

Family Support during these difficult times



With the latest lockdown so many people are really feeling the effect both emotionally and financially. Now we are two weeks into it and half way through January, we understand that there are so many that are starting to feel the financial pinch along with trying to juggle Home Learning, Childcare and work.



At Manor Park we want to make sure that we help as much as we can, some of you may be furloughed, have your own business, maybe faced redundancy or are just feeling the extra costs that these lockdowns are creating.

We are running a food bank from our school to help support and we can point people in the right direction for further support. Please do contact us, this support can be discrete, we understand it is often difficult to ask for help when you have not had to in the past, but, these times have created difficulties that many of us could not have predicted and taking a little support now may help the stress levels reduce a little.

Please see below some of the teams which may be able to offer extra support:

The Dorchester Locality Team

The Dorchester Locality team are available to help and chat to people if you are struggling with the parenting difficulties that arise from these times.

You can call for a chat with a friendly voice and they can offer some advice. There are people and agencies that are available to help, please use them to help you through.

The Dorchester Locality Team: 01305 221348

Citizens Advice

The Citizens Advice Central Dorset (Dorchester)

Public phone: 01305 751514 / Adviceline 0344 411 1444

Email: advice-dorch@centralca.org.uk

You First

YOU FIRST “provides people with the help they need to realise their dreams of independence, security, stability, happiness, and freedom. We help people in our communities who need care, support, and advice due to poverty, homelessness, disability, age, ill health or abuse to have the life they want.

Please call them if you feel that you need help to free yourself from a difficult situation or to seek advice if you feel that someone is struggling in a situation that is heightened because of the lockdown.

YOU FIRST Dorset 0800 032 5204

Domestic Abuse

Domestic abuse victims can 'Ask for Ani' at pharmacies as codeword for needing help. More than 250,000 domestic abuse offences were recorded in England and Wales between March and June last year.



Boots and several other pharmacies have signed up to the scheme.

Domestic abuse victims will be able to "Ask for Ani" at pharmacies nationwide as part of a codeword scheme to indicate they need help.

Anyone who is suffering domestic abuse will be able to ask for support without their abusers or other members of the public knowing.

As soon as they "Ask for Ani" they will be led into a private consulting room where they will be put in touch with the police, relevant support services or helplines.

These can be found on the : [GOV.UKhttps://www.gov.uk/](https://www.gov.uk/)

Cold Weather Payment

You may get Cold Weather Payments if you're getting:

- Pension Credit
- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Universal Credit
- Support for Mortgage Interest
- Pension Credit

Warm Home Discount Scheme

You could get £140 off your electricity bill for winter 2020 to 2021 under the Warm Home Discount Scheme. The money is not paid to you - it's a one-off discount on your electricity bill, between September and March.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

There are 2 ways to qualify for the Warm Home Discount Scheme:

you get the [Guarantee Credit element of Pension Credit](#) - known as the 'core group' [you're on a low income](#) and meet your energy supplier's criteria for the scheme - known as the 'broader group'.

How you apply for the Warm Home Discount Scheme depends on how you qualify for the discount.

Budgeting Loans

A Budgeting Loan can help pay for:

- furniture or household items (for example, washing machines or other 'white goods')
- clothes or footwear
- rent in advance
- costs linked to moving house
- maintenance, improvements or security for your home
- travelling costs within the UK
- costs linked to getting a new job
- maternity costs
- funeral costs
- repaying hire purchase loans
- repaying loans taken for the above items

Crisis Loans are not available any more. To qualify for a Budgeting Loan you must have been getting one or more of the benefits below for the past 6 months:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Pension Credit

If you moved from Universal Credit to Pension Credit, any time spent claiming Universal Credit will count towards the 6 months. You cannot get a Budgeting Loan if you are currently claiming Universal Credit - apply for a [Budgeting Advance](#) instead.

