Local support networks and services: **Ealing**

Ideas for school initiatives

Food & Drink

Type of Help	Details	Find Out More
Host a FoodBank at School	Let out the school (for free) to a local foodbank. Willingness for this needs to be ascertained on a local level for both schools and the foodbanks	Contact Jessica Easton, the London Area Manager, who can introduce you to your local regional coordinator
Become a Collection Point for Local Foodbank	Allow students and families to donate food and other goods for the local foodbank	Contact Jessica Easton, the London Area Manager, who can introduce you to your local regional coordinator
Host a Community Meal	This can be done but needs a chef and project management support	Contact Sophie Tebbetts at Foodcycle

Finances & Housing

Type of Help	Details	Find Out More
Host a Citizens Advice Surgery	Schools may want to host a Citizens Advice surgery in a room at the end of the school day for parents and staff to access discreetly	Visit Citizens Advice
Sign Up to Be a 'Warmbank'	Could you offer your school to serve as a warmbank for at least some time during the week?	Find out more about whether and how to register as a warmbank at Warm Welcome
Offer to Host a Local Councillors' Surgery	Write to your local councillors offering the school for an after-school surgery with parents. They can help with a variety of local issues	Find your local councillors

Help for Care of Children & Older Adults

Type of Help	Details	Find Out More
Onside Youth Zones	Onside Youth Zones is a national charity aimed at young people who could be possible partners	Visit OnSide Youth Zones
Age UK	You can offer to open up the school to vulnerable older people	Visit Age UK

Help from National Organisations

Food & Drink

Type of Help	Details	Find Out More
Healthy Start	Help to Buy Healthy Food & Milk If Child Under 4	Visit NHS Healthy Start
Community Fridges	There are lots of Community Fridges opening up across the UK where you can receive free or very low cost food.	Visit Community Fridges
Food Waste Apps	Apps such as TooGoodToGo and Olio and Karma collect offers from local cafes and shops who will provide discounted food which they might otherwise throw away	Download apps such as TooGoodToGo, Karma or Olio on your smartphone and search near you

Finances & Housing

Type of Help	Details	Find Out More
Benefits Calculator	Turn2us has a benefits calculator to help you check if you are eligible for benefits or to make sure you are already receiving the right support. They can give free and confidential advice	Visit Turn2us
Reduced Cost Broadband	If you have broadband and are on certain benefits or looking for work, you may qualify for a reduced cost tariff	Find out more at Money Saving Expert
Possible Council Tax Discounts	Single parents, or carers, or families on a low income, could qualify for a discount on council tax	Find out more at Money Saving Expert
Energy Company Hardship Funds	Most energy companies have hardship funds for those struggling to meet bills	Find out what your supplier offers by visiting Money Saving Expert
Debt Management	If you are managing debt, Debt Free London have a free advice line where you get help on how best to manage, and get yourself out of, debt.	Visit Debt Free London
Stop Loan Sharks	For support and advice about illegal money lending	Visit Stop Loan Sharks

Help for Care of Children & Older Adults

Type of Help	Details	Find Out More
Help with Childcare	If your child is in childcare, and one of you is in employment, you may be able to receive help with childcare costs	Find out more at Money Saving Expert
Age UK Cost of Living Calculator	Age UK has a special cost-of-living section for help for those over 55	Visit Age UK
Project 17	Help for migrant children to get help regardless of status	Visit Project 17
Places of Welcome	Places of Welcome is a growing network of hospitality run by local community groups who want to make sure that everyone in their area has a place to go for a cup of tea, build community and meet new people.	Visit Places of Welcome

Local Government Help

Food & Drink

Organisation/Fund	Details	Find Out More
Free school meals	If you receive certain benefits, your children could also be entitled to free school meals.	Visit Ealing Council

Youth Services

Organisation/Fund	Details	Find Out More
Support for school aged children	There is a variety of support available for school aged children, 16-19 year olds and university students including free school meals, help towards travel expenses and school holiday schemes.	Visit Ealing Council
Children's centres	There are 25 children's centres each providing a range of activities aimed at children aged 0-5 and their families.	Visit Ealing Families Directory
Help with school travel costs	If you have child aged between 5-16 and have a low income, you can apply for help with travelling to school.	Visit Ealing Council

Finances & Housing

Organisation/Fund	Details	Find Out More
Housing benefit	Housing benefit can help towards your rent if you are on a low income	Visit Ealing Council
Council tax reduction	Council tax reduction can help you pay your council tax if you are on a low income	Visit Ealing Council
Council tax discounts and exemptions	If you are a single person, have a disability or have a property that is exempt you may be entitled to a discount or exemption on your council tax.	Visit Ealing Council
Household support fund	The household support fund provides help directly to eligible families, pensioners and care leavers to go towards food and essential items.	Visit Ealing Council
Local welfare assistance	The fund is there to help people to try to maintain an independent life or for those facing an immediate financial crisis.	Visit Ealing Council
Discretionary council tax discount	Discretionary council tax discount can be paid to help towards your council tax bill if you are facing financial hardship	Visit Ealing Council
Community benefits team	The community benefits team provides general advice about benefit entitlements.	Visit Ealing Council

