

Get help this winter



We know times are hard at the moment, but you don't have to face problems alone.

#BlackpoolTogether

BlackpoolCouncil

We know that many people in Blackpool and across the country are worried about the cost of living and the impact on their lives.

“If you are struggling to make ends meet at the moment, we want you to know that you are not alone. We hear every day from people and households who are in the same position, feeling the pinch and pressurised about the rising costs of energy bills, food and essentials. Earlier this year the Blackpool Community, including the faith and voluntary sector, public sector and businesses came together to talk about the rising cost of living and how we could make sure that our residents knew that they can ask for, and get help when they need it.

The amount of support available across our town is overwhelming, and no one in Blackpool needs to travel far to access warmth, both a warm space and a warm welcome, help and advice. There is so much available we couldn't fit everything in to this leaflet, but what you should find is some helpful advice about where you can access information about what is happening in your area should you, or someone you know, need help this winter.”



Cllr Lynn Williams
Leader of Blackpool Council

“Working with our community partners and volunteers we are strengthening the resilience of our local offer and are looking to keep you informed about support that is available now and what might be in place during the winter across Blackpool.

we have included the main contacts and tools you can use to keep updated with any cost-of-living concerns.”

For the latest information please visit www.fyidirectory.co.uk/cost-of-living-help

“Here in this booklet, we have tried to inform you of resources that are available at the time it went to print - from access to energy tips, food offers, money saving ideas, debt and financial advice to health and wellbeing contacts.

If you have difficulty accessing the internet or cannot find what you are looking we have also set up a dedicated helpline which is open Monday – Friday 10am until 3pm. Please telephone **0808 175 3379**

“As the situation and assistance available are evolving constantly, more resources and support anticipated;

Dr Arif Rajpura
Blackpool Council Director of Public Health



We know that many people in Blackpool and across the country are worried about the cost of living and the impact on their lives.

Blackpool Council along with partners and volunteers have pulled together some information to ensure that you can access the help and support you need. You can find advice with food and essentials, community centres activities, help with housing if you are struggling with accommodations costs, and contacts to talk to someone for emotional and practical help.

Online



www.fyidirectory.co.uk

You can find information about all the support that is available locally in our cost of living section.

In Person

If you prefer you can call in at the locations below where someone will signpost you to the services and support available across Blackpool.

Empowerment Charity

333 Bispham Road
Blackpool, FY2 0HH

Monday to Friday
9am until 5pm

Volunteer Centre

95 Abingdon Street
Blackpool, FY1 1PP

Monday to Friday
10am until 3pm

Telephone

Freephone 0808 175 3379

between 10am and 3pm Monday to Friday.

Your call will be answered by one of our voluntary organisation partners who will point you in the right direction.

Help with money and bills

Are you facing financial hardship?

We know that sudden unexpected costs can be difficult for people facing financial hardship.

The Household Support Fund can help by providing short term financial support to meet immediate needs and help residents who are struggling to afford household energy costs.

- In Blackpool, an award of £200 will be made to qualifying households of one or two people (including children) and £300 to qualifying households of three or more people (including children).
- There is an application process and evidence will be required to support your request. If successful your award will be paid directly to your energy provider and will appear as a credit on your bill or pre-payment meter.

For further information please go to:
www.blackpool.gov.uk/householdsupport



HM Government



Citizens Advice Blackpool

Free confidential advice on welfare benefits, family and personal issues, housing and employment.

T: 0330 330 1184 Advice Line

T: 01253 308401 Universal credit advice

T: 01253 308405 Debt advice

www.blackpoolcab.org.uk

Blackpool Discretionary Support

Short term emergency support and help with referral to other agencies

www.blackpool.gov.uk/discretionarysupport

Cosy homes in Lancashire

Access to cost effective ways to keep your home warm.

T: 03306 061 488

www.chil.uk.com

Care and repair

Blackpool's home improvement agency helping people live independently.

They also provide free boiler repairs for vulnerable people.

T: 01253 477900

Help with keeping warm

There are a number of warm places across Blackpool and more are being set up. For a complete up to date list please have a look at www.fyidirectory.co.uk/cost-of-living-help where you can also find out about what is going on at each centre, or you can phone the numbers below. Opening times vary please telephone the location nearest to you for more information. Everyone is also welcome in any one of the eight libraries across Blackpool.

