

Cost of Living Support

Contact your local Citizen's Advice Bureau

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](#)'s website or contact the Burnley branch to book an appointment:

Centenary Court, Croft Street,
Burnley
Lancashire
BB11 2ED

01282 616750

<http://burnleyandpendlecitizensadvice.org.uk/>

Check you're paying the right amount of tax

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

Claim any benefits you're entitled to

Use one of these benefits calculators to determine whether there are any benefits you could be claiming:

- [Turn2us](#)
- [Policy in Practice](#)
- [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance'. You will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim.

Check you've received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website

Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. If you think that your child might be eligible and they're not registered please contact the College and we will send you a form or apply directly [here](#).

See what support you can get from Lancashire local authority

Find out the most up-to-date information about what help is available for households and businesses in Lancashire on the [Cost of living support website](#).

Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There is a number of places offering support.

- If you have a child under 4, and you meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
 - [Burnley Community Kitchen](#) is located at Unit 83 in the Upper Market Square of Charter Walk Shopping Centre (above New Look). The Community Kitchen includes a foodbank
 - [Burnley Together](#) can help provide support in accessing the Burnley Community Grocer. The Community Grocery bridges the gap between food banks and supermarkets by helping local residents with their weekly food shops. An annual membership fee is £5 or £4 a shop. You can shop up to twice a week. Burnley Together also offers emergency food parcels which can be requested by contacting Burnley Together Hub and then collected the following day at one of the local hubs.
 - Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)
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