



Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

This is a live document and will be updates on a regular basis
Updated 24 October 2022

The information in this guide has been provided by services.
If you would like to include information about your service
please email: una.casey@hscni.net

**Please click on the link below to give feedback on this
guide**

<https://www.surveymonkey.co.uk/r/H96DHP7>

THE JUNCTION WARM BANK

- Call in for a cuppa
- Read a paper
- Meet friends
- Stay warm

Monday - Friday 10am - 4pm
Everyone Welcome

The Junction, 12 Beechvalley Way, Dungannon - Beside Tesco





THE FITZONE FOUNDATION	
Service offered to support families with cost of living	Warm place and meal for men of all ages
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits, Warm Places etc.)	Food which could include breakfast and lunch. Warm place Also cooking opportunity
How to access: (phone, email, referral process etc.)	Contact Sean Collins on 07780812312 or Facebook The Fitzone Foundation
is there a waiting list?	No
Is there an expected response time? How long is this?	Within 2 days
Further Information: (e.g. time frame of provision/availability etc.)	The Warm place will be Mondays from 11am-1pm and will start in November and last until February 2023
Area Covered	Craigavon



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Energy Efficiency Advice Service
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	The Energy Efficiency Advice scheme is a Public Health Agency funded programme that offers a personal one to one approach to help manage the energy efficiency of people's homes. The Energy Efficiency Advisor can make onward referrals to support schemes and grants if applicable. With the cold winter months and with people expected to be in their homes more, now is the time to ensure that homes are as energy efficient as possible.
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Advisor on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	3-5 days
Further Information: (e.g. time frame of provision/availability etc.)	Once referral is made or received we will be in touch asap
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Fuel Stamp Saving Scheme
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	The fuel stamp scheme helps householders save for home heating oil, by spreading the cost of their fuel. You can buy oil stamps from participating retailers, collect them on a savings card and use the value of the stamps to pay for all or part of your oil when placing an order. At present we have approximately 80 Retailers and 60 Fuel Suppliers involved in the scheme. The scheme is available throughout Mid Ulster.
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	ASAP
Further Information: (e.g. time frame of provision/availability etc.)	Stamps can be bought at local retailers. List can be found on the Mid Ulster Councils website.
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Home Safety Scheme
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Mid Ulster Home Safety Scheme helps those over 65, families with children under 5 and vulnerable adults/children avoid serious accidents within the home.</p> <p>The scheme includes:</p> <ul style="list-style-type: none">• Free Home Safety visits• Home Safety equipment (where criteria is met)• Home Safety talks to groups (open to all age groups) <p>The Mid Ulster Home Safety Scheme aims to reduce the number of accidents which happen in the home by providing information and advice.</p>
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council and ask to speak to the Home Safety Officer on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	Yes
Is there an expected response time? How long is this?	2-4 weeks
Further Information: (e.g. time frame of provision/availability etc.)	Once referral is made or received we will be in touch asap to organise visit.
Area Covered	Mid Ulster District Council



MID ULSTER DISTRICT COUNCIL	
Service offered to support families with cost of living	Make A Change
What is available: (Food, Fuel, clothing, financial support, uniforms, PE kits etc.)	<p>Make A Change offers one-to-one support to help you 'make a change'. This service is confidential and FREE of charge.</p> <p>Are you?</p> <ul style="list-style-type: none">• Aged 50 or over?• Do you live in the Mid Ulster area?• Are you interested in making a small change for your health and getting support to do so? <p>Whether you want to improve your diet or get more active, Make A Change could be for you. The dedicated Health and Wellbeing Officer will work closely with you over a period of weeks or months, to help you along the way. You don't have to do it alone!</p> <p>You decide what you want to change. We provide you with help and support to change it.</p>
How to access: (phone, email, referral process etc.)	For further information please contact Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org
is there a waiting list?	No
Is there an expected response time? How long is this?	ASAP
Further Information: (e.g. time frame of provision/availability etc.)	Our Officers will contact you and work together with you to implement a specific plan for you to Make A Change.
Area Covered	Mid Ulster District Council