



NOT ENOUGH MONEY?

Here are a few ideas that may help.

For everyone, whatever your visa status...

1. **Free and cheap food.** Read our information sheet about how to spend less on food: https://www.rrsq.co.uk/files/ugd/78478d_142d524a7b384e08849a62537bd4772f.pdf
2. **Food parcels.** If you don't have enough food to eat this week, please ask us if we can request a food parcel for you. (Please note - you cannot rely on food parcels for regular food supplies. For each household, we can request food parcels only a limited number of times.)
3. **NHS hospital appointments.** If you have a hospital appointment, you can reclaim the cost of bus fares. You need an HC2 form and you need to keep your bus tickets. Make sure you have an up to date HC2 form! Ask us for information about how to reclaim, or read more in our information sheet: https://www.rrsq.co.uk/files/ugd/78478d_ff7962b3dbc44293a33fc57636b05287.pdf
4. **Bus tickets.** If you need to travel to an activity or event that is good for your health, RRSQ may be able to refund your bus fare. For example, you may want to visit friends, go to play football, or take your children on an outing. To have a bus fare refund, you need to check with Raslan or Alison before you travel, and you need to keep your bus tickets.
5. **Look at our WhatsApp group regularly!** When we have free items to give away, we put a message in the WhatsApp group to tell everyone.
6. **Furniture.** If you need furniture or household items, we may be able to help. Please ask.
7. **Charity shops.** Try charity shops for cheap second hand items.
8. **If you are pregnant, or have young children,** you may be entitled to extra income or grants. We may also be able to help you find equipment for babies and children. Please ask us for more information.
9. **Grants.** Some charities give grants. You could try
 - Lightning Reach. <https://www.lightningreach.org/application-portal>
 - Fund for human need. <https://fundforhumanneed.org.uk>
 - Zakat Foundation (Muslim clients only). <https://nzf.org.uk>
 - This website to search for grants: <https://grants-search.turn2us.org.uk>
10. **Advice.** You may be able to get help and advice about **budgeting and debts** from:
 - Christians against poverty. <https://capuk.org/get-help/results?find=&postcode-block=Home+-+Block&unique-event-id=979&postcode=BB4+5PG>
 - Citizens Advice. Futures Park, Bacup OL13 0BB. Drop-in Wednesdays & Fridays 10.30-1. Phone advice Monday to Friday 10-4: 0808 278 7975.

If you have leave to remain, here are some more possibilities ...

1. **Supermarket vouchers.** Rossendale Borough Council can sometimes provide supermarket vouchers. People can apply themselves on line: <https://www.rossendale.gov.uk/benefits-1/household-support-fund>.
2. **Fuel vouchers.** If you have a prepaid fuel meter, we may be able to apply for fuel vouchers for you. Please ask us.
3. **Benefits.** If you pay council tax, make sure you are paying the correct amount. If you have children, you should be getting child benefit.



Rossendale Refugee Support Group. Registered Charity no: 1204240