

Cost of
Living

Haringey
LONDON

HELP WITH THE
**COST OF
LIVING**

A guide outlining the help and support available for Haringey residents during the Cost of Living crisis and beyond.

"Ici pour
vous aider"

"Aquí para
ayudar"

"Yardım
için Buraya
Tıklayın"

"Tutaj, aby
pomóc"

"Тук, за да
помогнем"

"Είμαστε
εδώ για
βοήθεια"

"Qui per
aiutare"

Contents

- 3 Introduction from the Leader of Haringey Council, Cllr Peray Ahmet
- 4 Help with Money and Debt
- 6 Help Staying Warm
- 9 Help with Water Bills
- 10 Help for Parents and Carers
- 12 Help with Food
- 16 Help with Housing Costs
- 17 Help with Homelessness
- 19 Help into Employment
- 20 Help for Migrants & Refugees
- 21 Mental Health and Wellbeing Support
- 25 Helping Others
- 27 Your Cost-of-Living Action Plan

*scan me
for online
resources!*



Introduction



The last few years have been extremely difficult for everyone in our community.

First, we had the Covid pandemic and now we are experiencing the Cost of Living crisis. There are many residents across the borough who simply cannot keep on top of their energy bills, rent payments, and other living costs.

Inflation has seen the price of food, clothes, and other household essentials rise to unaffordable levels for many people who have not experienced this kind of hardship before.

On the back of the pandemic, we launched our successful Haringey, Here to Help campaign to ensure our residents were informed about the financial help and support that's available to them.

The need is even greater now and our offer has evolved to include, a dedicated Here to Help webpage, our online benefits calculator, and a direct Financial Support Helpline so that our residents can access support with money and debt quicker and more easily.

Please continue utilising this invaluable resource, and ensure you access funding available from the council, Government, and other Partners too.

On top of this we also have the Household Support Fund. The council will distribute £4.8m to help families across the borough and we are also catering for young people with our free school meal expansion.

We simply cannot do this alone as a council. People and communities from across our borough have always come together in extraordinary ways to support each other during a crisis and help those most in need.

This time is no different. We recently launched our Haringey Warm Welcome spaces where our residents and local businesses are showing incredible generosity to provide food, drink, and a friendly and warm atmosphere for those who cannot cope with their energy costs.

Our voluntary community sector is doing amazing work and individuals are stepping up to help their neighbours and form mutual aid groups. Some residents are donating and volunteering their time to raise funds for community organisations across the borough.

We encourage everyone who can to play their part in these unprecedented times.

In this booklet, you will find everything from help with benefits and housing, to employment and mental health support, from the Council, Government, and other local partners.

We also have lots of resources and a benefits calculator on our Haringey, Here to Help webpage: www.haringey.gov.uk/HereToHelp

If you need help accessing any of the support we've outlined, then please call our Financial Support Helpline on 020 8489 4431.

Thank you,

Cllr Peray Ahmet





Help getting online

If you don't have access to the internet or need help getting online, you can visit any of our libraries. Each library has computers, free Wi-Fi, and staff that can help you.



Contact your local councillor

If you are really worried about the Cost of Living, and are not sure where to go, your local councillor may be able to help: www.haringey.gov.uk/Councillors

Help with Money & Debt

Information and Advice

Haringey, Here to Help

scan me for more!



We want to make sure all Haringey residents get the help and support available to them. On our Here to Help web page, you can find a range of financial help, as well as employment, education, and mental health support.

We also have a handy online benefits calculator that you can use to find out which benefits you may be able to get to help your financial situation.

www.haringey.gov.uk/HereToHelp

Financial Support Helpline

Our financial support teams can help residents improve their financial situation by offering support and advice on debt, savings, unclaimed benefits, childcare costs, and much more.

020 8489 4431

FinancialSupportTeam@haringey.gov.uk

www.haringey.gov.uk/FST

Connected Communities

Connected Communities is a council programme designed to improve access to council and voluntary support in Haringey.



We want to help and encourage residents to live their version of a good life, so we work with you to better understand the root causes of your issues and support you in finding solutions.

www.haringey.gov.uk/connected-communities

ConnectedCommunities@Haringey.gov.uk

Haringey Credit Union

The Credit Union is a savings and loan co-operative that is owned and controlled by its members and offers a range of affordable financial products like low-cost loans.

www.haringey.gov.uk/credit-union

Haringey Citizen's Advice Bureau

Haringey Citizen's Advice Bureau offers confidential advice online, over the phone, and in person, for free. You can get help for everything from money, heating and debt issues, through to housing and immigration.

 www.haringeycabx.org.uk



Switch off standby

Save around £65 a year by turning your appliances off at the plug.

