



Food On
Our Doorstep

Birmingham FOOD Club

Food On Our Doorstep

Good-quality food at a low price

Family Action has launched FOOD (Food On Our Doorstep) Clubs in Birmingham to provide families with good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for your family to become a member.

Once you've joined, you can purchase a bag of tasty food items every week worth approx. £15 for just £3.50!

To become a member you must live or work within 15 minutes of the club.

Where and when

- Norton Hall Children and Family Centre, Ralph Road, Saltley, Birmingham B8 1NA

- Wednesday 3.00pm - 5.00pm
- Friday 9.30am - 11.30am

(starting Friday 4th December)

To find out more call

- Dani : 07816 408746
- Marissa: 07816 408755

email birminghamfoodclubs@family-action.org.uk.



www.family-action.org.uk

Family Action Registered as a Charity in England & Wales no: 264713.
Family Action Registered as a Charity in the Isle of Man no: 1206.

Free Money Advice Services

These are difficult times financially for many individuals and families.

- Do you need advice on your entitlement to welfare benefit?
- Do you have debts & need help managing your money?

If so, please do not hesitate to seek help, advice and support from accredited organisations acting on behalf of Birmingham City Council.

Confidential advice is available over the telephone from qualified advisors and without any charge whatsoever to Birmingham residents.

Please call the advice provider for the constituency or area nearest to where you live:-



“How can I help YOU?”

North Birmingham:
Sutton, Erdington, Shard End

Spitfire Advice Services; Tel: 0121 747 5932

South Birmingham:
Edgbaston, Selly Oak, Northfield

Citizens Advice Birmingham; Tel: 0344 477 1010

East Birmingham:
Hodge Hill, Yardley, Hall Green

Citizens Advice Birmingham; Tel: 0344 477 1010

West & Central Birmingham:
Ladywood & Perry Barr

Birmingham Settlement Tel: 0121 250 0765

Alternatively, contact Birmingham City Council's Contact Centre for a range of advice (welfare benefits, council tax, housing & more) on 0121 216 3030.

DON'T WAIT FOR A SMALL PROBLEM TO BECOME A BIG ONE - CALL TODAY. *

* (Most advice providers operate between 10am & 4pm Monday to Friday and, at times, extend advice services beyond those core hours.)



Warm Homes

Keeping disabled children warm

Introduction

Warm Homes is a family support service that also looks to alleviate fuel poverty amongst families with disabled children in the East Midlands, West Midlands and the North West of England.

Research shows that families with disabled children often have a lower family income than those with non-disabled children. Many parents are unable to work due to having to care for their child full-time and an estimated 20% of families go without all the heating they need during the winter months.

Caudwell Children has been awarded a grant from the Energy Saving Trust to operate a new service, known as the Energy Industry Voluntary Redress Scheme, to address this important issue.

About Warm Homes

Working in partnership with Auriga, a specialist advice organisation, Caudwell Children will provide a family support service; as well as advice to help families use their energy more efficiently, and manage household income, bills and debts. Together, we will utilise our combined expertise to identify, engage and support families with disabled children to address their energy efficiency and affordability needs. We will provide:

- 2,000 families with a detailed home survey, energy efficiency guidance and income maximisation advice, appropriate to their specific needs
- 10,000 families with energy saving tips and information
- Additional family support services to meet the needs of families with a disabled child

Who is eligible to apply?

To be eligible, you must meet the following qualifying criteria:

- Live in one of the areas covered by the Warm Homes project (see map)



- Have a child with a disability (under the age of 19)



- Would like help understanding and managing your home energy usage and household bills

Free Family Support

Alongside an energy efficiency survey, Caudwell Children's Family Support Service offers families free support.

Skilled volunteers will talk through any concerns or issues that a family identifies and will jointly create a plan which might include things such as housing, education, applying for grants, family or social difficulties, providing information on local specialist support services and medical conditions, and information about the range of services provided by Caudwell Children.

Interested in volunteering?

