

LOCAL SUPPORT FOR FAMILIES

There are a number of different grants and support schemes in place to help children, young people and families. Below is a list of telephone numbers and websites where you can find support and advice.

SUPPORT FOR SCHOOL PUPILS

School pupils can gain support for:

- [Education Maintenance Allowance](#)
- [Bursaries Information](#)
- [Clothing grants](#)
- [Free school meals and free school milk](#)
- [Free period products](#)

Find out more information by clicking on the links above.

Financial Advice for Families

Contact Shetland Citizens Advice Bureau to check that you and your family are receiving all the money you are entitled to. CAB advisers can check if your family might be entitled to benefits and help you make an application.

Check out www.shetlandcab.org.uk or contact CAB using the details below.

Heating your Home

For individual advice on how to reduce your heating costs and keep your home warm, make an appointment with an Energy Adviser. CAB Energy Advisers can also help with billing problems and fuel debt.

For more information check out the Warmer Homes Shetland Facebook page or contact CAB using the details below.

Worried about Money or Bills?

Speak to an experienced Money Adviser who can provide you with confidential help to resolve debt problems. Contact CAB for an appointment on the details below.

Welfare Benefit Check

If you are unsure of your benefit entitlement then please contact CAB who can help you complete a full benefit check.

For more information on any of the above, please contact Shetland Islands Citizens Advice Bureau:

T: 01595 694 696

E: sicab@shetland.org

SHETLAND FOODBANK

The Trussell Trust foodbank can provide you with tinned and dried foods and other toiletries/baby items depending on your need. The foodbank relies on community donation so items will vary. No referral is needed and opening times are listed on their website <https://www.trusselltrust.org/get-help/find-a-foodbank/shetland/> or call on 01595 741 263.

FAMILY SUPPORT

Early Help Team are linked with all Shetland schools to provide support for families that may be struggling at this time. We offer a listening ear and can provide food parcels, nappies, clothes and footwear - as well help accessing benefits and other local support services. Please contact anchor@shetland.gov.uk or visit our webpage for more info; [Early Help Team](#).

FINDING A JOB

If you need support with finding a job, writing a CV, or applying for jobs, please contact SIC Youth and Employability Service on 01595 744 490 or search <https://shetlandcovid.hanlonsonline.co.uk/>

JOB START PAYMENT

The Job Start payment supports 16 – 24 years olds by offering a payment of £250 to help with the cost of starting a new job. Find out if you are eligible and apply online at <https://www.mygov.scot/job-start-payment/> or call 0800 182 2222 to apply over the phone or request a paper application.

SCOTTISH CHILD PAYMENT

The new Scottish Child Payment will give eligible families on low incomes with children under 6 an extra £10 per week for each child. The payment could support up to 194,000 children this financial year and the payment will be made every four weeks. Apply online <https://www.mygov.scot/scottish-child-payment/> or call 0800 182 2222 to apply over the phone or request a paper application.

BEST START GRANTS

You are entitled to best start payments for your child if you are a parent under 18 or receive certain benefits. Find out more and check your eligibility here: <https://www.mygov.scot/best-start-grant-best-start-foods/>