Money Helper

Money Helper offers free guidance on money-related issues, including debt, benefits, pensions, and savings.

 www.moneyhelper.org.uk

Cost of Living Hub

The Mayor of London's Cost of Living Hub has been set up to help people access information, financial support, and advice to help manage household finances.

 www.london.gov.uk/cost-of-living

Cost of living crisis survival guide

MoneySavingExperts and MoneySavers have created a guide with more than 90 ways to save money on energy, broadband, childcare costs, furniture, water, food, fuel and more.

 www.moneysavingexpert.com/family/cost-of-living-survival-kit

Government support

The government is offering support for households to help with the rising cost of living. Some residents will be eligible for different payments throughout the year.

 costoflivingsupport.campaign.gov.uk

Financial Support

Universal Credit

Universal Credit is a monthly payment to help with living costs if you're on a low income or out of work.

 www.gov.uk/universal-credit

Household Support Fund

Haringey's most vulnerable households will receive a one-off payment to help with the rising cost-of-living crisis as part of the Government's Household Support Grant.

 www.haringey.gov.uk/household-support-fund

Haringey Support Fund

We can provide one-off payments in emergencies and help with your basic livings needs, including food, clothing and gas and electricity reconnection, as well as essential items that are difficult to budget for, such as household appliances and furniture.

 www.haringey.gov.uk/haringey-support-fund

Pension Credit

Pension Credit is separate from your State Pension and gives you extra money to help with your living costs if you're over State Pension age and on a low income. It can also help with housing costs, and you could get extra help if you're a carer, severely disabled, or responsible for a child or young person.

You can get Pension Credit even if you have other income, savings or own your own home.

 www.gov.uk/pension-credit

Help staying warm

*scan me
for more!*



Haringey Warm Welcome

Your Local Living Rooms

Haringey Warm Welcome is a growing network of inclusive, warm, and welcoming spaces across the borough that are run by local businesses, organisations, and places of worship.

If you're finding it hard to keep your home warm due to rising energy costs, these 'Local Living Rooms' provide a warm, safe place to go to meet new people, and in some cases, take part in activities.



Wall of Kindness

In some spaces within the Haringey Warm Welcome Network, you will be able to pick up a food or drink item for free.

If you see a 'Warm Welcome' sign in a shop, or window, you can pick up a voucher from the 'Wall of Kindness', take it to the counter, and the item on it is yours for free.

Just remember to pay forward this generosity in an act of kindness to someone else, with a smile, or an offer of help to someone else who might need it. The kindness starts with you!

Visit our website to see where your nearest local living room is, find out how to gift someone a food or drink item, or how to register your community space and join the Haringey Warm Welcome Network: www.haringey.gov.uk/WarmWelcome

Financial Support

The £2500 energy price cap explained

The Government's Energy Price

Guarantee is not a total cap on what you pay, but a cap on the amount suppliers can charge for standing charges and unit rates. Between 1 October 2022 and April 2023, the average UK household will pay £2500 per year for energy, but this is still dependent on usage. If you use less energy you pay less, but if you use more you pay more. The previous Energy Price Guarantee was £1,971 a year, so it is likely you will still see an increase in costs from October.



Draught proof windows and doors by blocking gaps

Preventing heat loss this way can save around £125 a year

Energy Bills Support Scheme Discount

All domestic households in the UK will receive a £400 payment from their energy supplier under the Government's Energy Bills Support Scheme. This will be credited to your energy bill from October 2022 and paid as £66 instalments over 6 months.

Grants from your energy supplier


Many major energy suppliers offer non-repayable grants to help reduce energy debt in households experiencing financial hardship. The schemes vary between companies, so you will need to get in contact with your energy supplier to check what they offer and who can apply.

Warm Home Discount

The Warm Home Discount provides a one-off £150 reduction on your electricity bills between October and March if you are at risk of fuel poverty.

The government tells suppliers which qualifying customers to apply the discount to, so the discount will be automatically applied to those eligible.


To find out if you qualify, you can call the Warm Home Discount team between 14 November 2022 and 31 March 2023:

 0800 731 0160

Winter Fuel Payment

All residents in receipt of state pension should automatically receive a Winter Fuel Payment between £250 and £600 to help with heating costs. This includes a Pensioner Cost of Living Payment.

 www.gov.uk/winterfuel-payment

 0800 731 0160

Cold Weather Payment

Residents in receipt of certain benefits could get a £25 payment to cover extra heating costs if the temperature drops below freezing seven days in a row. After each period of very cold weather in your area, you should get a payment within 14 working days into the same bank account as your benefit payments.

Warmer Homes Scheme

The Mayor of London's Warmer Homes programme provides free heating, insulation and

ventilation improvements for low-income homeowners and private tenants. Grants of up to £25,000 are available, depending on your energy efficiency rating, your tenure, and your current fuel type (i.e., gas, electricity, oil or LPG).



www.london.gov.uk/warmer-homes



Fill your dishwasher

By only using it when full and reducing usage by one load a week, it could save you £17 a year.

Other Support Services

SHINE London

The council have partnered with SHINE London to provide a one-stop referral service for residents who are struggling to pay their energy bills. They can assess residents for a range of services to improve health, finances, and energy efficiency.



0300 555 0195



contact@shine-london.org.uk

Priority Services Register (PSR)

This is a free service provided by energy suppliers to customers who may need some extra support. Vulnerable residents can sign up to this service to ensure they get priority help and support if there is an issue with their energy supply.

Contact your supplier to find out more information and to register.

Smart Meter Installation

Upgrading to a smart meter with your energy supplier is free and can help you save energy and money. A smart meter collects accurate energy readings and allows you to see where and how you're using energy in near real-time, via an in-home display. Your smart meter will also send energy readings directly to your supplier, so you don't have to, giving you more accurate bills.

