

Summer Fun 2022

Help and support for your family



We all want our children to have a Summer of Fun, but life can also have many challenges. There is help and support available.

- ? Do you need help with providing healthy food for your family and being more active?
- ? Are you worried about how you will pay your bills?
- ? Would you like help getting a job or to access some training?
- ? Are you worried about a child or adult, and not sure how to help?

To find help in Coventry you can:



Visit our website at www.coventry.gov.uk/cfid to find lots more information on activities for children



Call Coventry City Council freephone hotline number **08085 834 333**, available **Monday to Friday 9am - 5pm**



Use our online chat at www.coventry.gov.uk/cost-living-wellbeing-support



Out of Hours

Call the **Emergency Duty Team** on **024 7683 2222** if it's after 5pm and you're worried about the safety of a child or adult

Family Support

Family Hubs Here to Help
☎ **0800 887 0545** Freephone
www.coventry.gov.uk/applyearlyhelp
Help to all families with children 0-19 years

Domestic abuse and sexual violence

CRASAC
☎ **024 7627 7777**
www.crasac.org.uk

Safe to Talk helpline
☎ **0800 111 4998**
www.safetotalk.org.uk

Adult Mental Health

Mental Health Matters
☎ **0800 616 171**
www.mhm.org.uk/coventry-warwickshire-helpline

Samaritans
☎ **116 123**
FREE from any phone
☎ **0330 094 5717**
local call charges apply
www.samaritans.org

Employment and training

The Job Shop
☎ **024 7678 5740**
✉ jobshop@coventry.gov.uk
www.coventry.gov.uk/jobshop

Family Health

Family Health and Lifestyle Service
☎ **02475 189 190**

Chat Health
☎ **07507 331949**

Rise Mental Health and Emotional Wellbeing Service (CWPT)
☎ **0300 200 2021**
Between 8am and 8pm

OR **24/7 Crisis Line**
For urgent calls and young people who are experiencing a mental health crisis contact the 24/7 Rise Crisis team on
☎ **08081 966798** option 2

kooth www.kooth.com

Kooth is a FREE online service offering emotional and mental support for children and young people





10 top tips to help with the cost of living

1 If you are working, check you are receiving the **national minimum wage**

2 If you are on a low income (in or out of work) check if you are entitled to **Universal credit** or receiving all benefits you could:
<https://www.gov.uk/universal-credit>

3 You can ask for money for essential items like food, clothing, fuel, and white goods. Apply for a **Household Support Fund (HSF)** by contacting 08085 834 333 or apply via <https://www.coventry.gov.uk/council-tax-benefits/household-support-fund>

4 Get help with paying your rent by applying for a Discretionary housing Payment (DHP) 024 7683 3773 <https://www.coventry.gov.uk/benefits-1/discretionary-housing-payments>

5 Look to see if you can apply for a Council Tax Support and ask for your Council Tax to spread over 12 months to reduce your monthly bill <https://www.coventry.gov.uk/benefits-1/housing-benefit-council-tax-support/3>

6 **Become a member of one of the Social supermarkets/Food Hubs** so you can get £20-25 worth of food for a £4 membership every week <https://letstalk.coventry.gov.uk/social-supermarkets>

7 Get help with school uniform, school shoes, clothing
<https://clothingcoventry.org>

8 Contact your energy supplier if you are finding it hard to pay your bill. Also contact the Warm and Safe Homes advice Line: 0800 304 7159, or Act on Energy 0800 988 2881

9 Emergency free food and support can be accessed through the **Coventry Food Banks**. Contact them on 0247699 3770

10 **Get help with your water bill** by applying to the Big Difference Scheme with Severn Trent on 0345 7500 500



Citizens Advice Bureau

024 7622 3284

www.coventrycitizensadvice.org.uk



Coventry Independent Advice Service

024 7652 1101

www.covadvice.org.uk



P3 Housing Support

0808 196 2660

www.p3charity.org/services/coventry-families



Central England Law Centre

024 7622 3053

enquiries@centralenglandlc.org.uk