



Supporting you through winter

Handy hints and tips to help
you through the coming
months



October 2022

Contents

- 1. Energy bills and priority services register**
- 2. Berneslai Homes**
- 3. Fuel discounts and payments**
- 4. Energy efficiency and energy saving**
- 5. Community Fridge and Foodbanks**
- 6. Handy shopping tips**
- 7. Recipes**
- 8. Further support**



Energy bills and priority services register

Struggling to pay for your gas and electricity?

The price of gas & electricity has increased significantly over recent weeks. If you are worrying about what to do, did you know that there is support available to help you during this time?

You can contact your supplier, to discuss ways to help pay what you may owe. This should be made affordable to you based on your budget. Your energy supplier may have support funds available.

British Gas - [British Gas Energy Trust](#)

- They offer a number of schemes to help people who are in arrears. You **do not** need to be a British Gas customer to apply.

Octopus Energy - [Octo Assist Fund](#)

- To apply you would need to be an Octopus Energy customer and are currently struggling with your bills.

OVO - [OVO Energy Fund](#)

- You have to either be an existing OVO customer or previous customer. This is designed for people in debt of over £150 and unable to pay their bills

Scottish Power - [Scottish Power Hardship Fund](#)

- If you are an existing customer of Scottish Power and having difficulties paying your bills you may be able to get additional support.

National Energy Action - [NEA](#) - 0800 3047159 Monday to Friday 10am to 12pm.

- A charity who specialise in assisting people with help with energy debt. Benefits advice and income maximisation, Support with gas and electricity accounts including fuel debt, Switching suppliers, Energy efficiency, Trust fund applications, Water rates, Warm Home Discount and Priority Services Register information.

If you need extra financial support, you can contact:

[Money Advice Service](#) - 0800 1387777

[National Debtline](#) - 0808 8084000

[Citizens Advice](#) - 0808 2231133

[Step Change](#) - 0800 1381111



Priority Services Register

Are you aware that you may be eligible for extra support from your energy supplier?

You might be eligible to register if you:

- Are disabled or seriously ill
- Are recovering from an injury
- Have mental health problems
- Don't speak or read English well
- Have children under 5, or are pregnant
- Have reached state pension age
- Are in a vulnerable position.

Being on the priority services register means you will be prioritised in the event of a power cut. It can also mean that you receive free energy saving advice, a password protection scheme to protect you from cold callers, your meter moved free of charge if required and bills sent to a nominated person who can assist you in checking them. You may also get prior warning if your supply is going to be interrupted, priority re-connection if it is interrupted and annual gas safety checks (subject to further eligibility criteria).

In order to find out if you are eligible to join this register please contact your energy supplier. Further information can be found on the Ofgem priority services register website.

It is important that both your energy supplier and the Distribution Network Operator are made aware if you in a vulnerable situation so they can include you on their priority services register. Details of your DNO can be found on your energy bill.



Where else you can get help



If you live in a council property you can [find out more about energy efficiency on the Berneslai Homes website](#).

If you're a housing association tenant, contact your landlord directly for more information.

If you own or privately rent your home please contact us for advice using the contact form or phone number. We can help you with:

- access to insulation and boiler grants
- signposting to organisations who can provide advice on saving energy and reducing fuel bills.
- keeping warm in winter

[Follow our Facebook page](#) to see updates, and read our [keep warm and well this winter](#) leaflet.

If you're living in private rented accommodation you can [read more about what rights you have as a tenant](#). Landlords can also [find out more about energy efficiency](#).



Fuel Discounts and Payments

Warm Home Discounts Scheme



The Warm Home Discount rebate is a payment of £150 off your electricity bill paid automatically to eligible customers. This is an automatic payment if you meet specific outlined criteria. These are as follows:

- **Core Group 1:** Individual of pensionable age and in receipt of pension credit.
- **Core Group 2 :** Individuals dependant on means tested benefits **AND** with high energy costs.

