



**Eastgate Surgery**

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# Cost of living Guide

Eastgate Surgery understands that the current economic situation in the United Kingdom is a cause for concern for many.

We have developed a guide detailing the local and national support services that are available to the residents of Central Bedfordshire during these times.



# Local Services

## Eastgate Surgery

Here at Eastgate Surgery, we are dedicated more than ever to supporting you as your surgery.

If you feel in need of support in any way, our team is always on hand to listen.

We can refer you to the Social Prescribing Team based in Dunstable, who can offer advice on various issues, including:

- ◆ Benefit access
- ◆ Food vouchers
- ◆ Debt advice
- ◆ Community care
- ◆ Housing support
- ◆ Family support
- ◆ Loneliness
- ◆ Cost of living

If you would like a referral, please advise the receptionist when you telephone the practice.

## Citizens Advice

Provide confidential, independent, and impartial advice for free!

They can advise on a range of issues, including:

- ◆ Problems with benefits
- ◆ Welfare benefit check- this is to check that you are receiving all benefits you are entitled to
- ◆ Debt and money problems
- ◆ Housing problems
- ◆ Employment problems
- ◆ Family and personal issues
- ◆ Consumer problems
- ◆ Immigration or asylum problems



### How to get advice:

You can telephone or visit the Citizens Advice to organise an appointment.

This appointment may be via the telephone, online or face to face.

They are currently offering advice over the telephone, between:

Monday- Wednesday between 09:30am- 15:30pm

Friday between 09:30am- 12:30pm.

**Address:**

The Dunstable Centre,  
Court Drive  
Dunstable  
Bedfordshire  
LU5 4JD



**Telephone:** 01582 670003

You can send an email enquiry by visiting their website, at:

**[www.dunstablecab.org.uk](http://www.dunstablecab.org.uk)**

## Warm Spaces

Central Bedfordshire Council are creating a network of free 'Warm Spaces' across Central Bedfordshire where everyone is welcome. These Warm Spaces can be found in libraries, leisure centres and community venues.

Currently in Dunstable, there are 6 Warm Spaces available.

**Dunstable Community Halls-** Manchester Place, LU6 1HT. Open Thursday's from 10:00am- 13:00pm. Services available include:

- ◆ Hot drinks and biscuits
- ◆ Soup and a roll
- ◆ Sockets for charging phones
- ◆ One-to-one support
- ◆ Selection of activities
- ◆ Signposting to further support
- ◆ Info point for saving energy and managing your money
- ◆ A chance to socialise and meet up with friends

**Dunstable Library-** Court Drive, LU5 4JD. Open 09:00am- 18:00pm Monday- Friday and Saturday- Sunday 09:00am- 16:00pm.

**Methodist Church, Ashton Square, Dunstable-** LU6 3SN. Open Friday's 11:00am- 15:00pm.

Services available include:

- ◆ Hot drinks

- ◆ Soup

**The Dunstable Centre-** Court Drive, LU5 4JD. Open Monday to Friday's 06:00am-10:00pm. Saturday 07:00am- 08:30pm and Sunday 07:00am to 08:00pm.

**The Mayfield Centre-** Mayfield Road, Downside, LU5 4AP. Open Wednesday's and Tuesday's from 10:00am to 13:00pm.

Services available:

- ◆ Homemade soup provided every week
- ◆ Tea, coffee, and biscuits
- ◆ Free money-saving tips and benefits advice

**Vera Chilly Social Care-** St Mary's Catholic Church, 82 West Street. Open Tuesday's from 11:30am to 14:30pm

Services available:

- ◆ Socialising with friends and meeting new friends
- ◆ Socket for charging phones
- ◆ One-to-one support
- ◆ Arts and crafts
- ◆ Free advice and signposting to relevant services
- ◆ Information about community services, welfare benefits, energy savings, Covid-19 Vaccination, Flu vaccines and other relevant information.
- ◆ Hot drinks
- ◆ Biscuits, cupcakes, sandwiches including vegetarian options, fruits.
- ◆ Soup and roll, pies, and hot food (TBC)

This is a drop-in service, no booking required. People can attend with their own drinks and snacks.



## Dunstable Foodbank

The Trussell Trust supports communities and churches to open foodbanks across the UK. As a result, there are 3 foodbanks in the local area.

**New Life Church, Dunstable-** Open on Tuesday between 14:00- 16:00pm and Wednesday between 10:00am- 12:00pm.

**The Way, Christ Church, Dunstable-** Open on Tuesday between 14:30pm-16:30pm and Friday 12:30pm- 14:30pm.

**St Augustine's Church, Oakwood Avenue-** Open on Thursday between 09:30- 11:30am.

**Houghton Regis Baptist Church-** Open on Thursday between 13:30-15:30pm.



Dunstable Foodbanks supports residents in LU5 and LU6 postcodes only.

The Foodbanks work using a voucher referral system. A voucher can be issued by local agencies, such as the Citizens Advice, Salvation Army, Children Centre's, and Health Visitors.

## Childrens Crisis Centre Fund

Central Bedfordshire Council have set up a new Crisis Fund to support families with household bills and payments, and other items, throughout the winter and into 2023. There is £45,000 of funding available through the Crisis Fund, which will be administered through nine Children's Centres.

These centres are located in Sandy, Shefford, Stotfold, Flitwick, Leighton Buzzard, with two in Dunstable and two in Houghton Regis - who already work with over 4,700 families.

### What is the funding for?

Funding will be available from December 2022, with vouchers available to primarily cover household bills and payments.

Emergency support will also be available- for example, to replace an essential household appliance that is broken, like a fridge or washing machine, or to ensure children in the household have winter weather clothing.

### Who is eligible?

The council will be using the funding to support families already known to the Children's Centres who use our services. And our partners, including in health, housing, and education, will be able to refer families in need for extra support.

# National Services

## Turn2us

Turn2us is a national charity that provides practical help to people who are struggling financially.

They offer support to individuals facing financial shocks, and together they challenge the systems and perceptions that cause financial insecurity.

They enable people to look for funds that offer grants or other types of help financially, as well as provide a benefit calculator to ensure people are receiving the right support to which they are entitled.

Telephone: 0808 802 2000

Lines are open 09:00am- 17:00pm Mondays- Fridays.

Website: <https://www.turn2us.org.uk/>

## Help For Households- Gov.uk

The government have launched the Help for Households Campaign to support UK residents with money and energy saving tips. For more information, please follow:

[https://helpforhouseholds.campaign.gov.uk/?utm\\_campaign=H4H\\_UK&utm\\_medium=Search&utm\\_source=Google&utm\\_content=Brand&&&ads\\_rl=7726290658&gclid=EAlaIqobChMIu6z1s\\_OF\\_gIVzMLtCh3kwwdIEAAYASAAEgKYRPD\\_BwE&gclsrc=aw.ds](https://helpforhouseholds.campaign.gov.uk/?utm_campaign=H4H_UK&utm_medium=Search&utm_source=Google&utm_content=Brand&&&ads_rl=7726290658&gclid=EAlaIqobChMIu6z1s_OF_gIVzMLtCh3kwwdIEAAYASAAEgKYRPD_BwE&gclsrc=aw.ds)