

## Support, discounts and offers for Solihull care workers



Information includes:

- Childcare support
- Financial support and advice
- Fuel support
- Food support and discounts
- Support at work
- Wellbeing support

*Please note that Solihull Council is not responsible for the contents of external websites. This document was last updated in May 2024.*

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### Childcare support

There is government help with childcare costs for parents. Whether you have toddlers or teens, you could get support. Visit <https://www.childcarechoices.gov.uk>

The Solihull HAF (Holiday Activities and Food) programme provides a range of activities and a nutritious meal, for children in receipt of benefits-related free school meals during school holidays.

These are free of charge to the parent/carer of eligible children with a maximum number of sessions that can be booked per holiday period.

<https://www.solihull.gov.uk/Schools-and-learning/Free-school-meals>

<https://www.solihull.gov.uk/children-and-family-support/Holiday-Activities-Food-Programme>

You can sign up to the HAF newsletter to ensure you are aware of updates and useful information about the programme.

<https://www.solihull.gov.uk/children-and-family-support/haf/parents-carers>

### Financial support and advice

MoneyHelper provides free, impartial guidance on topics including benefits, everyday money, family and care. The website is backed by the government.

<https://www.moneyhelper.org.uk/en>

### StepChange

StepChange is a debt advice charity for anyone struggling with debt. They offer free and flexible advice to anyone who needs it; helping people take control of their finances, giving practical help and supporting clients for as long as they need.

<https://www.stepchange.org/>

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### Support if you live in Birmingham

If you live in Birmingham and work in Solihull offers of support are available from Birmingham City Council. This may be subject to change, due to the current financial situation.

[https://www.birmingham.gov.uk/info/20017/benefits\\_and\\_support/308/help\\_in\\_a\\_short-term\\_crisis](https://www.birmingham.gov.uk/info/20017/benefits_and_support/308/help_in_a_short-term_crisis)

<https://www.worryingaboutmoney.co.uk/birmingham>

### 26 sources of support if you receive benefits or are on a low income

Millions of people every year receive financial support from the government in the form of benefits, but if you're finding it hard to get by, there may be other sources of help available.

While benefits and other government payments help people across the country, they can still often fall short of covering day-to-day needs, and with the rising cost of living, many people are feeling more financially stretched than ever.

If you're looking for more support, here's a round-up of all the sources of help you might be able to claim if you claim benefits or are on a low income.

<https://restless.co.uk/money/government-benefits/sources-of-support-if-you-receive-benefits-or-are-on-a-low-income/>

### Fuel support

Solihull Council has teamed up with local energy experts to help you reduce your energy bills and make your home warmer and more energy efficient. Visit our Here2Help pages to find out more.

<https://www.solihull.gov.uk/here2help>

Subject to funding and eligibility criteria, **Act on Energy** can provide help to eligible Solihull residents, this includes:

- Energy advice and tips
- Free energy vouchers and energy bill payments
- Energy debt relief
- Free repairs/replacement of broken heating systems
- Home improvements such as insulation, windows and doors and renewable, clean heating

For advice and support please ring the free Act on Energy advice line on 0800 988 2881, 9am – 5pm Monday to Friday, or email [advice@actonenergy.org.uk](mailto:advice@actonenergy.org.uk)

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LEAP (Local Energy Advice Partnership) is a free service helping people keep warm and reduce their energy bills without costing them any money. Eligibility guidelines are very broad: social housing tenants, private renters and homeowners can all apply.

<https://applyforleap.org.uk/how-leap-works/>

Or call Freephone **0800 060 7567**.

### Food support and discounts

The Company Shop is a surplus supermarket offering heavily discounted surplus groceries. There is free membership for NHS, care workers and public services. The Company Shop is in Yardley on the Coventry Road (old Somerfield unit).

<https://www.companyshopgroup.co.uk/membership>

You can also find information about food support on the Council's Here2Help webpages.

<https://www.solihull.gov.uk/Here2help/Help-with-food>

### Support at work

If you're disabled or have a physical or mental health condition that makes it hard for you to do your job, you can: talk to your employer about changes they must make in your workplace or get extra help from Access to Work

<https://www.gov.uk/access-to-work>

The National Association of Care & Support Workers (NACAS) is an independent social care stakeholder and professional body that advocates and provides a platform for care and support workers to have a voice in the sector. It fosters the growth and well-being of care and support workers, and offers support to help its members manage stress, learn new skills and advance their careers.

<https://nacas.org.uk/>

### Wellbeing support

Birmingham and Solihull Integrated Care System has a support offer for colleagues working in health and social care. The **Staff mental health and wellbeing hubs** provide quick access to mental health services and support where needed. It is confidential and free for all health and social care staff.

<https://www.birminghamsolihullics.org.uk/supporting-you>