

Coping with the Cost of Living Crisis



Help and advice for the Dawlish community

As we all face tougher economic times Dawlish Town Council decided to make the outer cover of the Town Crier a source of useful information to help **you** through the crisis. Your normal edition of the Town Crier is inside. All the information is available on the Helping Dawlish website at www.helpingdawlish.co.uk

Warm Welcoming Spaces in Dawlish

Dawlish Library, 1 Lawn Hill. Monday 9am to 1pm, Tuesday 9am to 5pm, Thursday 9am to 6pm, Friday 9am to 5pm and Saturday 9am to 1pm. Tel: 01626 862529 Free wi-fi and lots of free activities. Free baby weighing. <https://www.devonlibraries.org.uk/web/arena/dawlishlibrary>

Dawlish Methodist Church, Brunswick Place. Monday, Thursday and Friday 10am to 12 noon. Tea and coffee available.

Hope Centre, Swift Road, Dawlish. Every Monday, Tuesday and Wednesday from 10.30am-2.30pm, starting on Monday 31st October, running through until at least the end of February, subject to demand and weather. There will be self-service hot drinks, light refreshments, and a simple hot lunch. Come and read, chat, or play a board game in the brand-new warm insulated church community centre. There will be some toys and high chairs for any children. Voluntary donations are welcome towards the running costs, if you can afford to. If not, this service is free to users.

Hub Store Dawlish, The Strand. Monday to Saturday 9.30am to 4.30pm Free indoor play area, free wifi access, free device charging facility, complimentary tea and coffee, seating spaces, books available to read and local information and signposting. They can offer blankets, clothing, essential furniture, and household items to those genuinely in need (subject to availability). <https://www.hubstoredawlish.com/>

Strand Hall, Lawn Hill. Tuesday to Saturday 10am to 2pm. Free electrical charging. A 50p lunch club runs in the Strand Community Centre one day a week for those in need on a referral basis to Paul the Manager at the Strand Centre.

Community Larder and Food Banks



Dawlish Community Larder

Run in partnership with
Helping Dawlish

Dawlish Community Larder

Dawlish Community Larder is run on behalf of Helping Dawlish by ROC Dawlish. If you know anyone who might need help, please do get in touch. It is not a foodbank but the larder will help where they can on a referral basis. The larder is also helping to reduce food waste in Dawlish and surrounding area. A referral to the larder can be done by one of the organisations involved in Helping Dawlish or ring 07584 052 306 or 07711 234 948. These numbers are not operated 24 hours but will be responded to as soon as possible.

The larder are very grateful for any donations of food which can be dropped into the donations basket in The Hub Store, the Co-op or the Hope Centre. Needed most of all is: long-life milk, sugar, coffee, long-life juice, squash, tinned meals/pies, tinned soup, baked beans, rice, tinned dessert, biscuits, jam/honey, shower gel, shampoo, soap, toilet tissue. Please DO NOT donate fresh produce. If you wish to donate financially towards the running costs of the larder please visit: www.helpingdawlish.co.uk or ring the Town Council on 01626 863388.

Homeless in Teignbridge Support (HITS)

HITS provides support for people in need throughout Teignbridge. Their normal opening times are Mon-Fri, 10-4 although they do offer emergency cover at all times. They need a referral from an agency such as the Citizens Advice Bureau or Job Centre, who have assessed your need. The referrer must phone them on 01626 906371.

Teignbridge Homeless Action Today (THAT) foodbank offer many types of support for low-income and homeless members of the community, including providing food, toiletry and home start packs, information, mentoring, fuel top-ups and more. Just ask the school, CAB, surgery, Social Services, Housing Association, Salvation Army, Children's Services, Job Centre, Housing office etc to give them a call or email. *If you are unable to get a referral, they will help on a one-off basis, and for future help they accept proof of receipt of benefits. 01626 437370

Healthy Start Vouchers

If you are more than 10 weeks pregnant or with a child under 4 you may be entitled to get help with food and milk from the NHS Scheme <https://www.healthystart.nhs.uk/>

Dawlish Community Larder and Schools – If you want to help with a donation?

