

Older people

Pension Credits

Pension Credits gives you extra money to help with living costs if you're over State Pension age and on a low income. It can also give you access to:

- The Winter Fuel Payment
- Warm Home Discount Scheme & Cold Weather Payment
- Housing Benefit/ Support for mortgage Interest
- Council tax discount
- A free tv licence if aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for health appointments

www.gov.uk/pension-credit
0800 99 1234

MUST BE CLAIMED BY 21st DECEMBER 2024
to receive Winter Fuel Payment *this* winter

Fuel

Tighean Innse Gall (TIG)

TIG is available to provide energy efficiency advice to help lower household energy costs and having funding available from the Islands Cost of Living Crisis to provide direct fuel support to those in need this Winter.

<https://tighean.co.uk>
01851 706121

Health Visiting Team:
L&H - 01851 709842
U&B - 01870 602687

Comhairle Education Department:
education-enquiries@cne-siar.gov.uk

Parental Employability Support Fund (PESF)

PESF provides a flexible model of support to help parents into work as well as those already working to increase household income.



Photo credit: Western Isles Employability - Family & Child Event, 2024

Scottish Welfare Fund

The Scottish Welfare Fund is accessible locally through the Comhairle and is made up of two different grants:

Crisis Grant – to help with an unexpected emergency, (including cost of living crisis)

Community Care Grant – to help you or someone you care for, start to or continue to, live in the Community

benefits@cne-siar.gov.uk

Food

- **Eilean Siar Foodbank** provide food and support to families and is located at 15 Keith Street, Stornoway.
- Eilean Siar Foodbank and the Comhairle also provide '**Foodbank in Filing Cabinet**' – located on ground floor at 7 James Street.
- There is also Foodbank based at Stornoway Golf Club.
- **Stornoway North Community Fridge**, located at Taigh Ceilidh, next to the Cearns Shop.

eileansiarfoodbank@gmail.com

Tagsa Uibhist

Through their Biadh Blasta Uibhist service, Tagsa Uibhist provide home cooked meals made with locally grown produce, available to your door.

www.tagsa.co.uk
07870 602111

[Western Isles Citizens Advice Service \(WICAS\)](#)

WICAS provide advice and support on a range of different topics. Direct financial support is available to those in need through provision of fuel and food payments for local supermarket and shop providers.

www.wicas.co.uk
01851 705727

[Hebridean Housing Partnership \(HHP\)](#)

HHP provides support and advice to tenants that are facing hardship. Contact directly to determine if eligible for financial support in relation to fuel and food costs.

info@hebrideanhousing.co.uk
[0300 123 0773](tel:03001230773)

Families

There is a range of support available to families, from pregnancy through to school ages. To find out more about pre-school support, talk to your GP or contact the Health Visiting Team.

For more information on support for school-aged children, including free school meals and school clothing grants, contact the Comhairle's education department or your local school.

How Can I Help?

If you know someone who may be in need, especially older relatives, friends or those within the Community who may be on their own, please reach out and notify them of the support available.

If they do not have access to telephone/ internet services, sit with them and go through the information and online support to help make the process less daunting.

For more useful links to Cost-of-Living support, please visit the Comhairle website

cne-siar.gov.uk

Local advice services:

Comhairle Financial Inclusion Officers help provide advice on a range of interventions that people may be eligible for. Referrals can be made through a variety of services, such as the NHS, or Self-referrals are also considered.

Contact Financial Inclusion Services on:

inclusion@cne-siar.gov.uk



**OHCPP Anti-Poverty Group -
Winter Campaign against Poverty**

COST-OF-LIVING CRISIS

The Cost-of-Living crisis has affected us all. There is no-one that has not felt the impact of the price of their house bills and shopping costs increasing.

But did you know, there is help available!

Help reduce the effects of poverty over the Winter months by accessing the services you are **entitled** to.

Some useful links are included below, with a more comprehensive list available on the Comhairle's webpage.

