

Tulliallan Primary School



Supporting Our Families

February 2023

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At Tulliallan Primary School we value developing partnerships with our families, and in turn we know that this supports our children to achieve positive outcomes. We know that there have been many challenges for us all to overcome throughout the recent pandemic, and know that there may still be difficult times ahead as we all navigate the rise in the cost of living.

In creating this information pack, our hope is that it might offer some thoughtful tips to maximise household budgets, increase awareness of different supports which are available and to let you know you are not alone in these challenging times.

Best Start Grant School Age Payment



What?

The Best Start Grant School Age Payment is £252.50 for each child to help with the costs of children starting school. It is up to you what you spend it on, and you

Apply online or download a claim form at www.mygov.scot or call 0800 182 2222 to apply by phone or request a form.

Who?

You can claim this payment if you are responsible for a school age child (see below) and you or your partner are entitled to:

- Universal Credit
- Child Tax Credit or Working Tax Credit
- Income Support
- Income-Based Job Seekers Allowance
- Income-Related Employment and Support Allowance
- Housing Benefit
- Pension Credit

If you have become responsible for a child, for instance as a kinship carer, you might qualify for a payment even if a payment has already been made to someone else – as long as you were not that person's partner when they received the grant and the child is not living with that person.

When?

You can apply anytime within the 9 month application window but not out-with these dates.

Your child's date of birth	When you can apply
Between 1 March 2017 and 28 February 2018	Between 1 June 2022 and 28 February 2023
Between 1 March 2018 and 28 February 2019	Between 1 June 2023 and 29 February 2024

Free School Meals and School Clothing Grants



What?

This provides free school meals and a school clothing grant. The school clothing grant is £170 per child for primary school pupils and £200 per child for high school pupils. This includes a £50 cosy coat payment funded by Fife Council. All children in primary 1-5 can receive a free school meal without an application however, you must still apply to receive free school milk and a school clothing grant.

Who?

You can claim these grants if you are in receipt of one of the following:

- Income Support
- Income Based Job Seekers Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit only with annual income below £17,005
- Child Tax Credit & Working Tax Credit with annual income below £7,920
- Support under Part VI of the Immigration & Asylum Act 1999
- Universal Credit, where monthly earned income does not exceed £660
- Long Term Incapacity Benefit (school clothing grant only)
- Widows Allowance - if not in full time employment (school clothing grant only)
- Child Tax Credit & Working Tax Credit with annual income below £17,005 (school clothing grant only)

Apply online at <https://www.fife.gov.uk/services/form-pages/apply-for-a-school-clothing-grant-and-or-free-school-mealsmilk>

Did you know?

Parents and carers of children who receive Free School Meals, based on benefit entitlement, will get a payment of £24.00 per child for the Christmas holidays. You do not have to apply.

When?

Applications for the current school year can be made at any time. The deadline for school clothing grants for this school year is 31st March 2023. Applications for the new school year usually open on 1st May.

Scottish Child Payment



What?

Scottish Child Payment helps towards the costs of supporting your family. It's a weekly payment of £25 that you can get for every child you look after who's under 16 years of age. You'll get the payment every 4 weeks if your application is successful.

Apply online or download a claim form at www.mygov.scot or call 0800 182 2222 to apply by phone or request a form.

Who?

You may be able to get Scottish Child Payment if all of the following apply:

- you live in Scotland
- you or your partner are getting certain benefits or payments
- you or your partner are the main person looking after a child who's under 16 years old

You can apply whether you're in work or not, if you or your partner are getting one or more of the following benefits:

- Universal Credit
- Child Tax Credit
- Working Tax Credit
- income-based Jobseeker's Allowance (JSA)

Social Security Scotland also accept claims if you alone are named on one of these benefits:

- Pension Credit
- Income Support
- income-related Employment and Support Allowance (ESA)

If your partner is named on any of the above 3 benefits and you are not, your partner should apply.

Only one person can get Scottish Child Payment for a child. This means, if 2 people apply for the same child, Social Security Scotland have a process of deciding who gets the payment.

When?

Applications can be made at any point throughout the year.

Access to Food

Managing to balance the weekly food budget is getting harder and harder for everyone. Here is a list of some of the locations and organisations supporting people in South East Fife by providing short term access to emergency food, and support for people experiencing a crisis.

Blairhall Community Centre Pantry

📍 **0-12 Wilson St, Blairhall, Dunfermline, KY12 9PS**

🍴 Community Fridge/Larder/Pantry

FairShare - thursdays 11:30 -2 - onwards. £4 per bag of fresh fruit/veg and £2 per bag food products for blairhall residents. outwith blairhall bags cost £6

Opening hours: Thursday 11:30-2pm

👉 £3.00 per bag surplus food and £3.00 per bag fruit and veg

Canary Canteen

📍 **Valleyfield Community Club, Kinloss Court, Valleyfield, KY12 8RT**

🍴 Low Cost Hot Meals

low cost 3 course meals, home baking, tea and coffee. Available to everyone. Donation towards costs if in position to do so (pay what you can afford system) (weekly menu up on fb page)

Opening hours: Open thursdays 12-2.

