

A close-up, black and white photograph of a young child's face, focusing on their eyes and nose. The child has light-colored hair and is looking directly at the camera with a neutral expression.**1<sup>IN</sup>5****RAISING  
AWARENESS  
OF CHILD  
POVERTY**

## Financial Support for Families

April 2024

If you are having financial difficulties please speak to a member of staff in your child's nursery or school who can help you access some of the supports listed below.

### Cost of Living Crisis Support Scotland

A new Scottish Government website has been launched to signpost advice and financial support available to people in Scotland. This is in line with commitments set out in the 2022-23 Programme for Government, which places a strong focus on action to mitigate the impact of the cost of living crisis. The website includes information about support with:

- increasing energy bills
- Scottish and UK social security payments and benefits
- support with housing costs
- payments for families
- where to get further advice, benefit calculators, wider health and wellbeing information

For further information please visit

<https://costofliving.campaign.gov.scot> & <https://www.edinburgh.gov.uk/costofliving>

### FREE Period Products

Local authorities across the country have been given a budget to provide free period products, plastic free tampons and pads in public buildings. Edinburgh Council have rolled out to a range of buildings across the city, e.g., libraries, Community Centres, Edinburgh Leisure, schools, further education colleges, museums, and galleries.

Reusable cups, pads and pants can also be found in libraries and community centres. These should be on display and easily available to pick up.

# Help with food

1<sup>IN</sup>5

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## Fresh Start Community Meet and Eats

This is a 2 course hot meal and held weekly on:

Wednesday evenings 5-6.30pm and Friday afternoons 12-1.30pm

at **Fresh Start 28-30 Ferry Road Drive, Edinburgh EH4 4BR** or call **0131 476 7741**

There is no referral process, it is for anyone who needs it.

## Free School Meals

Children in families that receive the following benefits can claim FSM:

- Income support
- Income-based Job Seeker's Allowance (JSA)
- Any income related element of Employment and Support Allowance
- Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £16,105
- Both maximum Child Tax Credit and maximum Working Tax Credit and your income is under £7500
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit where take home pay is less than £660 per month

Families receiving these benefits should still apply for FSM for children in P1-5, even though FSM is universal in these years. This will allow your child to receive free school milk, clothing grant, holiday payments and other supports. You can apply at any time but to ensure your child receives meals for the start of the new session in August apply in June. The application for free school meals and clothing grant is here [www.edinburgh.gov.uk/schoolgrants](http://www.edinburgh.gov.uk/schoolgrants)

## Food Banks

If you are struggling to afford food there are food banks across the city. A list of them can be found here [www.edinburghfoodproject.org](http://www.edinburghfoodproject.org) A referral to a local food bank can be made for you by your school, social worker, GP or health visitor.

## Discover

Discover is a holiday programme for low income families that provides meals and activities for primary school aged children and their families. Please ask at your school for more information and to make a recommendation.

## Breakfast Clubs

Free places are available in all council run and some private provider breakfast clubs. These can be allocated at the headteacher's discretion.

# Help with clothing

## School Clothing Grant

Clothing grants are provided by the local authority using the same criteria as FSM. Edinburgh families can receive £120 for primary age children and £150 for secondary pupils towards school clothing. City of Edinburgh Council pay clothing grants between July and 31st March the following year. Families who qualify will receive a payment directly into their bank account. Apply here [www.edinburgh.gov.uk/schoolgrants](http://www.edinburgh.gov.uk/schoolgrants)

## Edinburgh School Uniform Bank

The Edinburgh School Uniform Bank distribute bespoke packs of free new / nearly new school uniform to hundreds of Edinburgh families each year, as well as supplying nearly-new uniform to schools and community groups. To be referred to this service, please ask in school or speak to your family support worker, health visitor, youth worker or similar. [www.edinburghuniform.org](http://www.edinburghuniform.org)

## Kids Love Clothes

This charity provide a selection of clothes for each child referred. The clothes are ironed, folded and packaged into beautiful giftbags, ready for delivery. Giftbags are free, and the child receives quality clothes that have been put together with care and attention. Please speak to school if you would like a referral. [www.kidsloveclothes.co.uk](http://www.kidsloveclothes.co.uk)

## Edinburgh Police Fund For Children

This fund provides grants for warm jackets and footwear to school aged children that are in need of assistance. The family must be resident in the City of Edinburgh. Online applications are made by a third party e.g. Social Worker, Health Visitor, Community/District Nurse, Support Worker, Head/Guidance Teacher or through a voluntary organisation. School Branded garments are not funded.