Eligible benefits are:-

- Income-related Employment and Support Allowance
- Income based Jobseeker's Allowance
- Income Support
- Housing Benefit
- Universal Credit
- Child Tax Credits
- Working Tax Credits
- Pension Credit Savings Credit (PSCS)

Winter Fuel Payment

If you were born on or before a specific date you could get between £100 and £300 to help you pay your heating bills. The dates for this can be found on the gov.uk website. This is paid automatically between November and December if you have claimed before or are in receipt of some benefits.

You can call the Winter Fuel Payment Centre on 0800 7310160 for advice.

Cold Weather Payment.

Some households may qualify for a Cold Weather Payment of £25 per qualifying week. This is paid automatically to those on certain benefits if the average temperature is recorded as, or forecast to be, zero degrees Celsius or below for 7 or more consecutive days. This is paid for each 7-day period between 1st November and 31st March.



Cost of Living Support Package

The Government has announced a series of one-off payments to help households with the increase in the cost of living.

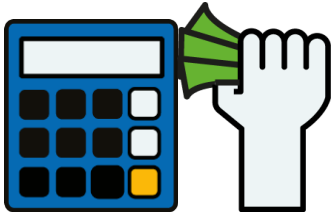
These payments are currently being reviewed and amended on an ongoing basis. More detailed information can be found online at: <https://costoflivingsupport.campaign.gov.uk>

Energy Efficiency

Making your home as energy efficient as possible is the best way to reduce your costs and keep your home feeling warmer. There are some low cost actions you can take yourself such as:

- Draught proofing – this can be a cheap way of making your home warmer, products can be found at local DIY stores and/or online. There are some useful tips online for making your own as well.
- Radiator reflectors – Placing these behind your radiators can help to keep more of the heat coming into the room. A simple way of doing this is by placing kitchen foil behind your radiators, with the shiniest side facing in to the room.
- Using thermal underlay – Having this beneath your carpets can help make your room warmer.
- Closing curtains / blinds – Closing curtains and blinds at dusk to keep more heat in before the temperature drops too cold.

You may be eligible for free or discounted insulation or heating measures. Your energy supplier will be able to tell you if you are eligible for the **Energy Company Obligation**. You can also contact your local council and ask about any schemes operating in your area. For more information on which grants might be available visit www.simpleenergyadvice.org.uk/grants. If your home is rented then it is your landlords responsibility to ensure your home meets all legal standards.



Top energy saving tips

There are many ways you can make small changes to the way you use energy, helping to bring down your costs:

- Make sure to turn off all lights when leaving a room.
- Switch to low energy LED light bulbs, where possible.
- When replacing electrical items consider energy efficient A rated models.
- Use a cooler cycle wash when doing your laundry. Wash at 30°.
- Tumble dryers use a lot of electricity so where possible allow clothes to air dry.
- Cut shower time down to 3 minutes, showers are one of the biggest energy guzzlers.
- Towel dry hair instead of using a hairdryer.
- A slow cooker is a good way to make meals. It can be cooking whilst you are working and uses less energy than a convention oven/cooker.
- Turn off/unplug any unused devices at the wall rather than leaving them on standby.
- Fill a flask of tea/coffee when boiling the kettle so as not to use it as much. Kettles also consume huge amounts of energy. Be sure to only put as much water in as required as well.



Barnsley Foodbank Partnership
Unit 14 Aldham Industrial Estate
Wombwell
Barnsley
South Yorkshire
S73 8HA

**VOUCHER REQUIRED FROM
APPROVED REFERER. SEE
CONTACT DETAILS BELOW...**

Phone us – 01226 235280

Email us - manager@barnsley.foodbank.org.uk

Locations:

Address details:

