



# Cost of Living Bulletin

April 19<sup>th</sup> 2023



Hi there, I hope you have had a good week so far. If you have any questions or anything to contribute to the Newsletter, please do contact me at [mtidey@swindon.gov.uk](mailto:mtidey@swindon.gov.uk)

## **Sahara Health Fair for South Asian Community**

**Sunday 21<sup>st</sup> May 12pm-4pm**

**Broadgreen Community Centre**

Last week I included the wrong date for the Sahara Health Fair. I am sorry about this, so please find a leaflet attached with the correct information for the event on **Sunday 21<sup>st</sup> May** where there will be free information about mental health, diabetes, blood pressure, financial health and more.

[www.changingsuits.org](http://www.changingsuits.org)

## **Addressing Food Security and Childhood Obesity and Inequalities**

**Action Planning Session- Monday 24<sup>th</sup> April- 10am-12 noon**

**The Meadows, Leigh Road, Penhill, SN2 5DE**

Thank you to all of those who have responded to the invitation to this session.

It will be great to see so many of you there and hear your input and ideas about how we can work together to ensure families can access healthy and nutritious food in order to thrive in life not just survive.

There may be many challenges, but there the groups in our Partnership offer many solutions.

Remember this is just the start of the project,

If you would like to know more about the project or the event or have any questions, please contact Lewis at [lbird@swindon.gov.uk](mailto:lbird@swindon.gov.uk)

## **Advice & Financial First Aid from Citizens Advice Swindon**

The Advice & Financial First Aid team, where possible, can help clients to:

- **Increase income through unclaimed benefits or grants**
- **Reduce outgoings through budgeting, accessing lower social tariffs and savvy shopping**
- **Reduce energy usage**
- **Access debt advice**
- **Access emergency food or fuel vouchers**

The AFFA team will be at the following locations over the next few weeks,

- Sunday 23rd April: Twigs Community Gardens. 11am-4pm
- Tuesday 25th April:  
Swindon Seniors Forum, Pinetrees Community Centre. 1.30pm-4.30pm
- Tuesday 2nd May: Freshbrook Church. 12.30-4pm
- Wednesday 3rd May: Bakers Café, Railway Village. 10am-1pm.
- Thursday 4th May: Beechcroft Library, Upper Stratton. 10am-2pm

Find out more on the [Citizens Advice Swindon website](#)

## **Rural and Communities Energy Support Network Online**

### **Drop-Ins**



Jo Hillier from the Centre for Sustainable Energy has set up this regular drop-in session as a Teams meeting every Wednesday morning 9am-9.30am. You can drop-in in to say hello, ask a question, talk about any energy related conversations you have had and meet others.

You don't have to attend every session, but Jo will be available to support you in any way she can. If you are interested in joining a session or would like to find out more, you can contact Jo at [jo.hillier@cse.org.uk](mailto:jo.hillier@cse.org.uk)

Jo was also happy for me to pass on the link to the meeting. The Teams link can be found [here](#)

## **Cost of Living Roadshow**

This June there will be a series of events held across the town offering support, advice and guidance to people as the Cost of Living Challenges continue.

The original plan was to host one event; however, we are now planning a series of events so that as many folk as possible can access a session in their community and not have to travel too far.

Plans are moving at a pace and we are currently confirming dates and venues.

It will offer the opportunity for people to find support and advice now, but also to plan and prepare for the colder months when those challenges will become more intense and demanding.

We are looking for these events to be as useful and wide-ranging as possible- maybe even with a bit of fun!! Please do let me know if you have any ideas or contributions.

I am sure that so many of you will have so much to offer.

Thank you to all of those who have completed the online expression of interest.

If you have not done so, but would like to be involved, the form is still open at <https://www.smartsurvey.co.uk/s/CoLRoadshow/> or email me at [mtidey@swindon.gov.uk](mailto:mtidey@swindon.gov.uk)

## **Feeding Britain Network**

### **Upcoming Webinar:**

- **4th May, 3.30pm – 5pm – Food Banks Establishing Affordable Food Clubs.** You can sign up to attend or to receive a copy of the recording [here](#).



**Webinar Recordings:** If you missed our webinar on **Credit Union Services Within Food Projects**, you can watch the recording at

<https://www.youtube.com/watch?v=H6LYQkywppM>

You can also watch the recent webinar on **Food Supplies**, you can watch the recording <https://youtu.be/vcMcVZrul8w>

**Community Fridge Funding Opportunity:** Hubbub have opened applications for grants of £7,000 for new activities within community fridge groups linked to one of four themes: skills, affordable food, community connection, growing. The deadline for applications is **May 31<sup>st</sup>** and you can find more information [here](#).

## **Cancer Champions Community Volunteers**

Please find attached posters offering information about the importance of cancer screening, as well as how to become a Cancer Champion.

As a Cancer Champion a volunteer will share and promote important messages in their community around the signs and symptoms of cancer as well as the importance of screening and early detection.

If you have any questions or would like to find out more please contact Katie at [kafreeman@swindon.gov.uk](mailto:kafreeman@swindon.gov.uk)

## **Upcoming CSCS Card Course at New College Adult Learning Centre**

Please find attached details of CSCS Green Labourers Card Courses scheduled during May 2023 at New College ALC, Swindon.

The classroom based courses run over 5 days and includes all learning materials, tuition and both exams needed to gain the card.

To attend applicants need to be aged 19+, of been a resident in the UK/EU for over 3 years, have a decent level of English reading & writing and also meet the benefits or low earner eligibility criteria (see details of this criteria on attached poster).

If you have clients or know anyone interested in attending please let Ed know so he can arrange. They would need to come in to see Ed to register, once this is done they can then be allocated a space on the course.

If you have any questions please don't hesitate to contact Ed Browne at [Ed.Kirk-Browne@newcollege.ac.uk](mailto:Ed.Kirk-Browne@newcollege.ac.uk)

or 07854450009 or the ALC Centre: 01793 511665

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<https://www.swindon.gov.uk/costofliving>   <https://padlet.com/SBCFood/food>

<https://www.citizensadviceswindon.org.uk/>   <https://www.citizensadvice.org.uk/>