

# Here to help



## Support this autumn half term

Half term can bring extra costs for families. If you're finding it hard to manage, support is available this half term and all year round.

### Help with everyday costs



#### School uniform grant

£100 towards Year 7 uniform if you qualify



#### Free and low-cost food

Food pantries, community meals and food banks



#### Help with energy bills

Advice and support to keep your home warm



#### Advice on money

Get what you're entitled to



#### More cost of living support

More help available in Hackney

# Need cost of living help?

## Contact Here to Help

If you live in Hackney and can't afford food or to heat your home, you can apply for a Crisis Payment. Here to Help can also help with essential household appliances, or if your benefits don't cover your rent.

Crisis Payments are one-off help with essential costs, rather than regular bills. When you apply, you'll be asked about your income and savings, and not everyone will be eligible. Even if you're not, the team can look at other ways to help, such as a benefits check.

[Apply now](#)

### Telephone contact only

Monday to Tuesday 9am to 5pm

Wednesday 9am to 4pm

Thursday to Friday 9am to 5pm



Talk to Here to Help

Phone line: 020 8356 3111

Or visit: [hackney.gov.uk/here-to-help](https://hackney.gov.uk/here-to-help)