We welcome applications from volunteers, who would like to support families and help us deliver this innovative scheme.

Email volunteer@caudwellchildren.com or visit our website for more information www.caudwellchildren.com/volunteer

When will the scheme start?

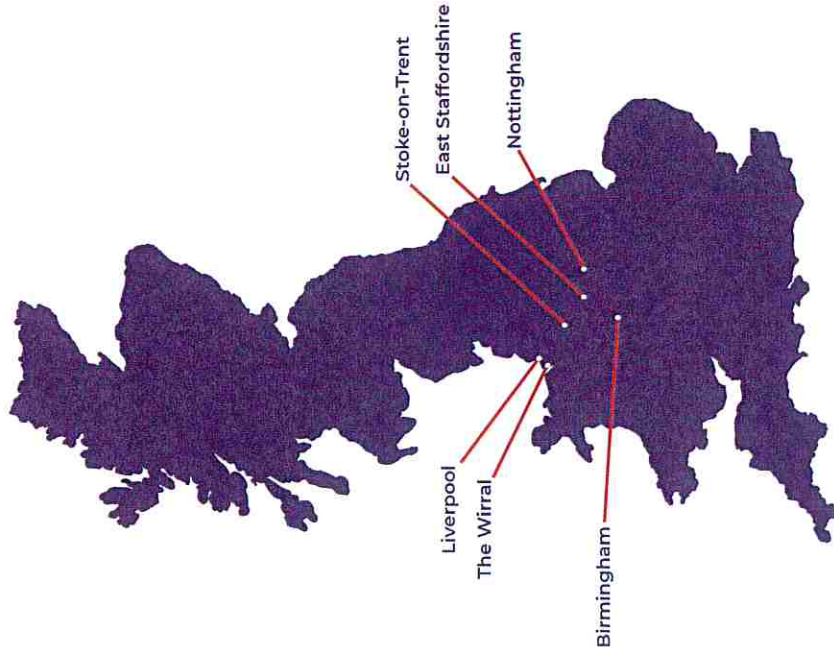
The Warm Homes scheme is a two-year initiative and will run from October 2020 until 31st August 2022.



Which regions are covered by the scheme?

The Warm Homes scheme is available to families with a disabled child in the following six areas of the East Midlands, West Midlands and the North West:

- Birmingham
- Nottingham
- Stoke-on-Trent
- East Staffordshire
- Liverpool
- The Wirral



Money Saving Tips

Household Bills

If you have been with the same energy or utility company for a while, you may want to consider switching to a cheaper deal.

There are many comparison sites. A few not-for-profit sites are listed below:

- www.Uswitch.com
- www.Moneywise.co.uk
- www.Broadbandchoices.co.uk

Auriga Services

To access a downloadable copy of Auriga's Money Saving Guide and budgeting tool, visit www.caudwellchildren.com/warmhomes

Energy Saving Guide

1. Low energy lighting

Replacing traditional lightbulbs with low-energy alternatives could save you £35 per year.

2. Turn off lights

Switching off lights, when not in use will reduce bills even if only for a few minutes. This could save you £14 p.a.

3. Turn off electrical appliances

Turning off electrical appliances, instead of leaving them on standby will reduce bills. This could save you £50 per year.

4. Turn the thermostat down

Lowering the heating temperature by only 1% can lead to an 8% cut in energy consumption. This could save you £80 p.a.

5. Boiling a kettle

Only filling a kettle with the amount of water needed could save you £6 per year.

How do I apply?

Our team of advisers can guide you through the application process.

For further information or to apply, please contact us at:

- caudwellchildren.com/warmhomes
- **0345 300 1348**
- familyservices@caudwellchildren.com



About Caudwell Children

A leading children's charity formed in 2000 to transform the lives of UK disabled children and their families.



About Auriga

Established in 2004, Auriga is one of the UK's leading providers of services to people in financial difficulty. They specialise in supporting people who find themselves in challenging circumstances and are in need of help and advice.