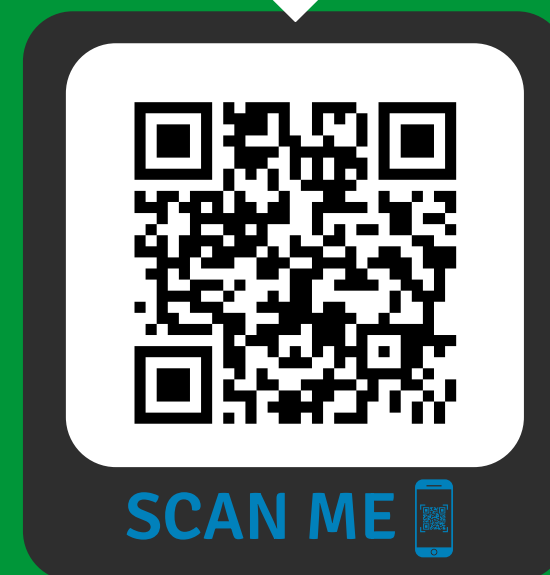
Sefton Council



Cost of Living Support

Sefton Council's Cost of Living Support page features quick links where Sefton residents can find advice and support to help them deal with rocketing gas and electricity bills and steeply rising prices in shops and for services. Visit sefton.gov.uk/costofliving

Scan the QR code for quick access to the Sefton Council Cost of Living Support webpage



You can [download Sefton Council's Cost of Living Factsheet here](#) for more information about support in the borough

Your NHS - Winter Wellbeing

To help you stay well this winter, NHS Cheshire and Merseyside have the **Winter Wellbeing online resource** with more information on self care, COVID-19, flu, primary care and mental health support. Visit **www.cheshireandmerseyside.nhs.uk/your-health/winter-wellbeing**

Health and care services come under even greater pressure during the winter months. Please play your part by ensuring you are vaccinated against COVID-19 and flu and by keeping as warm and as active as you can. **Simple Things Still Mean A Lot**, for more information visit **www.simplethings-nhs.com**



Wash hands



Sanitise surfaces



Cover face



Keep your distance

Helping you stay well this winter - for information on self-care, COVID-19, flu, primary care and mental health support scan the QR code below



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If you do need to access a health service, where possible please try calling NHS 111, your GP or high street pharmacy first.

NHS 111 Online can help too, visit **111.nhs.uk**



Cheshire and Merseyside

Foodbanks in Sefton

Foodbanks provide emergency food parcels for a limited period of time. Many need a referral. Across Sefton, there are foodbanks that can help if you can't afford the food, toiletries or household supplies you need.

Foodbanks in Southport

Visit southport.foodbank.org.uk to find your nearest or call 01704 264505 for more information.

Foodbanks in South Sefton

Visit southsefton.foodbank.org.uk to find your nearest or call 01519331300 for more information.



Food pantries - There are a numbers across Sefton. Food Pantries are different to Foodbanks in that they sell food at a reduced cost. This can help you to manage your budget and still be able to have healthy meals at home. Scan the QR code for more



Mental Health Support

One in four of us will experience mental health issues in our lifetime. If you are struggling, don't suffer in silence, access support in Sefton:

Find a service in South Sefton or Southport and Formby, visit www.merseycare.nhs.uk.

Talking Matters Sefton, a free, confidential service designed to help anyone aged over 16 in the South Sefton, Southport, and Formby areas to deal with common mental health difficulties. Call **0300 303 2708** or visit www.mhm.org.uk/talking-matters-sefton

Crisis Support

If you or someone you know are in immediate risk please call 999

For urgent mental health support for anyone aged 16+ in Sefton call NHS Mersey Care's 24/7 freephone helpline: 0800 145 6570

Alternatively contact Samaritans, here 24 hours a day, 365 days a year, on 116 123.

Did you know?

Sefton CVS's Mental Health Crisis Cafe's, based in Crosby and Southport, offer out of hour support for anyone experiencing a mental health crisis in Sefton.

They are open Fridays, Saturdays and Sundays from 5pm to 11pm. Please call 0300 323 0197 for more or scan the QR Code



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Safeguarding Support

Safeguarding is work that helps vulnerable adults and young people to keep their independence, wellbeing and choice and to live a life free from abuse, including neglect. It is important to understand that safeguarding is everyone's responsibility, including yours.