ROC Dawlish and the Helping Dawlish food larder are working closely with our schools in town to help address the issue of food poverty that families within our community are presently gripped with. A lack of food is a very real issue for certain families, one that has had a worrying impact on our children. There is evidence of parents having to be selective in what meals their children are eating daily; clearly a detrimental position for a growing youngster to be in.

At the beginning of this academic year, every school in town pre-empted this situation by coming to us and expressing a need for food support through the larder. Dawlish Community Larder has supported the schools by supplying food parcels that are requested for individual families; by supporting the breakfast clubs; by supporting an onsite school larder and by supplying fresh and dry store ingredients for an education food waste initiative.

Our schools do need your support. Any breakfast goods, fresh fruit and veg and healthy snacks (muesli bars etc.) will be greatly appreciated. You can drop these off at the Hub Store or the Co-op on the Strand, or at the Hope Centre past Sainsbury's (Tuesday or Sunday mornings preferably). For any further details on how you can support our schools please use the email below. Thank you.

Adam Gidney, ROC Dawlish School and Family Mentor Coordinator - rocdawlishschools@gmail.com

SWAP SHOP @ ST. GREG'S

Pre-loved clothes for fast growing kids!



How it works..... The Swap Shop are very pleased to accept donations of children's outgrown clothes and shoes for boys and girls aged 0 to 16 years. For each item donated a 'Swap Shop Ticket' is given to the donor and these can be exchanged for items new to them from our good quality, clean and constantly replenished stock. No money changes hands.



Since they launched, just over a year ago, they have built up quite a few regular 'swap shopping' families where parents and grandparents are finding that it's not only a great way to help in clothing their children more affordably, but also helps them to form more environmentally-friendly habits and 'do their bit' to help in protecting the planet by resourcing their children's clothing in a more sustainable way.



The Swap Shop hold **sessions weekly from 9-10am on Tuesdays in term time** and aim to hold at least one Saturday session each term. To keep up with dates and times you'll find them on Facebook as 'Kids Swap Shop at St Greg's'. During lockdown when families couldn't visit a shoe shop, Roots, the Dawlish-based Community Enhancement group, bought a couple of foot-size gauges for toddlers and juniors, to help parents make sure they were buying the right size shoes for their children when having to source them on the internet without any 'trying on'. These have now been gifted to Swap Shop. They are

available to use every session (or to take home for a week on a loan) and are a valuable and welcome addition to the service.

So, if you have children or grandchildren, nephews or nieces, and they have grown out of any of their clothes or shoes without wearing them out, please consider donating these items to Swap Shop. The Swap Shop would

especially welcome items for age 5 and over. Any surplus items 'sticking around' are donated on to CR2EE (Christian Response for Eastern Europe) who take them for the families they help in Moldova, Europe's poorest country. The Swap Shop also donates any surplus of baby clothes to help out the Teignmouth Baby Bank. Please tell all your families, friends and neighbours about Swap Shop and point them in this direction – they can be sure of a warm welcome and they can help save money too! And, lastly, if you'd just like to see how they operate then please visit one Tuesday morning and take a look for yourself.

Worried about money and your finances?

These are useful information links of where to go for help, advice, or support.

Teignbridge Worrying About Money webtool and leaflet

This has been produced by Teignbridge CVS with the Independent Food Aid Network (IFAN) and has links to different information.

<https://www.worryingaboutmoney.co.uk/teignbridge>

Teignbridge Cost of Living Support website by Teignbridge CVS

<https://www.teignbridgecostoflivingsupport.org/>

Citizens Advice Teignbridge

Advice on benefits, debts, money, housing and grants to help you pay your energy bills.

0808 278 7997 (freephone) www.citizensadvice.teignbridge.org.uk In Dawlish the Teignbridge Citizens

Advice operate a drop-in service at the Manor House, Old Town Street, Dawlish EX7 9AP Tuesday morning 9.30am to 12noon.

Teignbridge District Council

The Council's website has a cost of living support page with links

<https://www.teignbridge.gov.uk/benefits-and-support/cost-of-living-crisis/cost-of-living-help-and-support/> to the council tax energy rebate scheme, council tax support and advice, benefits and support, energy saving advice and other help like free school meals. 01626 361101.