- St George's Church, York Street, S70 1BD
- Salvation Army Community Centre Straight Lane Goldthorpe Rotherham S63 9DW
- St Mary's Church, Church St, Wombwell, Barnsley S73 0DQ,
- Wesley Methodist Church Barnsley Road Darfield S73 9PB
- Hope House Church, 2 Blucher St Barnsley S70 1AP
- Elim Church Warren Quarry Lane, Worsbrough, S70 4LX
- Roundhouse Lifelong Learning Centre, Laithes Crescent Athersley S71 3AE
- Sheffield Rd, Birdwell, Barnsley S70 5XB
- Salvation Army, Midland Rd Royston Barnsley S71 4QJ
- St Andrews Church 45 High Street Penistone S36 6BS
- Staincross Methodist Church, Blacker Road, S75 6BP
- Milefield Community Farm, Milefield Lane, Grimethorpe, S72 7BH
- Great Houghton Welfare Hall, Rotherham Rd, Great Houghton, S72 0EG

Opening times:

- St George's Church - Thurs 12pm - 2pm
- Goldthorpe Salvation Army - Mon 10.15am - 11am, Fri 10am - 1pm
- St Mary's Church Wombwell - Mon 9.45 - 11.30am
- Darfield Wesley Church - Tues 9.30am - 11.30am
- Barnsley Hope House Cafe - Wed 10am - 12pm
- Elim Church Worsbrough - Mon 11am - 1pm, Fri 11am - 1pm
- Roundhouse Lifelong Learning Centre - Tues 1pm - 2pm
- Birdwell Methodist Church - Thurs 2pm - 4pm
- Royston Salvation Army - Fri 10.30am - 12.30pm
- Penistone St Andrew's Church - Tues 2pm - 4pm
- Staincross Methodist Church - Thurs 11am - 12.30pm
- Milefield Community Farm - Wed 10.30am - 12pm
- Great Houghton Welfare Hall - Thurs 10.30am - 12pm

www.southwestyorkshire.nhs.uk

With all of us in mind.



Change your shopping habits

- Write a shopping list and stick to it.
- Visit the tinned aisle.
- Buy frozen.
- Don't be fooled by multi-buys (check you are actually going to be making a saving).
- Look at reduced items.
- Try cheaper brands (they often aren't as bad as you think!).
- Shop in smaller shops (it could save you money PLUS you'll be supporting local businesses).
- Check your cupboards before going shopping.
- Don't be afraid to substitute one ingredient for another.
- Shop with a calculator (set an total spend amount and deduct prices from that to stop you going over).



Recipies

Mini Pizzas

Makes 14 mini-pizzas (using an 8cm cookie cutter)

Ingredients:

250g plain or wholemeal, plus extra to knead the dough.

A 7g sachet of fast acting dried yeast.

(optional pinch of salt)

1 tablespoon oil, plus extra to oil extra oil the baking tray (you can also use greaseproof paper to line tray).

200ml lukewarm water

3 tablespoons tomato puree

Any extra toppings you want to add

(optional sprinkle of dried mixed herbs on pizzas when cooked)

1. Pre- heat oven to 180°C/350°F/gas mark 4.
2. Add flour, yeast (and salt if using) to mixing bowl.
3. Make a well in centre of flour, add oil and most of the water and stir together to make a soft sticky dough. Add more water if required.
4. Tip the dough onto a floured work surface, lightly knead for a few minutes and shape into a round. Place back in mixing bowl, cover with cling film or clean tea towel and leave for an hour to rise, or until doubled in size.
5. Once risen tip onto floured work surface and roll out with rolling pin. It is up to you how thick or thin you choose to make them but 0.5cm is probably best (the bases will double in thickness when cooked). Cut out dough circles or shapes using a cookie cutter, alternatively you can simply cut your own shapes out freehand. Transfer these on to the baking tray as you go.
6. Top each base with a thin spread of tomato puree, your topping of choice and the dried herbs (if you choose to use them). Put baking tray in over for 10 minutes, until the pizzas are slightly crispy round the edges. Larger pizzas may take longer to cook.

* These pizzas will keep for 2-3 days in the fridge if kept covered.