To find out about smart meter installation, please contact your energy supplier.

Help with Water Bills

scan me
for more!



WaterHelp

WaterHelp is a Thames Water scheme which offers a 50% discount on your bill if you live in a low-income household earning below £20,111 a year.

WaterSure

If you're on a water meter but finding it hard to save water because you have a large family or water-dependent medical condition, Thames Water may be able to cap your bills through WaterSure.

To qualify, someone in your household must

- receive a means-tested benefit AND
- have a medical condition that requires extra water OR
- have three or more children under 19 living at the property making you eligible for child benefits



0800 009 3652



www.thameswater.co.uk/waterhelp

WaterDirect

If you're falling behind on your water payments, you may be able to combine your yearly bill with your arrears and pay one weekly payment straight from your benefits.



www.thameswater.co.uk/water-direct

Flexible payment plans

Thames Water can offer flexible payment plans and, in some cases, payment breaks if you need to temporarily reduce or stop your payments to help you through short-term financial difficulties.

Customer Assistance Fund

This is Thames Water's debt support scheme. If you qualify, they will match any money you pay towards your water debt, but you will need to pay your current water bills and make an affordable payment towards your debt each month. If you maintain regular payments for two years, they'll pay off any remaining debt at the end of the scheme.



0800 009 3652.

Priority Services Register

Like the energy priority service, registering ensures priority help is given to customers with mobility and other challenges or who have a medical need for water, if there's a problem with their water supply.



0800 009 3652.

Help for Parents & Carers

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Healthy Start Scheme

If you're pregnant or have a child under 4, and you're on a low income you could get up to £450 per child per year to help buy milk and healthy food, as part of the Healthy Start Scheme. Families will be given a card which can be used in retailers who sell appropriate foods, and money will be added to it monthly for each eligible child.

 www.haringey.gov.uk/healthy-start

Free School Meals

Your child/children may be able to get Free School Meals if you're the parent/guardian and in receipt of qualifying benefits. If eligible, you can also apply for a one-off £60 clothing grant to buy school clothes and shoes for your child. Children aged 16-18 can also apply for Free School Meals if they attend a further education-funded institution.

 www.haringey.gov.uk/FSM

Holiday, Activities and Food Programme (HAF)

Children aged 5 to 16 who get Free School Meals can access free activities during the Easter, Summer, and Christmas holidays via the HAF scheme.

 www.haringey.gov.uk/HAF

SEND support

There are different benefits and support that children and young people with special educational needs or disabilities may be entitled to. These include personal budgets, Disabled Student's Allowance, Employment Support Allowance, Personal Independence Payment, Disability Living Allowance, Carer's Allowance, Disabled Facilities Grant and more.

 www.haringey.gov.uk/local-offer

Help with childcare costs

Depending on your personal circumstances, there is a range of support available for working parents to help pay for childcare costs, such as Tax-Free Childcare, Tax Credits, Universal Credit and Disability Living Allowance for families with children with disabilities.

 www.haringey.gov.uk/helpchildcare-costs  www.gov.uk/childcare-calculator



Free Early Learning and Education

Up to 15 hours of Free Early Learning is available for parents of 2-year-olds who are receiving financial support, and all 3- and 4-year-olds. Working parents of 3- and 4-year-olds could also get up to 30 hours free childcare per week.




Spend less time in the shower
Showering for just 4 minutes could save you about £95 a year.

 www.haringey.gov.uk/free-earlyeducation

16-19 Bursary Fund

16–19-year-olds could get money to help with education-related costs, such as clothing, books, transport, or lunch, if they're studying at a publicly funded school or college, or on a training course, including unpaid work experience.

 www.gov.uk/1619-bursary-fund

John La Rose Award Scheme

This scheme is for young people aged 25 and under, from low-income households, to help make access to university fairer. It offers reimbursement of costs for the UCAS application fee, and 2 trips to a university campus or open day. There is also a limited number of bursaries to help cover living costs, work placement and mentoring opportunities.

 www.haringey.gov.uk/JohnLaRoseAward

Carer's Allowance

You may be able to get £67.60 a week to help you look after someone with substantial caring needs. You don't have to be related to, or live with, the person you care for.

 www.gov.uk/carers-allowance

Carers First

Haringey council is working with Carers First to provide unpaid carers with information on financial support options, such as discounts, grants, and benefits. Carers First can also provide personalised and tailored advice online, by phone, or face to face.

 0300 303 1555

 www.carersfirst.org.uk/register

 hello@carersfirst.org.uk

Carer's Support Groups

In Haringey there are several organisations offering support groups and advice for carers. To find out more, and see what groups are available near you, please visit:

 www.haringey.gov.uk/support-groups

Help with Food

scan me
for more!



Haringey has an informal network of community groups and foodbanks run by volunteers that provide emergency food to local people in need of support.

You can drop-in to a foodbank during opening hours but it's a good idea to call an organisation first to make sure the opening times haven't changed. You can also find up to date opening times on the Haringey Community Food Network website: www.HCFN.org.uk.

