



# East Renfrewshire Citizens Advice Bureau Weekly Update

06/04/2023



## Free Period Products –

As part of East Renfrewshire Council's support for communities and commitment to equality, they offer free period products in a range of venues for people to take however much they need, whenever they need it, for whoever needs it.

At present, the following products are available:

- Individually wrapped day pads and tampons
- Packets of day and night towels
- Boxes of regular and super tampons
- Menstrual cups
- Reusable cloth pads

These products are available at various venues across the whole of East Renfrewshire, including all schools and our Citizens Advice Bureau.

The PickupMyPeriod app directs users to the nearest location where free period products are available based upon either the user's GPS location or an entered postcode.

## Cost of Living Payments –

UK Government has updated their website with details on Cost of Living payments for the new financial year.

For those in receipt of low income benefits, there will be 3 payments making up payments of £900 over the next year:

- £301 paid between 25 April 2023 and 17 May 2023 for most people on DWP income benefits
- £300 paid during autumn 2023 for most people.
- £299 paid during spring 2024 for most people.

You do not need to apply. If you're eligible, you'll be paid automatically in the same way you usually get your benefit or tax credits. This includes if you're found to be eligible at a later date.

These payments are not taxable and will not affect the benefits or tax credits you get.

Further information can be found at: [www.gov.uk/guidance/cost-of-living-payments-2023-to-2024](http://www.gov.uk/guidance/cost-of-living-payments-2023-to-2024).

## Bureau Notice –

Our Bureau will be closed tomorrow, Friday 7<sup>th</sup> April, and Monday 10<sup>th</sup> April to allow our staff a short break for the Easter Weekend.

During this time the following outreach/drop-in services are also cancelled:

*Friday 7<sup>th</sup> April – Dunterlie Foodshare in Barrhead,*

*Monday 10<sup>th</sup> April – Include Me 2 Club in Barrhead.*

Team ERCAB will return as normal on Tuesday 11<sup>th</sup> April.

## Community News –

Cowan Park Community Enterprise Hub has this week officially opened its doors!

The new facility is open 9am until 5pm, seven days a week with a fantastic set-up; a social enterprise hub, café, bike workshop, meeting space and public toilets which can be used by the local community and visitors to the park.

The project was part-funded by the Scottish Government's Regeneration Capital Grant Fund and East Renfrewshire Council and has revived the park's historic gatekeepers building.

Visit now at Cowan Park, Darnley Road, Barrhead, G78 1TA.



Clients can also get in contact with the bureau via:

**Email- [bureau@eastrenfrewshirecab.casonline.org.uk](mailto:bureau@eastrenfrewshirecab.casonline.org.uk)**

You can also keep up to date with recent news from ERCAB via our social media platforms. Please feel free to distribute the contact details for our advisers provided on our Facebook page.

Facebook – **East Renfrewshire CAB** & Twitter **@EastAdvice**