Lentil Bolognese

Serves 2

Ingredients:

1 onion

1 clove of garlic

1 carrot

1 tablespoon oil

fistful of fresh thyme

fistful of fresh parsley

1 vegetable stock cube

50ml of red wine

1 x 400g carton or tin of chopped tomatoes

100g dried brown lentils, rinsed

(optional: 2 tablespoons tomato puree or tomato ketchup to thicken the sauce)

(optional: grated cheese to serve with the meal)

Method

1. Peel and slice onion, peel and crush garlic and put both in large non-stick frying pan.
2. Wash the carrot and grate in to pan then add oil.
3. Put pan on low heat and fry gently, stirring occasionally to prevent sticking and burning.
4. Chop herbs (you can do this using kitchen scissors for ease) and add to pan.
5. Wait until onions are softened and crumble in the stock cube, wine, chopped tomatoes, tomato puree or ketchup (if using) and lentils.
6. Stir in and simmer over a low heat for 20 minutes or until the lentils are al dente dependant on personal preference. You may need to add a small amount of water if the sauce looks too dry but use your judgement.
7. When the lentils are cooked it is ready to serve, with or without a topping of grated cheese.

*Any spare mixture can be used as a topping for your pizzas. It can be used cold or reheated and stuffed in a wrap or a pitta bread.

Krispie Buns

Ingredients:

50g Rice Krispies or Cornflakes (it doesn't matter which brand).

100g White, milk or dark chocolate.

Pan of water filled a third of the way.

1. Bring the water to boil. Put heatproof bowl over the water (ensure the water is NOT touching the bowl, if it is then empty some out).
2. Break up the chocolate into the bowl and let it melt, stirring occasionally to ensure it doesn't burn.
3. When all the chocolate is melted take off the heat.
4. Empty the cereal into the bowl of melted chocolate and mix thoroughly until it is all completely coated.
5. Scoop spoonful's into bun cases until all the mixture is used up.
6. Leave to cool.

*If you want to add any additional toppings it is best you do this before the buns cool so that the toppings stick.



We are living in difficult times at the moment which none of us envisaged and the simple things we maybe once took for granted have now become a challenge.

As well as the things in this guide it is always a good idea to reach out to friends, family and members of our own communities. There may be help out there that isn't widely advertised or there may be even local projects that you could get involved in to make things easier for those around you. Foodbanks are short on supplies and for volunteers to help distribute parcels to those most in need. Could you help?

During the lockdowns we all endured at the height of the Covid pandemic we were able to find and build community networks within our areas. People were once again helping each other and community spirit was at a high so, we've proven that we can do it. We can be there to help our fellow neighbour so let's try and build on that again during this bleak Winter we are facing.

Share hints and tips you have found for saving money. Batch cook and perhaps distribute to neighbours who are perhaps unable to cook for whatever reason, *if* you can.

If you have access to a smartphone or a tablet with the ability to download apps then try out OLIO and TooGoodToGo. These apps allow you to see where you can get food items for free or at a low cost local to you.

Most fire services offer a **Safe and Well** visit, also known as a **Home Fire Safety Visit**. This can be useful for people at higher risk such as those with young children or additional healthcare needs. Contact your local fire station for more information. They will check your home for any potential fire risks and offer guidance and support on how to reduce these. They are there to help you, not to judge so please don't feel afraid to contact them should you have any concerns. Fire safety is everyone's concern.

- Citizens Advice : 0808 223 1133 www.citizensadvice.org.uk
 - The Money Helper : www.moneyhelper.org.uk
 - Stepchange Debt Society : 0800 138 1111 www.stepchange.org.uk
 - Payplan : 0800 280 2816 www.payplan.com
 - National Debt Helpline : 0808 808 4000 www.nationaldebthelpline
 - Benefits Checker : www.entitledto.co.uk OR www.turn2us.org.uk
 - Gov.uk : www.gov.uk/improve-energy-efficiency
 - Energy Saving Trust : www.energysavingtrust.org.uk
- National Gas Emergency Service : 0800 111 999
- For power cuts call : 105

**“ALONE WE CAN
DO SO LITTLE;
TOGETHER WE
CAN DO SO MUCH.”**

- Helen Keller