👉 Donation

🔗 www.facebook.com/valleyfieldclub/

Inverkeithing Food Bank

📍 **The Friary (next to the Civic Centre), Queen Street, Inverkeithing, KY11 1LS**

🍴 Food Bank

(referral only) We offer 3 days food, 3 meals per day per person on the referral voucher. We also give toiletries, nappies, pet food etc. <https://dunfermline.foodbank.org.uk/>

Opening hours: Tues Thurs 4-6 pm

👉 Free

🔗 dunfermline.foodbank.org.uk/

✉ info@dunfermline.foodbank.org.uk

Kincardine Café Connect

📍 **Community Centre, Anderson Lane FK10 4SF**

🍴 Low Cost Hot Meals

Low cost meals

Opening hours: Opening times : Mon 11:30-2, tues 11.30-2, wed 9:30-2, thur 11.30-2, fri 11:30 - 2. affordable lunch deals

👉 Low Cost

Rosyth Food Bank

📍 **Parish Church, Queensferry Road, Rosyth, KY11 2PQ**

🍴 Food Bank

(referral only) We offer 3 days food, 3 meals per day per person on the referral voucher. We also give toiletries, nappies, pet food etc.

Opening hours: Mon Wed Fri 4-6 pm

👉 Free

🔗 dunfermline.foodbank.org.uk/

✉ info@dunfermline.foodbank.org.uk

STOP FOOD WASTE X

copy

Fail Share Shop!

EVER HEARD OF ONE? LET ME EXPLAIN. FAIL SHARE SHOPS COLLECT FOOD FROM SUCH SHOPS AS CO-OPS, ALDI, LIDL, ASDA AND MORRY MAIR. NORMALLY IT'S BECAUSE THEY DON'T THINK IT WILL SELL VERY WELL OR IT GOES OUT OF DATE. WHEN ALTHOUGH THE FOOD IS SURFACING CHOP, SAY FOR EXAMPLE A BLOCK OF CHICKEN FROM ALDI WAS £2.00, IN THE FAIL SHARE SHOP IT WOULD BE £0. THE MAIN POINT IS TO STOP FOOD WASTE SO WHY NOT BUY YOURSELF A GOOD BARGAIN WHILE BEING GENEROUS!

'We need to think SMARTER!'



go check where you realise fail share shops is and get you self a bargain!

Kingcardine fail share shop:
 Tuesday: 5:30 PM - 7:30 PM
 Wednesday: 11 AM - 12 PM

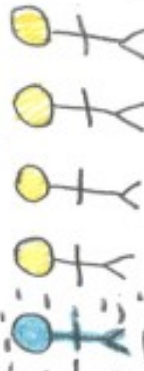


Food-WASTE-AND HUNGER



If you are struggling the fare share shop allows anyone to go!

In the UK 1 in 5 people struggle to eat!



SHOCKING!

WHEN WE WASTE FOOD IT IS A WASTE OF RESOURCES.

CARROTS:



UNACCEPTABLE

Lots of food is being wasted with shops people having a full fridge because at the shops they don't have food. The fare share shop is better for the environment and your pockets. At the fare share shop you can buy 10 items for £4 and some items are free!



WHERE AND WHEN?
 Where? at the Community Centre in Kincardine.
 When? Tuesday - 5:30pm - 7:30pm
 Wednesday - 11am - 12pm

Food Waste and Hunger

Community Centre

The fare share shop is a place that people can buy 10 items of food for 4 pound or 20 items for 8 pound.

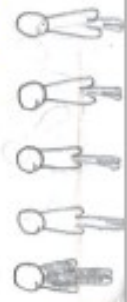
The fare share shop helps everybody put it down not money you have or how much money you dont have. It opens on Tuesday 5.30pm-7.30pm and on Wednesday 11am-12pm.

Shops

Shops like Asda and B&M deliver food that have not been picked up of a shelf so the food does not go to waste but if you go to the fare share shop then less food will go to waste.

1 in 5 people in the UK struggle to eat

THIS IS NOT ACCEPTABLE



IF YOU HAVE TIME pop IN!!!

Over 3 million tonnes of food is wasted each year!

STOP FOOD WASTE

matt hew

If you go to your local foodshare you not only stoping some good getting wasted. You can even get 10 items for £4.

The kindred fearshare is open at 5:30pm to 7:30pm on Tuesday and on Wednesday its open at 11am to 12pm

If you are wasting food you are also wasting alot of energy

If you are strugglin with food you can go to the foodshare

Do remember that you can only go to the foodshare once ever week

3 million tons of food is wasted ever year.



The Cottage Family Centre



The Big Hoose Fife Project

The Big Hoose Fife Project

The Cottage Family Centre - Big Hoose Fife Project have signed an agreement with Amazon UK and other companies which will see household goods being distributed to children and families living in poverty across Fife.

The Big Hoose Fife Project will work in partnership with other charity's, social workers, health visitors, schools, nurseries and other organisations across Fife to enable thousands of families access through a referral process to items such as bedding, clothing, footwear, kitchen items, towels, toilet roll, nappies, wipes, rugs, other household furnishings and goods.

Our referral process is straight forward and if you are experiencing hardship please speak with a professional in your community as they will be able to complete a referral on your behalf. This can be a social worker, health visitor, child's school or any charity/organisation that supports children and families in Fife.

We want to make sure every child across Fife grows up in a household where they have a solid foundation, where they feel safe and secure and where parents don't feel dehumanized and this project will ensure that we are a step closer to making this happen.



This project will also encourage recycling and reduce the number of items and goods that end up in landfill on a daily basis.

We are working in partnership with The Big Hoose Project and can make referrals. Please contact us, in confidence if we can offer support.