If you are concerned about the safety or welfare of a child in Sefton, or worried that an adult who has care and support needs is at risk of abuse or neglect, you can contact Sefton Council to report your concerns.

Reporting a Concern

For both Adults and Young People you can call **0345 140 0845 to report your concerns**. Phone lines are open Monday-Thursday 9am-5:30pm and Friday 9am-5pm.

For out of hours help, including weekends and bank holidays, contact the **Emergency Duty Team on 0151 934 3555**.

Remember in an emergency always dial 999

Are you a professional?
Scan the QR code for more
information on referrals for
Children and Young People



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Scan the QR code for more
information on Adult referrals



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Homeless Support in Sefton

Sefton Council has a range of services for Rough Sleepers that work across all parts of the borough to try and reduce the number of people sleeping rough in the borough.

If you have nowhere to stay or if it is unsafe for you to return home, or you will be homeless within the next 56 days (eight weeks), you should contact the Housing Options Team immediately.

You can

- email the team on housing.options@sefton.gov.uk
- call them on **0151 934 3541**.

Sefton Council's Health and Social Care Emergency Duty Team provide an out of hour's service. The service is for emergencies only. You can contact the Out of Hours service on 0151 934 3555.

Did you know?

You can use the StreetLink website to report your concerns about someone you have seen sleeping rough in your local area. Scan the QR code



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If you want to report an incidence of Rough Sleeping in Sefton please:

Phone the Rough Sleeper Outreach Team via Light for Life on 01704 501256 (or 0791 874 6042 out of hours). Alternatively you can E-mail housing.options@sefton.gov.uk and provide details of the location and any description of the person.

Heat the Human, not the Home

As we head towards colder winter months, and with energy costs likely to increase further, MoneySavers have shared their tips to 'heat the human, not the home' to cut down on energy costs. Here are some top tips:

01

Layer clothing to keep in the heat



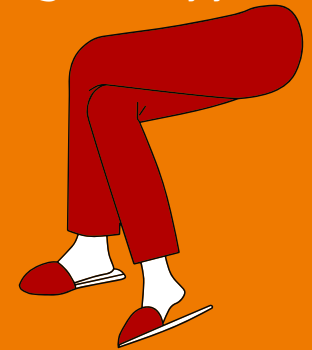
02

Eat regularly and try to have at least one hot meal a day



03

Keep your feet warm with rugs & slippers



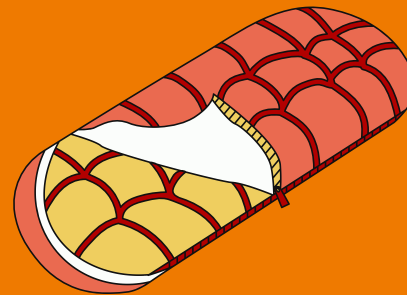
04

Put your feet up. Literally! The floor can be the coldest place in the house



05

Use a sleeping bag or blanket. Even better if you put a hot water bottle in the bottom



06

Walk or exercise to keep warm.



Heating the Human

Sometimes it may be more cost effective to heat the human, below we have selected a few of the examples and prices for multiple appliances listed on the Money Saving Expert website, visit moneysavingexpert.com/utilities

Appliance	Method	Cost to buy	Cost per hour	Cost per week
Microwaveable heat bag	Microwave for 60 seconds	£4.00	2p	90p
Hot water bottle	Boil water in kettle	£5.50	10p	£1.43
Reusable hand warmers	Boil in water on hob	£5 for a pair	Less than 1p	£1.96 gas hob £6.28 electric hob
Electric blanket	Plug into mains	£14.00	4p	£1.92

For guides and tools from the Money Saving Expert to help you get the best deals on your household bills and save money, scan the QR code



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Cost of Living Cooking Chart

Find out more information in the chart below about how much cooking appliances in your home cost to run and what is the cheapest ways to cook meals.

Appliance	Cost per day	Cost per week	Cost per month	Cost per year
Electric cooker	87p	£6.09	£26.38	£316.54
Dual fuel cooker (gas & electric)	72p	£5.08	£22	£264.03
Gas cooker	33p	£2.32	£10.07	£120.83
Slow cooker	16p	£1.15	£4.98	£59.76
Air fryer	14p	£1.01	£4.40	£52.74
Microwave	8p	58p	£2.50	£30.02

Feed the Family

Feeding the family doesn't have to break the bank. Here's a couple of quick and easy recipes that you can do on a *budget.