Everyone is welcome to attend most foodbanks, but you may need foodbank vouchers to access some groups. For these you will need a referral from a social worker, a children's centre, your GP, Department for Work and Pensions (DWP), or a charity like the Haringey Citizen's Advice Bureau.

For more information about using a food bank, please visit:

 www.citizensadvice.org.uk/using-a-food-bank

MONDAYS

Haringey Community Foodbox

By referral/voucher only.
Emergency food and essentials supplied.
11am-3pm.

*Commerce Road
Community Centre,
N22 8EP.*

Tottenham Foodbank

By referral/voucher only.
3 days of emergency long life food, toiletries, and household products.
12-2pm.

*Tottenham Town Hall,
N15 4RY*

Community FoodHub

No referral/voucher needed. Fresh fruit, veg, bread, dairy, meat, and ready meals. 4-6pm.

*Tottenham Town Hall,
N15 4RY*





Washing clothes

Use a 30°C cycle and reduce your washing by one load a week and save about £34 a year.

TUESDAYS

Tottenham Food Hub

No referral/voucher needed. Food parcels with fresh fruit, veg and personal hygiene items for anyone in need.
11am-1pm (Every other Tuesday).

Living Room, Tottenham High Road, N17 8AA.

Haringey Community Foodbox

By referral/voucher only. Emergency food and essentials supplied.
11am-3pm.

Commerce Road Community Centre, N22 8EP.

Antwerp Arms Association

No referral/voucher needed. Free lunch for people in need. 12-2:30pm.

Antwerp Arms, 168-170 Church Road, N17 8AS

Tottenham Seventh Day Adventist Church

No referral/voucher needed. Food parcels including fresh fruit and veg. 12.30-2.30pm.

255 West Green Road, N15 5EG

Bounds Green Foodbank

No referral/voucher needed. Food parcels for anyone in need in N11, N13 or N22. Please bring I.D or proof of address.
1-4pm.

St Michaels Hall, 37 Bounds Green Road, N22 8HE

Selby Centre Food Hub

No referral/voucher needed. Food parcels including fresh fruit and veg. 2-4pm.

Selby Road, N17 8JL

WEDNESDAYS

PCF Foodbank

No referral/voucher needed. Food parcels including fruit, veg and household products.
11am-12pm.

89 Broad Lane, N15 4DW

Haringey Community Foodbox

By referral/voucher only. Emergency food and essentials supplied.
11am-3pm.

Commerce Road Community Centre, N22 8EP

Community FoodHub

No referral/voucher needed. Fresh fruit, veg, bread, dairy, meat, and ready meals. 4-6pm.

Tottenham Town Hall, N15 4RY.

THURSDAYS

The Community Cook Up

No referral/voucher needed. Hot meals, groceries, and other support. 10am-1pm.

Eric Allin Community Centre, N17 0QA.

Hornsey Foodbank.

No referral/voucher needed. Food, including fresh bread, fruit and vegetables, and household items. 10:30am-1pm.

Middle Lane Methodist Church, N8 7JN

Lordship Hub Café

Over 50s coffee/tea/ biscuits morning. 11am-1pm.

Lordship Hub, Lordship Rec, N17 6NU

Haringey Community Foodbox

By referral/voucher only. Emergency food and essentials supplied. 11am-3pm.

Commerce Road Community Centre, N22 8EP

OK Foundation

No referral/voucher needed. Free cooked hot meals, and food parcels with fruit, veg, sandwiches and ready-made meals. Register in advance at: www.OKFoundation.org. 12-3pm.

Lordship Hub, Lordship Rec. N17 6NU.

Edible London

No referral/voucher needed. Pre-made plant-based meals, and fresh fruit and veg. 12-4pm.

20-22 Bernard Road, N15 4NE

Bounds Green Foodbank

No referral/voucher needed. Food parcels for anyone in need in N11, N13 or N22. Please bring I.D or proof of address. 1-4pm.

St Michaels Hall, 37 Bounds Green Road, N22 8HE

Selby Centre Food Hub

No referral/voucher needed. Food parcels including fresh fruit and veg. 1.30-3.30pm.

Selby Road, N17 8JL

Tottenham Foodbank

By referral/voucher only. 3 days of emergency long life food, toiletries, and household products. 5-7pm.

Tottenham Town Hall, N15 4RY

FRIDAYS

Haringey Community Foodbox

By referral/voucher only. Emergency food and essentials supplied. 11am-3pm.

Commerce Road Community Centre, N22 8EP

Community FoodHub

No referral/voucher needed. Fresh fruit, veg, bread, dairy, meat, and ready meals. 4-6pm.

Tottenham Town Hall, N15 4RY



Turn off lights

Turning them off when you leave a room can save around £25 a year.

SATURDAYS

Wheely Tots

By referral/voucher only. Register in advance on wheelytots.com, and if your application is successful, you'll be given a time slot for the following Saturday via text message. 10-11am.

Broadwater Farm, Manston Block, Adams Road, N17 6HU

Uptown Cuisine

No referral/voucher needed. Fresh fruit, veg, bread, dairy, meat, and ready meals. 2-7pm

161 Park Lane, N17 0HJ

Community FoodHub

No referral/voucher needed. Fresh fruit, veg, bread, dairy, meat, and ready meals. 3-5pm.

