

## Cost of Living

### Support for Families with Young Children



Are you a family with young children requiring a little extra support during the current cost of living crisis?

#### Child Benefit

Child benefit is a paid allowance that can help you with the costs of your children. It's usually paid every 4 weeks. If you've just had a baby, you need to register the birth before you claim.

#### Claim Child Benefit

#### Sure Start Maternity Grant

A one-off payment of £500 to help towards the costs of having a child. You qualify for the grant if:

- You're expecting your first child,
- You or your partner already get certain benefits

[www.gov.uk/sure-start-maternity-grant](http://www.gov.uk/sure-start-maternity-grant)

#### Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you:

- Buy healthy foods like milk or fruit
- Get free vitamins

[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)

Vitamins are available from centres in Cumbria: **Healthy Start Vitamins**

#### Infant Formula

For families who do not have a 48 hour supply of formula milk or funds to purchase some. Call the Child and Family Support Service:

Allerdale: 01900 66946	Barrow: 01229 821855
Carlisle: 01228 22341	Copeland: 01946 64600
Eden: 01768 899901	South Lakes: 01539 734456

## Food Banks

Struggling to feed yourself or your family there are organisations that can help. Foodbanks can provide emergency food parcels in a crisis:

**Food banks in Cumbria**

## Baby Banks

Like a food bank but for baby essentials. Baby Banks collect items for new-borns to 5 year olds from the local community and give them to families who are in urgent need of help.

**UK Baby Banks**

## Cash For Kids Grants

To provide emergency essentials that support the physical and mental well-being of children who are struggling.

**Helping the children that need it most**

## Cost of Living Support in Cumbria

Provides local information for Cumbrian residents on a range of helpful topics, whether that's emotionally, financially or practical help to seek support.

**[www.cumbria.gov.uk/costofliving/default.asp](http://www.cumbria.gov.uk/costofliving/default.asp)**

## Household Support Fund

The fund is to help people who are in financial crisis because of rising prices. Funding is available until 31 March 23. Only one application per household.

**Government Support – Household Support Fund**

## Help for Households

Support available to help families with the cost of living.

**Help for Households - Get government cost of living support**

## Activities

- **Cumbria's Holiday Activity and Food Programme** - a place to find activities running during the school holidays
- **Park Play** - offers free, fun games and activities in local parks and green spaces every Saturday morning in Cumbria.
- **What can I do today at home?** - activities for families to support and encourage children's learning
- **Words for Life** - to support parents with their child's learning at home
- **Hungry Little Minds** - is a campaign giving parents access to advice and suggested games to help with early learning for their children from age 0 to 5 years

## Support Services

**0 – 19 Child and Family Support Service** offering a wide range of services including Referral to a universal or specialist service.

**Children and Families Information Service** provide free information, advice and guidance on services including childcare, entitlements etc for families in Cumbria.

*Correct at time of publication (January 2023)*