Spaghetti Carbonara

Spaghetti	28p
Ham	79p
Cheese	£1.99
Pasta Sauce	65p
Garlic baguette	79p

£4.50, serves 4-6 people

Boil the spaghetti, then drain and add chopped ham. Stir in some cheese and pasta sauce. Cook the baguette, and serve!

Vegetable Curry

Onion	49p
Courgette	62p
Mushrooms	89p
Red pepper	42p
Cauliflower	89p
Curry sauce (jar)	79p
Rice	45p

£4.55, serves 4 people

Chop all vegetables, fry the onion then add the other vegetables in. Mix in your curry sauce and 400ml water, and simmer for 30 minutes. Serve with rice.

*All ingredients priced at Aldi. November 2022



Here For You Directory

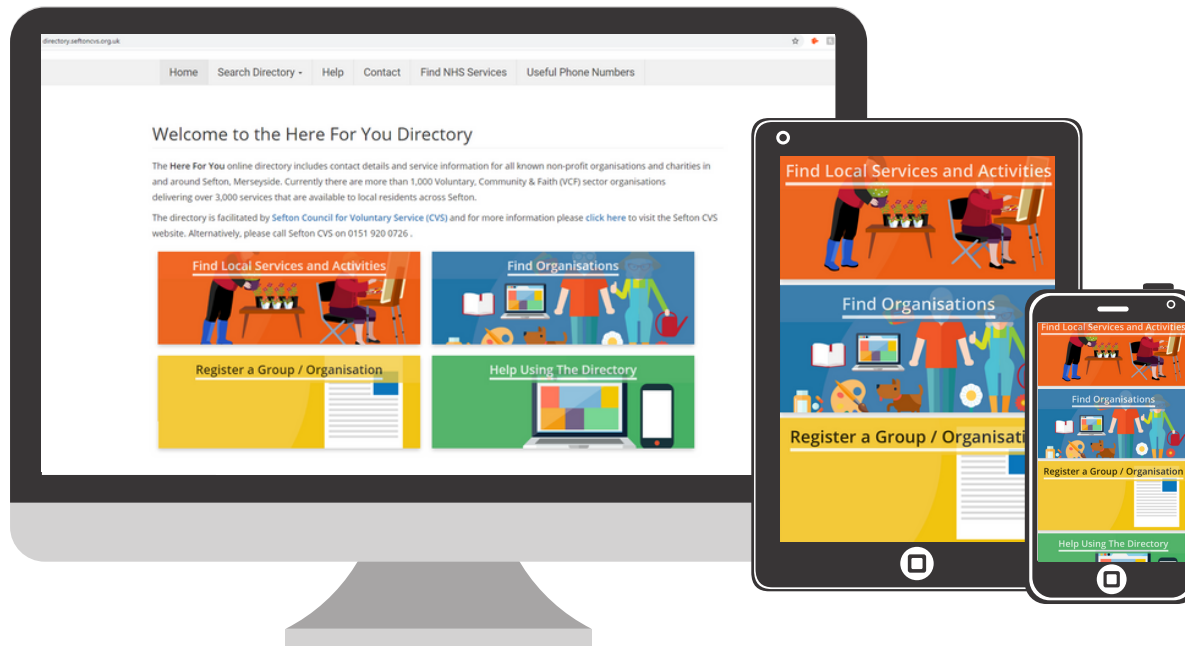
The Here For You Directory provides access to over 1,000 voluntary, community faith, and social enterprise (VCFSE) organisations where you will find local services that support people in Sefton.

Visit directory.seftoncvss.org.uk

Begin your search for VCFSE organisations and services in Sefton that can support you. Our directory is Here For You, scan the QR code



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**For further support and information
please visit:**

seftoncvss.org.uk/warmspaces

sefton.gov.uk/costofliving

Acknowledgements:

Information for this document has been sourced from costoflivingbradford.co.uk.



Bradford District and Craven
Health and Care Partnership



'Cost of Living Bradford' is a partnership campaign between Community Action Bradford & District, City of Bradford Metropolitan District Council, and Bradford District and Craven Health and Care Partnership (Act as One) and we would like to express our thanks to the partnership for giving permission to replicate information found in this document.