Tottenham Town Hall, N15 4RY

Holy Trinity Church Foodbank

No referral/voucher needed. Food parcels with fresh fruit and veg. 12-1pm.

Holy Trinity (C. of E) Parish Church, Philip Lane, Tottenham, N15 4GZ

Tottenham Seventh Day Adventist Church

No referral/voucher needed. Food parcels including fresh fruit and veg. 3.30-5.30pm

255 West Green Road, N15 5EG

The Gospel Centre Foodbank

No referral/voucher needed. Fresh fruit and veg, non-perishable food, toiletries, baby provisions, and cleaning materials. 10am-12pm.

Wightman Road, Harringay Ladder, N8 0LT

SUNDAYS

OK Foundation

No referral/voucher needed. Free cooked hot meals, and food parcels with fruit, veg, sandwiches and ready-made meals. Register in advance at: www.OKFoundation.org. 12pm until food is gone.

7 Holcombe Road, N17 9AA

RCCG/PHCC Food Hub

No referral/voucher needed. Food parcels with fresh fruit, veg and household essentials. 11am-1:30pm.

454A High Road, N17 9JD

Five Loaves Foodbank

By referral/voucher only. Food parcels for people in need locally. 1-2pm.

Triumphant Church International, 136 West Green Road, N15 5AD

Help with Housing Costs

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Financial Support

Discretionary Housing Payments (DHP)

These are short-term payments that can help you with your rent if you're experiencing financial hardship. To get a DHP you must be paying rent and be getting Housing Benefit or Universal Credit housing costs.

 www.haringey.gov.uk/DHP


Council Tax Support

We can offer a cost reduction on your Council Tax bill up to 100% depending on your personal circumstances. There are different options for residents on low incomes, residents with dependents, pensioners, and non-pensioners with a disability.

 www.haringey.gov.uk/CTRS

Universal Credit

Universal Credit is a monthly payment to help with your living costs, including housing payments. You may be able to get it if you're on a low income or out of work.

 www.gov.uk/universal-credit

Housing Benefit


Housing Benefit can help pay all or part of your rent if you're on a low income. You can claim Housing Benefit if you are of state pension age and/or live in supported, sheltered or temporary accommodation. Most people who need help with housing payments should apply for Universal Credit instead of Housing Benefit.

 www.haringey.gov.uk/Housing-Benefit

Decent Homes Grant


A decent homes grant provides financial assistance to qualifying applicants. If your property fails the decent homes standard and you're in receipt of a qualifying benefit.

For more information, please contact the Housing Improvement Team (Private Sector):

 020 8489 5112.

Disabled Facilities Grants


These grants are available to qualifying residents and administered through Adult Social Care. Applicants must be assessed by an occupational therapist as part of the application process.

 020 8489 1400

Help and Advice

Financial Inclusion Team

The Financial Inclusion Team provide access to affordable financial advice and digital services for Haringey Council tenants to help them build skills and confidence. The team offers Money Matters workshops, one-to-one advice, benefit information, and support with rent arrears to avoid eviction, plus much more.

 020 8489 5611

 financialinclusion@haringey.gov.uk



Switch to LED bulbs

You could save up to £15 a year by replacing your bulbs with LED lights.

Help with Homelessness

Risk of homelessness

If you're worried about becoming homeless then call 020 8489 1000 as soon as possible so we can help prevent it from happening. If you're at risk of homelessness within the next 56 days, use our online self-referral form to contact the Homelessness Prevention Service:

 www.haringey.gov.uk/contact-housing-advice

If you're rough sleeping or are aware of somebody rough sleeping, you can make a referral to Streetlink by calling 0300 500 0914. Alternatively, advise the person that they can access a warm welcome and specialist support at Mulberry Junction, 332 High Road, N15 4BN, on weekdays from 8.15am to 4pm.

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Homelessness Prevention Support


Floating Support is a free and confidential service that works to achieve outcomes that help Haringey residents with a range of issues that might lead to housing difficulties including eviction and homelessness.

 www.riverside.org.uk/engage-haringey

Specialist Floating Support Services

CARIS Haringey


Assists homeless families dealing with everyday challenges including evictions, benefits, debt, violence, unemployment, poverty, lack of opportunity and isolation. *St. Philip's Church, Philip Ln, London N15 4HJ*

 020 8801 3004

 www.carisharingey.org.uk

Bikur Cholim

Provides homelessness prevention information, advice, and guidance to residents from the Chareidi Jewish Community. *Ground floor, 2a Northfield Road, London, N16 5RN*

 020 8800 7575

 bikurcholim.co.uk

Haringey Somali Community & Cultural Centre

Offers advice predominately to people from Somali and other African communities as well as other Arabic speaking communities. Please call in advance to book an appointment. *Selby Centre, Selby Rd, Tottenham, London N17 8JL*

 020 8885 1307  www.hsrca.co.uk



Kurdish Advice Centre

Mainly assists with housing and tenancy, but also more general support to help residents move towards independent living. *Eastfield Rd, London N8 7AD, UK*