<https://www.eltf.org.uk/funds/epfc/>

## Edinburgh and Lothian Trust Fund General Fund for Families

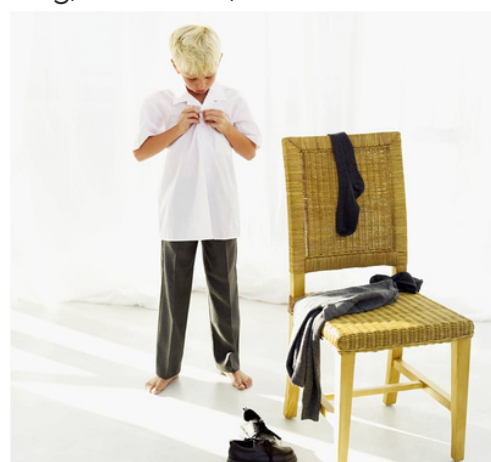
The Trust's funds are restricted to beneficiaries who reside in the City of Edinburgh or the Lothians. Applications for grants must be submitted by a post holder from a referring partner e.g. local authority social worker, family support workers, housing officers. Applications will not be accepted directly from members of the public. The maximum grant awarded is £300 for items such as white goods, clothing, footwear, small electrical items, bedding and household items etc.

<https://www.eltf.org.uk/funds/grants-for-individuals/>

## The Edinburgh Clothing Store

The Edinburgh Clothing Store is a charity offering adult and children's clothing, shoes, bedding, etc for people in need. It's a free service. Ask at school if you would like a referral

[www.edinburghclothingstore.org](http://www.edinburghclothingstore.org)



## Help with fuel

### MEGA Fund (More Electricity & Gas Assistance)

The "More Electricity & Gas Assistance" (MEGA) fund is an emergency fund to support households

in vulnerable situations to maintain health and wellbeing and to avoid self-disconnection.

If a person is on a pre-payment meter, has been affected by the Covid-19 pandemic, are at risk of

self-disconnection and have not already applied via another referral agent, please complete this application. <https://bit.ly/3ycDV8e>

### Scottish Welfare Fund

The Scottish Welfare Fund provides crisis grants for living expenses in the event of an emergency or disaster, and Community Care Grants to enable and support independent living.

Applications can be made for essential items such as furniture, household equipment, travel costs, removal expenses, storage charges, connection charges for gas and electricity

**To find out more telephone 0131 529 5299 or visit**

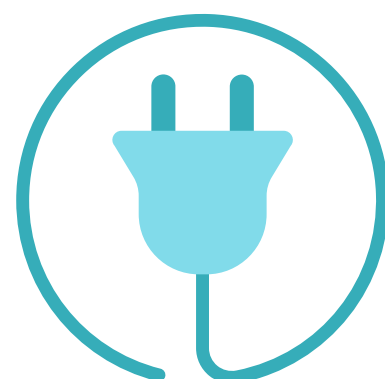
**[www.edinburgh.gov.uk/scottishwelfarefund](http://www.edinburgh.gov.uk/scottishwelfarefund)**

### Home Energy Scotland

HES can check your eligibility for special discounts from energy suppliers and help you with a benefits and tax credit check so you're not missing out on additional income. In some cases, they can also help you access funding to improve your home's energy efficiency so you can stay warm without breaking the bank. **Call them on 0808 808 2282** to talk to an advisor in confidence. **[www.homeenergyscotland.org](http://www.homeenergyscotland.org)**

### Fuel Bank Foundation

Juggling finances and managing an energy account can be tricky. Our advice can help you to get on top of things. **[www.fuelbankfoundation.org](http://www.fuelbankfoundation.org)**





# Help with housing

## Family and Household Support

Family and Household Support can help if you have a problem with your health and wellbeing, parenting, neighbour disputes, welfare benefits and housing. They can help you get in touch with the right people and make it much easier for you to access a whole range of services in the Council and across the community. There are four teams in Edinburgh. You can refer yourself or also be referred by someone else who is supporting you, like your GP, a social worker or a family member

Contact telephone no. **SE 0131 529 5123, SW 0131 469 5150, NE 0131 529 7168, NW 0131 529 5014**  
[www.edinburgh.gov.uk/private-housing/family-household-support-service/1](http://www.edinburgh.gov.uk/private-housing/family-household-support-service/1)