Housing – help if at risk of homelessness email: housing@teignbridge.gov.uk

Assist Teignbridge

Local community charity Assist Teignbridge offer a service to help anybody over pension age to check they're claiming all the benefits they're entitled to receive. Following an online benefit check, they can order the appropriate forms, direct to your home address. They have a team of fantastic volunteers, all of whom are DBS checked, who will come to your home and guide and help you to fill the forms in. Some examples are Attendance Allowance forms, Carers Allowance and Pension Credit. Due to the present economic climate, there may be a wait for this service. 01626 889288.

Christians Against Poverty Teignbridge

Free debt advice and ongoing practical and emotional support for those with problem debts and financial worries. Working in partnership with local churches across Teignbridge, they help to lift the weight of debt from your shoulders. Book a free appointment 0800 328 0006 www.capuk.org

Teign Aid

Support with debt, benefits, appeals, housing and more 07835 706141 email: teignaidinfo@gmail.com

National Government Website

Help for households – national government website with links to help.

<https://helpforhouseholds.campaign.gov.uk/>

Living Options

Tips on how to save money for people with disabilities and deaf people.

<https://www.livingoptions.org/save-money/> 01392 459 222

Money Helper free online guidance for money issues, debt, benefits and pensions.

<https://www.moneyhelper.org.uk/en>

Stepchange free online debt advice <https://www.stepchange.org/debt-test.aspx>

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

<https://www.turn2us.org.uk/Get-Support>

Energy help

Please see the Teignbridge Worrying about Money leaflet and Citizens Advice Teignbridge as listed in the section on money/finances.

ECOE - Exeter Community Energy

Healthy homes for wellbeing provides free energy and money saving advice for people living in Exeter, Mid Devon, East Devon, Teignbridge and Torbay.

<https://www.ecoe.org.uk/healthy-homes-wellbeing/> 0800 772 3617

They hold a monthly drop-in at the Strand Centre on the 2nd Wednesday every month 10am to 12noon.

Cosy Devon – free energy saving improvements for lower-income households

<https://www.cosydevon.com/>

Disability Energy Support

A free energy and water advice service for households where one or more disabled people live.

Phone: 0808 801 0828 <https://www.scope.org.uk/disability-energy-support/>

ECO4 provide government grants for energy-saving methods and is for people who own/rent a home and are on income-related benefits. People who are not on income-related benefits may also be eligible if they meet other criteria. <https://eco4.org.uk/>

LEAP

Eligible households can apply for LEAP for home energy visits to help with energy bills, install free simple energy saving methods such as LED bulbs and draught-proofing, and to help find funding for further home energy-saving improvements. <https://applyforleap.org.uk/>

National Energy Action

The national fuel poverty charity, NEA are working to ensure that everyone in England, Wales and Northern Ireland is warm and safe at home. Phone: 0800 304 7159 (Monday to Friday, 10am to 12pm)

At this worrying time it is important to look after yourself

- Try not to bottle up your feelings, chat with friends or someone you trust – they may be having the same problems as you.
- Stress and anxiety for some people can lead to depression and panic attacks so do talk with your GP.
- Try and get control of your finances by talking to some of the organisations in the leaflet about benefits, grants and other support.

Local resources:

Thinkers (Anxiety Café) – Are you living with anxiety? Join the cafe each week as they explore what impact this has and how to take small steps towards living more freely. Fridays 12.30pm to 2pm at the Riverside Centre (near the Manor House).

Men's Shed

A Men's Shed takes place at the Strand Centre (access via the Hall) Monday, Wednesday and Friday 11am to 2pm and is free.

Welcoming Warm Spaces

Why not visit the locations listed on the first page of the leaflet?

Dawlish Community Transport

Regular ring and ride trips operate and there is a shop mobility service. Call 01626 888890 <https://dawlish-mobility.co.uk/>

Not sure who to call if you are worried about someone?

Dawlish Town Council has produced a Do you need help leaflet? It is a self-help tool if someone is concerned about someone else's mental wellbeing, they can easily see helplines to call.

<https://www.dawlish.gov.uk/do-you-need-help/>