 020 8347 9657  www.kurdishadvicecentre.org.uk

Polish & Eastern European Christian Family Centre

Offers help and support for people from Poland and Eastern Europe in matters related to housing, including help understanding documents. *St. Ignatius Parish, 27 High Road, London N15 6ND*

 0741 496 2199  0736 699 6861  0795 657 4275

 www.peec.org.uk

Turkish Cypriot Women's Project

Provides housing-related advice and support to Haringey Council residents in areas including benefits and debt, rent arrears, evictions, and employment. *140A Falkland Road, London, N8 ONP*

 020 8340 3300  www.tccwp.org.uk

Haringey Law Centre

Provides free, fixed fee and no-win/no-fee independent legal advice and representation in asylum and immigration, debt, housing, and welfare benefits law. *7 Holcombe Rd., London N17 9AA*

 020 8808 5354  haringeylawcentre.org.uk

Other Support

Shelter


Shelter's advice and support services offer one-to-one, personalised help with housing issues and homelessness.

 0808 800 4444  england.shelter.org.uk

Public Voice – Reach & Connect Service

The Haringey Reach and Connect service provides information, support, and friendship for over 50s living in Haringey. Self-Referral: reachandconnect.net/refer-yourself

Third-party referral: reachandconnect.net/refer-another-person-third-party-referral-form

 020 3196 1905


Violence Against Women & Girls (VAWG) Services

Haringey Floating Support Service delivered by Solace Women's Aid provides free and confidential advice, support, and advocacy to women and girls over 16 affected by domestic and sexual violence. They offer short to medium term support to increase safety. You can refer yourself by calling 020 8885 3557 or emailing haringey.fs@solacewomensaid.org. A referral can also be made by a professional but with the person's full consent.

Hearthstone Domestic Violence Advice and Support Centre

Hearthstone provides emotional and practical support for anyone experiencing domestic abuse in Haringey. The support package includes housing advice including access to refuge accommodation, free legal advice, and a sanctuary scheme to make your home more secure.

Opening hours are weekdays, 9am to 4pm

 020 8489 3411

 hearthstone.domesticviolence@haringey.gov.uk

Help into Employment

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Advice and Training

Haringey Works

Haringey Works

Haringey Works is a one-stop shop service dedicated to supporting Haringey residents into employment by providing a range of pathways into different sectors.

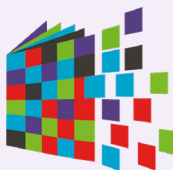
Visit our website to access vacancies, upload your CV and register:

 works.haringey.gov.uk

Haringey Learns

Haringey Learns can help you to upskill, gain qualifications and make positive career choices, with a range of free courses on offer.

 www.webenrol.com/haringeylearns



Haringey Learns

Job Entry Targeted Support (JETS)

JETS is an employment programme offering specialist advice and interview coaching for people who have been out of work and claiming either Universal Credit or Jobseeker's Allowance for at least 13 weeks.

Sector Based Work Academy Programme (SWAP)

SWAP gives you training, work experience and a guaranteed interview with a local employer, for anyone who is getting Job Seekers Allowance, Universal Credit or Employment and Support Allowance. For more information about JETS or SWAP, please contact your local Job Centre Plus and talk to your job coach.

Financial Support

Flexible Support Fund (FSF)

FSF may be able to help you with extra costs associated with getting into and starting work, such as, travel expenses to attend interviews, and tools and clothing or uniform to start work. If you're claiming Universal Credit, you could also get help with the first month of childcare costs.

Discounted travel

If you are unemployed, claiming benefits and looking for work, you could get a free Jobcentre Plus Discount Rail Card. Transport for London (TFL), and Stagecoach, offer discounted travel up to 50% for those with the Rail Card.


National Enterprise Allowance (NEA)

If you want to start your own business, or develop your business if you're already self-employed, you may be able to get support through the NEA. You need to be getting certain benefits and have a business idea that could work.

For more information, please contact your local Job Centre Plus.

Employment and Support Allowance (ESA)

ESA is for people under State Pension age who have a disability or health condition that affects how much they can work. You will get money to help with living costs if you're unable to work, and support to get back into work if you're able to.

 0800 055 6688

 www.gov.uk/employment-support-allowance

Access to Work Grant

The Access to work grant can pay for practical support if you have a disability, health or mental health condition and you start working, need help to stay in work or move into self-employment or start a business. The grant can help you to meet the costs of travel to work; provide a support worker or pay for special equipment that you need to remain in employment.

 www.gov.uk/access-to-work

Help for Migrants & Refugees

Haringey has a range of support options for refugees, migrants, and people seeking asylum, including three Welcome Hubs across the borough, providing practical and social support. Several services and Voluntary Community Sector (VCS) organisations attend the Hubs to help with things like applying for Universal Credit, accessing healthcare, and connecting with others in the borough:

Muswell Hill Welcome Hub

Muswell Hill Methodist Church, 28 Pages Lane, N10 1PP
Every Thursday 10.00 – 12.00

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Tottenham Welcome Hub

Living Under One Sun Community Centre, Down Lane Park, Park View Road, N17 9EX
Every Friday 10.00 – 12.00

Wood Green Welcome Hub

Wood Green Library, 187 – 197A High Road, N22 6XD
Every Monday 13.30 – 16.30

Haringey's Resettlement Team is also available at Mulberry Junction every Friday from 9am – 12pm:

Mulberry Junction, 332 High Road, Tottenham, London, N15 4BN
Mulberry Junction - Homeless England | Homeless Link

There are several other organisations providing advice and guidance to migrants and people with no recourse to public funds:

Haringey Migrant Support Centre

St John Vianney Church Hall, 386 W Green Rd, London N15 3QL
haringeymsc.org

Help with Mental Health and Wellbeing

The council and the NHS work in partnership with charities and other organisations to provide a range of mental health and wellbeing support for Haringey residents.