## Tenant Grant Fund

This fund provides direct financial support to tenants via landlords for the specific purpose of paying rent arrears arising from the impact of the Covid-19 pandemic. The aim of the fund is to prevent homelessness for tenants who do not have alternative sources of support. For more information, visit [www.edinburgh.gov.uk/tenantgrantfund](http://www.edinburgh.gov.uk/tenantgrantfund)

## Temporary Accommodation and Homelessness

If you are a family that are homeless or living in temporary accommodation City of Edinburgh Council has some funding to support children and young people to access education and support their wellbeing. Supports can include help with digital devices, school meals, bus passes, counselling for parents and carers and access to sanitary products at home. For support please speak to your child's head teacher for primary aged children or their guidance teacher for high school aged children. or email [childpoverty@edinburgh.gov.uk](mailto:childpoverty@edinburgh.gov.uk)

## Fresh Start

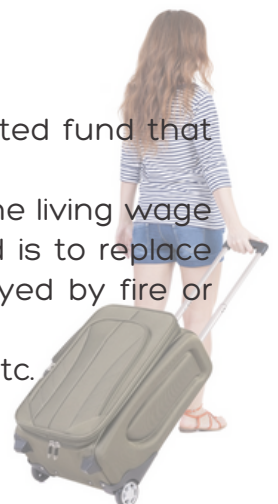
Fresh Start is an Edinburgh based charity helping people who have been homeless get established in their new home. Working in partnership with volunteers and organisations from a broad section of the community, we deliver a range of services that provide the practical and social support that help people resettle successfully. We can help with starter packs of everyday household goods, larger appliances such as cooker, washing machine or fridge freezer, or If you are in the first twelve weeks of your tenancy, then our Hit Squad Service could help to decorate up to two rooms. We also have a shop and pantry to help with the cost of food and household items. Or perhaps one of our cooking classes or gardening spaces would be of interest? For more details please contact **0131 476 7741** or [admin@freshstartweb.org.uk](mailto:admin@freshstartweb.org.uk)

## Edinburgh Fire Fund

For residents of the City of Edinburgh Council administration area, a dedicated fund that can help you to recover from the impact of a fire.

Applicants must be in receipt of income related benefits or earn less than the living wage and not have a valid house contents insurance policy. The aim of the fund is to replace household contents, essential belongings and clothing damaged or destroyed by fire or smoke damage. the application must be completed online and verified by a postholder from a recognised third party e.g. housing officer, support worker etc. Please note this Fund is not designed for crisis funding.

<https://www.eltf.org.uk/funds/the-edinburgh-fire-fund/>



# Help with benefits, debt and advice

## Maximise!

Maximise! is a partnership between CHAI and Children 1st supported by The City of Edinburgh Council. They provide an all round service to pupils' families to help improve relationships, increase confidence, support well-being and increase community links as well as providing advice to maximise your income, reduce debt, resolve housing issues and gain employment. To make an appointment, please contact your child's school or phone CHAI on 0131 442 2100. [www.chaiedinburgh.org.uk/maximise/](http://www.chaiedinburgh.org.uk/maximise/)

## CHAI

CHAI helps and empowers people through high-quality, impartial advice on welfare benefits, housing and debt. The Advice Team consists of specialist and generic Advice Workers and a small band of skilled Volunteers. They deliver advice in a range of outreach locations city-wide including GP practices, mental health hubs, community centres, schools, libraries etc. Please discuss your requirements when booking an appointment. Appointments can be made by phoning 0131 442 1009 or visit [www.chaiedinburgh.org.uk](http://www.chaiedinburgh.org.uk)

## Advice Shop

The Advice Shop offer help with welfare rights including income maximisation, through welfare benefits, tax credits and grants. They also offer debt advice to resolve personal debt including credit cards, bank loans, rent arrears, personal loans, store cards, catalogues and mortgage arrears. If you need advice please call : 0131 200 2360 or [email advice.shop@edinburgh.gov.uk](mailto:email.advice.shop@edinburgh.gov.uk)  
[www.edinburgh.gov.uk/benefits-grants/advice-shop](http://www.edinburgh.gov.uk/benefits-grants/advice-shop)

## Citizens Advice Edinburgh

Citizens Advice Edinburgh specialise in Welfare Rights (Benefits), Debt, Budgeting, Employment, Housing, Energy, Immigration, Consumer Rights and Health. They are city wide and have 5 Bureaus and 13 outreach sites serving every locality. They also deliver the national Pensionwise and the Patient Advice and Support Services. Simply call their main number on: 0131 510 5510  
[www.citizensadviceedinburgh.org.uk](http://www.citizensadviceedinburgh.org.uk)

## Christians Against Poverty

Christians Against Poverty (CAP) specialise in providing community based debt help, with the option of appointments from the privacy and comfort of your own home. Through their person centred approach you'll be given the support you need, including emergency aid where needed, every step of the way to becoming debt free. For more info visit [www.capscotland.org](http://www.capscotland.org) or to start your debt free journey call 0800 328 0006.