Help for Care of Children & Older Adults		
Organisation/Fund	Details	Find Out More
Help with childcare costs	If you have a two-year-old and are on a low income or receiving benefits, you are entitled to 15 hours of free childcare per week. Children aged three and four could be eligible for an additional 15 hours.	Visit Ealing Council
Help with care costs	Find out if you could be entitled to financial support towards your care costs by asking for a financial assessment.	Visit Ealing Council
Handy person's scheme	If you are eligible for this service, you can get help with small jobs around the home.	Visit Ealing Council
Household support fund	The Household support fund provides help directly to eligible families, pensioners and care leavers to go towards food and essential items.	Visit Ealing Council
Ealing Baby Bank -	Ealing's Baby Bank, run by the Salvation Army provides a variety of clothes and e	Visit Ealing Families Directory
Help with childcare costs	If you have a two-year-old and are on a low income or receiving benefits, you are entitled to 15 hours of free childcare per week. Children aged three and four could be eligible for an additional 15 hours.	Visit Ealing Council

Mental Health & Wellbeing		
Organisation/Fund	Details	Find Out More
Dealing with stress	If stress is impacting you, there are things that you can do that might help	Visit the NHS
Workshops and courses	Explore workshops and courses by the council's adult learning team that can help to improve your health and wellbeing	Visit Ealing Council
West London Mental Health Trust's	If you or someone you know is struggling with their mental health and experiencing distress, or are in crisis, or if you want information and advice about mental health, you can contact the West London Mental Health Trust	Call 0800 328 4444
Ealing Advice Service	The Ealing Advice Service is a consortium of 10 local charities led by Ealing Mencap, working in partnership with Age UK Ealing.	Visit Ealing Council

Local Organisations Which Can Help

Food & Drink		
Organisation/Fund	Details	Find Out More
Salma Food bank	open door policy to who ever needs food	Visit Salma Foodbank
Ealing Food Bank	Ealing Food Bank works via a voucher referral system.	Email Ealing Food Bank
Ealing Soup Kitchen	Ealing Soup Kitchen is a registered charity set up to help vulnerable and homeless people in the area.	Email Ealing Soup Kitchen

Local Youth Groups		
Organisation/Fund	Details	Find Out More
Golden Opportunity Skills And Development (GOSAD)	GOSAD works with disadvantaged young people and adults in West London	Visit GOSAD
Hestia Ealing Domestic Abuse Services	Ealing based branch supporting women, men and children suffering from domestic abuse.	Visit Hestia
LGBT Youth Project Mosaic	Friendly youth centre offering specialist services to LGBT people aged 19 and under.	Visit Mosaic Youth
Young Ealing Foundation	Developed in response to the ongoing challenges facing the Children and Young People's sector, the Young Ealing Foundation brings together the public, private and voluntary sectors in Ealing to effect positive change for young people.	Visit Young Ealing Foundation
Finances & Housing		
Organisation/Fund	Details	Find Out More
Citizens Trust	Providers of Welfare to Work programmes for people from many different backgrounds, especially those who are hardest to reach.	Visit Citizens Trust
Ealing Advice Service	Tailored advice for residents of the London Borough of Ealing.	Visit Ealing Advice
Ealing Community Transport	Providing safe, accessible and affordable transport in local communities.	Visit ECT
Help for Care of Children & Older Adults		
Organisation/Fund	Details	Find Out More
Age UK Ealing	Core local support group for older people.	Visit Age UK
Carers Trust Thames (Hillingdon/ West London)	Working with users to develop high quality care packages suitable for both the needs of the primary carer and the person being cared for.	Visit Carers Trust Thames
Contact a Family Ealing and Southall	Charity for families with disabled children.	Visit Contact
Ealing Centre for Independent Living (ECIL)	Core organisation supporting disabled people and carers of all types and of any age.	Visit ECIL
Ealing Mencap	ore local support group for people with learning difficulties and their carers.	Visit Ealing Mencap
Ealing Parent & Carer Forum	Support group for parents or carers of someone under the age of 25 who have a disability or additional need	Visit EPCF

Mental Health & Wellbeing		
Organisation/Fund	Details	Find Out More
Bereft Bereavement Support	Professional bereavement counselling and support for adults (over 16).	Visit Bereft
CAME Women and Girls Development Organisation	Organisation dedicated to improving the health and well- being of women in disadvantaged BMER communities.	Visit CAWOGIDO
Certitude	Ealing branch supporting people with learning disabilities and mental health needs.	Visit Certitude
Community Activities Project Ealing (CAPE)	Ealing based group providing a range of services to people suffering from a mental illness.	Visit CAPE
EACH Counselling and Support	Offers specialist services to individuals and families to address their alcohol, drug, mental health and domestic violence concerns.	Visit EACH
Ealing Abbey Counselling Service	Offers confidential, professional counselling help and support.	Visit EACS