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Mind in Haringey

Mind in Haringey provides information, advice and support to people affected by mental health problems. The charity works with the local NHS and council providing counselling, advocacy and wellbeing workshops as well as the Haringey Wellbeing Network.

 0208 340 2474  www.mindinharingey.org.uk

Haringey Wellbeing Network is a programme of activities to help people improve their mental and physical health, supporting people to make positive changes in their lives.

 0208 340 2474  Haringeywellbeingnetwork@mih.org.uk

Safe Haven helpline is a safe, confidential helpline for Haringey residents, aged 18+ who are in crisis and need to talk.

 0800 953 0223  07943 156 973

 safehaven@mih.org.uk

Good Thinking

Good Thinking provides online mental wellbeing self-care for Londoners through digital tools that support the most common mental health conditions: anxiety, low mood, sleeping difficulties and stress.

 www.good-thinking.uk

Kooth

Kooth offers free online counselling to children and young people in Haringey, aged 11 to 18-years old (up to 25-years for young people with learning difficulties or disabilities). The service is available 365 days a year. Open Monday to Friday from 12pm to 10pm and on weekends from 6pm to 10pm.

 0203 984 9337  contact@kooth.com


NHS Go

NHS Go is a free, confidential health advice and information app designed for young people by young people. Aimed at 16- to 24-year-olds, it gets information directly from NHS.uk but organises the information to make it meaningful to young people. Access to the service is via the NHS Go app that is free to download on Google Play and iTunes stores.

 www.NHSGo.uk

24/7 Mental Health Crisis Support Line

If you are experiencing a mental health crisis, you can call the mental health crisis support line 24/7. It is staffed by trained mental health professionals, who can provide immediate support, or refer you to other sources of help if needed. This service is available for people of all ages – children, young people, adults and their families or carers.

 0800 151 0023.

GamCare Services

If you're concerned about your own or someone else's gambling, contact your local GamCare service to access quick, free, and confidential support.

 020 7801 7008  www.gamcare.org.uk

For immediate support call the 24/7 National Gambling Helpline on 0808 8020 133.

One You Haringey

One You Haringey provides residents with a range of health advice and support to get fitter, achieve a healthy weight, quit smoking, drink less, and get an NHS Health Check.

 www.oneyoutharingey.org

New River Sport and Fitness

New River Sport and Fitness offers FREE membership and activities for residents over 65 and concession discounts for those in receipt of benefits.

 0208 489 3443  www.haringey.gov.uk/newriverlc

Some people are more vulnerable to the effects of cold weather, which can make some health problems worse and even lead to serious complications. If you can, the NHS recommends you follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18°C all night if you can – and keep your bedroom window closed.
- if you're under 65, healthy and active, you can safely have your home cooler than 18°C, as long as you're comfortable.
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time.
- have at least one hot meal a day if you can - eating regularly helps keep you warm.
- have hot drinks regularly.
- draw curtains at dusk and keep doors closed to block out draughts.
- stay active – keep moving to ensure you generate sufficient body warmth
- layering is key – wearing several thin layers will keep you warmer than one thick layer of clothing, as the layers trap warm air

If you are finding it hard to keep your home warm due to rising energy costs, please find out what help and support is available on page 6 of this booklet.

Winter vaccinations

If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill, which could result in hardship and loss of earnings for you and your family. Getting vaccinated against flu and COVID-19 will provide protection for you and those around you. So, if you're invited to get vaccinated, please book your appointment without delay. Find out more and how to book at nhs.uk/wintervaccinations or speak to your local pharmacy or GP.

Ask your pharmacist

Your local pharmacist can give you friendly, expert advice about over-the-counter medicines for common conditions, such as diarrhoea, a runny nose, a painful cough, or a headache, without the need for an appointment.

You may be eligible for help to cover the cost of some over-the-counter medicines through the Self-Care Pharmacy First scheme provided by some pharmacies in Haringey. For more information visit: nclhealthandcare.org.uk/keeping-well/self-care/

Prescriptions


You can order your repeat prescriptions without needing to go to a GP surgery or pharmacy using the NHS App: nhs.uk/nhs-app or GP online services: nhs.uk/nhs-services/gps/ using-online-services.

BOOST



your immunity this winter

WITH THE
FLU + COVID BOOSTER
VACCINES



The flu virus changes every year and protection from your COVID-19 vaccine decreases over time. If you're over 50, in an at-risk group, are pregnant, a carer or a health and social care worker, you are eligible for a free flu vaccine and a COVID-19 booster.

Find out more at nhs.uk/wintervaccinations and book now.