## Whole Family Equality Project

This project aims to address poverty and inequality within ethnic minority communities in Edinburgh. The aim is to provide holistic support, working towards outcomes such as improving each families' financial resilience, improving health and wellbeing, and increasing children's positive participation in school life and educational attainment. Bringing Capital City Partnership's expertise in employability, they also work closely with families who want to move into work, or better work, and enable them to carve out career pathways that support their aspirations.

<https://joinedupforfamilies.org/family-equality-project>

# Help with employment, training and childcare

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## One Parent Families Scotland

One Parent Families Scotland is the leading charity working with single parent families in Scotland. They provide expert advice, practical support and campaign with parents to make their voices heard to change the systems, policies and attitudes that disadvantage single parent families. They work with and for single parent families, providing support services that enable them to achieve their potential and help create lasting solutions to the poverty and barriers facing many single parents and their children. For support please call the Lone Parent Helpline on 0808 801 0323 or visit [www.opfs.org.uk](http://www.opfs.org.uk)

## Employability Support for Edinburgh Parents

When you're a parent, finding the right job can be a challenge. Perhaps you want to get back into work, take on more hours at a better rate of pay, or start vocational training or college? If so, there are lots of free Parental Employability Support (PES) projects around Edinburgh to help. Working 1-1 with a dedicated mentor, you'll get the necessary support and expertise to take the next steps. You will have access to money advice to ensure you are in the strongest position possible when making decisions about the impact of a job or training on benefits and the cost of childcare.

More information about each of the projects can be found at [www.joinedorforjobs.org/service-providers/parental-employment-support-fund](http://www.joinedorforjobs.org/service-providers/parental-employment-support-fund).

Priority will be given to those with multiple barriers to employment but all parents are encouraged to find out more about the parental employability support that is available.





# Help with employment, training and childcare

## Childcare Connector Service

This service provided by One Parent family Scotland can help single parents to identify childcare such as a nursery, childminder, after school clubs as well as offer help to with how to pay for it. It can be challenging to combine work or education with parenting responsibilities. This service aims to overcome childcare barriers by supporting parents to find funding, understand how benefits might be affected and get through the first month of a new job when money is tight. By having the right childcare, parents can reach their goals, achieve financial independence and take an equal part in the community.

For more details contact: [Kalina.smolarska@opfs.org.uk](mailto:Kalina.smolarska@opfs.org.uk) - 07810 850830

## Making Work Work - For Women Returners

The Making Work Work programme supports women over 25 who have had a career break of 6 months or more to get back into 'work that works' around all the commitments and fun of life. The programme is aimed at women with management or leadership experience or aspirations, it offers a refresher on management content, 8 weeks of group training, one-to-one mentoring, support with job searches, personal development and designing a work/ life blend.

Full information: [www.makingworkwork.scot/edinburgh](http://www.makingworkwork.scot/edinburgh)

Or contact: [womenreturners@thechallengesgroup.com](mailto:womenreturners@thechallengesgroup.com)

## Job Start Payment

Is a one off payment of £252.50 available to young people in Scotland who are on certain benefits, and need help with the costs of starting a new job. If the person has a child, they could get £404. A person must meet all of the criteria below to be eligible:

- are 16 to 24 years old; or are a care leaver aged 16 to 25
- live in Scotland on the day of the job offer
- have a job offer for paid employment
- the job must average 12 hours or more per week, over a 4 week period.
- It doesn't need to be a permanent job
- Be out of paid work and in receipt of a qualifying benefit for 6 months or more, or if a care leaver out of paid work and in receipt of a qualifying benefit at the time of the job offer (care leavers do not need to be in receipt of a qualifying benefit for 6 months).

Visit [mygov.scot/benefits](https://mygov.scot/benefits) to apply online or call freephone on 0800 182 2222 to complete the application over the phone or to request a paper application form.





# Are you or your child entitled to these payments?

## 5 Family Payments

If you're on tax credits or certain benefits, you could be entitled to five family payments. .