Argosy Community Centre

T: 01253 477898

Aysgarth Community Centre

T: 01253 477898

Bostonway Community Centre

T: 01253 477898

Cherry Tree Gardens Community Centre

T: 01253 477898

Claremont First Step Community Centre

T: 01253 299306

Drop in at Streetlife for young people

T: 01253 294477

Dunsop Court Community Centre

T: 01253 477898

Ibbison Community Centre

T: 01253 477898

Kilmory Community Centre

T: 01253 477898

Kingcraig Community Centre

T: 01253 477898

Lostock Community Centre

T: 01253 477898

Molyneux Community Centre

T: 01253 477898

Revoloelution

T: 01253 423430

@ The Grange

T: 01253 478301

Aiming Higher

**for disabled children and
their families**

T: 01253 206448

The Hub@Southshore

T: 01253 405490

Blackpool Carers Centre

T: 01253 393748

Blackpool Football Community Trust - Lunch clubs

T: 01253 348691

Claremont Park Community Centre

contact via Empowerment Charity

T: 0330 3232100

Practical advice to help with your energy bills

Get a smart meter.

to monitor your energy usage and **keep track** on the appliances that are expensive to run.



Turn your temperature down on your thermostat.

It sounds obvious but turning it down by even one degree can **save you 10%** on your bill.



If you have a condensing boiler (installed after 2005), **you can adjust your flow temperature and save money.**

It's the dial with the radiator icon on the front of your boiler. **Dial it down to 60°C or less** if you have a newer property and your boiler will work more efficiently (condensing mode).



Bleed your radiators.

If the top is cold, it's not heating fully. You need a radiator key but once bled, **your boiler won't have to work as hard to keep your room warm.**



Turn radiators off in rooms you're not using and close the doors. This will help insulate your home.



Keep your internal doors shut and curtains closed –

especially in rooms you're not using.



If you've got laminate, wood or tiled floors, try and use a rug if you have one.

Up to **10% of heat can be lost** through your floors.



Not leaving appliances on standby can save up to £147 per year.

TV, microwave, computers and phone chargers are all costing money if you leave them plugged in.



Use LED bulbs. They use at least **75% less energy** and last up to 25 times longer than regular bulbs.



If you're making a brew only boil enough for cups you are making.

Your kettle won't need to work so hard so it's cheaper to run.



Help with food

There are a number of community food schemes where you can obtain low cost food.



A number of supermarkets with cafes also run meal offers with discounts.



Many local churches also run emergency food sessions.



Blackpool Food Bank

Distribute food to over 80 local locations. If you are interested in volunteering or donating food please get in touch.

T: 01253 358842

Blackpool Community Grocery Store Kings Church

241 Bispham Road, Blackpool,
FY2 0LB

Monday to Friday

9.30am until 4.30pm

HIS Provision Mobile Pantry visits the following locations:

Claremont Park Community Centre

Claremont Road, Blackpool,
FY1 2JQ

Tuesdays 1pm until 2.30pm

Argosy Court

Foreshaw Avenue, Blackpool,
FY3 7NG

Thursdays 9.30am until 11am

Ibbison Court

Blackpool,
FY1 4AU

Thursdays 12.30pm until 2pm



Covid and Flu vaccinations



1st and 2nd doses of the vaccine for anyone aged 12 and over at all clinic locations. Please see mobile clinic dates and times below.

Under 16's must be accompanied by a parent or carer.



Covid boosters are available to those in an eligible group, three months after previous 2nd, or booster dose. **There are 2 booster doses of the coronavirus (COVID-19) vaccine you may be able to get:**

- A 1st booster for everyone aged 16 and over, once they have completed their primary COVID-19 vaccination course
- A seasonal booster (autumn booster) for some people, including those aged 50 years or over, those at higher risk or who are pregnant, and frontline health and social care workers



If you would prefer to book an appointment to get your Covid vaccination / booster dose you can book an appointment online or call **119**.

For upcoming dates and times of clinic sessions and more information on the vaccination go to:

www.blackpool.gov.uk/vaccinations

Please note, a gap of 12 weeks must be in place for under 18's:

- After a positive COVID-19 test result, before any dose of vaccination
- Between doses

Flu vaccinations

The flu vaccine is offered every year through the NHS to help protect people at risk of getting seriously ill from flu.

Our walk-in vaccination clinics offer this service to those in eligible groups, aged 18 and above.

To get details of the mobile vaccinations sites:

www.blackpool.gov.uk/vaccinations

For more information
about Covid 19 and Flu
vaccinations please go to:
www.nhs.uk

*If you require this leaflet in a different format
please telephone 0808 175 3379*