GET BOOSTED. GET PROTECTED

Haringey
LONDON

Helping Others

Helping Others

We need people to come together as a community to make sure all Haringey residents get the help and support they need.

There are many community groups in the borough that are doing amazing work to support people through the Cost of Living crisis, and they need your help.

scan me
for more!



Volunteering

Foodbanks

By volunteering at local foodbanks and voluntary sector organisations not only will you meet new people and help to empower local residents, you'll also:

- Gain experience
- Learn new skills
- Build your confidence
- Boost your career prospects

There are volunteering opportunities available at the following organisations. Get in touch if you can support with 2 shifts a month:

- Community Food Hub. Tottenham Town Hall, N15 4RY. info@freedomspark.org
- Selby Centre Food Hub. Selby Road, N17 8JL. Sally@selbytrust.co.uk
- Bounds Green Foodbank. St Michaels Hall, 37 Bounds Green Road, N22 8HE. VolunteerSupport@BoundsGreenFoodbank.org
- Edible London. 20-22 Bernard Road, N15 4NE. info@ediblelondon.org
- Antwerp Arms. 168-170 Church Road, N17 8AS. volunteer@antwerparms.co.uk
- Homegrown in Tottenham. Ashley House, Ashley Road, London N17 9LZ. communityumbrella@yahoo.com

Bridge Renewal Trust

The Bridge Renewal Trust is a community-based charity that works to reduce health inequalities; build stronger communities and improve the quality of life of the people of Haringey. Visit their website for a list of volunteering opportunities available across the borough: www.bridgerenewaltrust.org.uk/featured-volunteering-opportunities

Donating

Donate to your local foodbank

The number of families using foodbanks in Haringey has increased dramatically over the last few years, especially during the COVID-19 pandemic.

You can help our most vulnerable residents get through the Cost-of-Living crisis by donating long-life food, drink, and toiletries to your nearest foodbank – see pages 13-15 for a full list.

Your Cost of Living Action Plan

You can use this section to make a note of the help and support you think may help you with the rising cost of living.

Help with Money and Debt

Help Staying Warm

Help with Water Bills

Support for Parents and Carers



Shower instead of bathe

If you can, swap one bath a week for a 4-minute shower and save £20 a year.

Help with Food

Help with Housing Costs and Homelessness

Help into Employment

Mental Health and Wellbeing Support

Translations

This booklet outlines a range of financial support and information services to help with the rising cost of living, as well as support with employment, and mental health. If you would like this leaflet translated into your own language, please email: translationandinterpreting@haringey.gov.uk

Turkish

Bu kitapçık, artan yaşam maliyeti konusunda yardımcı olmak ile birlikte istihdam ve ruh sağlığı desteği almak konularında Haringey sakinleri için mevcut bulunan çeşitli finansal destek ve bilgi hizmetlerini ana hatlarıyla özetlemektedir. Eğer bu yaprakçığın kendi dilinize çevrilmesini arzu ediyorsanız, lütfen şu adrese bir e-posta gönderin: translationandinterpreting@haringey.gov.uk

Polish

Niniejsza broszura przedstawia zakres wsparcia finansowego i usług informacyjnych dostępnych, aby pomóc mieszkańcom Haringey w rosnących kosztach utrzymania, jak również zapewnić wsparcie w zatrudnieniu i zdrowiu psychicznym. Jeśli chcesz, aby ta ulotka została przetłumaczona na Twój język, wyślij e-mail do: translationandinterpreting@haringey.gov.uk

Spanish

Este folleto describe una serie de servicios de apoyo financiero e información disponibles para ayudar a los residentes de Haringey con el aumento del coste de la vida, apoyo con el empleo y salud mental. Si desea que este folleto se traduzca a su propio idioma, envíe un correo electrónico: translationandinterpreting@haringey.gov.uk

Portuguese

Este folheto descreve uma série de serviços de apoio financeiro e informação disponíveis para ajudar os residentes de Haringey a fazer face ao aumento do custo de vida, bem como apoio ao emprego e saúde mental. Se desejar que este folheto seja traduzido para o seu idioma, envie um e mail para: translationandinterpreting@haringey.gov.uk

Greek

Αυτό το φυλλάδιο περιγράφει μια σειρά από υπηρεσίες οικονομικής υποστήριξης και πληροφόρησης που διατίθενται για να βοηθήσουν τους κατοίκους του Haringey με το αυξανόμενο κόστος ζωής, καθώς και υποστήριξης σε θέματα απασχόλησης και ψυχικής υγείας. Αν θέλετε αυτό το φυλλάδιο μεταφρασμένο στη γλώσσα σας, παρακαλούμε στείλτε email: translationandinterpreting@haringey.gov.uk

Somali

Buug-yarahan waxa uu qeexayaa adeegyo kala duwan oo taageero maaliyadeed iyo macluumaad ah oo la heli karo si looga caawiyo dadka deggan Haringey kor u kaca qiimaha nolasha, iyo sidoo kale taageerada shaqada, iyo caafimaadka dhimirka. Haddii aad rabto in buug-yarahaan oo lagu turjumay luqadaada, fadlan iimayl u dir: translationandinterpreting@haringey.gov.uk