**Scottish Child Payment** A payment of £40 every 4 weeks for each eligible child under the age of 6.

**Best Start Grant Pregnancy and Baby Payment** A £606 payment for a first child and £303 for other children. Plus an extra £303 if you have a multiple birth. You can apply from 24 weeks of pregnancy until your baby is 6 months old.

**Best Start Grant Early Learning Payment** A £252.50 payment when a child is between the ages of 2 and 3.5 years. You can still apply if your child is not taking up a place at nursery.

**Best Start Grant School Age Payment** A £252.50 payment to help eligible families with the costs of starting school. Visit [mygov.scot/beststart](https://mygov.scot/beststart) for application dates and guidance on when to apply even if you are deferring.

**Best Start Foods** Money every 4 weeks on a pre-paid card from pregnancy until your child is 3 years old.

Check if you are eligible and apply now at [mygov.scot/benefits](https://mygov.scot/benefits) or by calling **0800 182 2222**.

## Education Maintenance Allowance

An Education Maintenance Allowance (EMA) is a weekly payment of £30 paid to a young person aged 16- 19 year olds who stay on at school. It is paid during term time, but not during breaks. To qualify, households with one dependent child must be earning £24,421 per year or less, and households with more than one dependent child must be earning £26,884 or less, before tax. **For more information please email [ema@edinburgh.gov.uk](mailto:ema@edinburgh.gov.uk) or visit [www.edinburgh.gov.uk/ema](http://www.edinburgh.gov.uk/ema)**

## The Local Delivery service

The introduction of Social Security Scotland's new Local Delivery will increase the range of ways people can get help to apply for payments they are entitled to. Client Support Advisers will answer any queries about Social Security Scotland benefits, help populate paper or online applications forms, and offer other support in relation to Social Security benefits including help with submitting change of circumstances information. Local Delivery support will be by appointment only and will take place: o in local community venues or in people's homes, hospitals and prisons via video call or telephone appointment. The Local Delivery service will help people to apply for Social Security Scotland benefits only. **To book an appointment with a Client Support Adviser by contacting Social Security Scotland on 0800 182 2222.**

## Promise Package - Care Experienced Young People

Young Scot and Children and Young People's Centre for Justice (CYCJ) have come together to offer a new package of support for young people aged 11 - 25 who are in care and/ or justice experienced. Including kinship, foster, residential care, being looked after at home under CSO or someone who's been adopted and was previously 'looked after' and/ or has encountered the justice system due to suspected, alleged, or confirmed involvement in offending behaviour.

The package includes items and experiences to help young people navigate transitions and other key moments throughout their lives. Items and experiences may include: Wellbeing box containing seasonal items, shopping vouchers, a moving out kit (kitchen items, bedding, homeware) driving lessons, laptops, mobile phones and credit, cooking courses and more.

Applications can be made directly by young people aged 12+ using Young Scot Membership on <https://myaccount.signin.mygovscot.org/CASServer/login>

If you don't already have an account, you can sign up at: <https://young.scot/get-involved/membership/> for help with signing up please contact [membership@young.scot](mailto:membership@young.scot).

# Are you or your child entitled to these payments?

## Young Carer Grant

It's a new yearly payment of £308.15 for young carers aged 16 to 18 who live in Scotland. It's a cash benefit to spend as they choose and they can apply if they are at school, in further education, employed or unemployed. Young carers may be eligible for Young Carer Grant if they meet certain criteria such as they live in Scotland, are aged 16 to 18, and have been providing care for an average of 16 hours a week, for the last three months. The support they provide may be physical, mental or emotional. For more information Call freephone on **0800 182 2222** to complete the application over the phone or to request a paper application form. Or go to [mygov.scot/young-carer-grant](https://mygov.scot/young-carer-grant)

## Child Disability Payment

This benefit is for children aged between three months and 16 years who live with a disability. This benefit has two components, a care component (which can be awarded as low, middle, high) and a mobility component (low and high). Qualifying for this payment can then entitle your family to other forms of grant, payment or benefit. Many families miss out on benefits because the application processes are complex and time consuming. For this reason, it may be beneficial to start with the support of a voluntary organisation such as Kindred for support. Call **Kindred on 0800 031 5793** or visit [www.kindred-scotland.org](http://www.kindred-scotland.org) or visit [www.mygov.scot/child-disability-payment](https://www.mygov.scot/child-disability-payment) for more information.

