

Get cost of living help

A round up of the latest support and help options can be found on our [cost of living help hub](#).

If your child receives means-tested free school meals

There is specific support for families where children receive means-tested free school meals.

These will help you over the school summer holidays:

- [Get £15 per week, per eligible child](#) during school holidays via First Days Children's Charity from the Household Support Fund
- Register for the [Holiday, Activities and Food \(HAF\)](#) programme - free activities with a healthy meal

For anyone else struggling

As the cost of living crisis continues to impact our communities, many are being forced to go into debt to buy the essentials for daily life.

Our partners can provide £100 per household with a food, fuel or cash voucher through the Household Support Fund.

It's open to anyone to apply. You don't need to receive benefits to be able to apply.

This can be used for food, bills, energy costs or other every items. [Apply now](#).



Help with food - feeding thousands and cutting food waste

Have you heard of SHARE? The volunteer group provides food to about 2,500 residents each week, for free, to help reduce food waste and support those struggling with the cost of living.

Since its launch in 2020 it has saved more than 1,000 tonnes of food from being wasted.

All the stock is surplus or end of day items from local supermarkets (Waitrose, M&S, Tesco, Morrisons and Lidl) and food suppliers which would otherwise go to waste.

The group's newest site in Arborfield (pictured) has just been confirmed to continue running fortnightly through the summer. You can [check the dates on our website](#).

SHARE's teams run sites in Woodley, Wokingham, Shinfield, Finchampstead and beyond each week. If you're struggling with the cost of living, this group could support you.

[View the food map](#) for more information.

Other support options you could use

- [Apply for Healthy Start vouchers](#) – help to buy food and milk if you're more than 10 weeks or pregnant or have a child under four, eligibility criteria apply
Check if you're entitled to any [Government cost of living payments for 2023/24](#)
- Check if you can use the [National Databank if you're cut off from internet usage](#) – think free mobile data, text and calls (like a foodbank for data connectivity)
- If you'd prefer to talk to someone about your situation, contact the Citizens Advice Wokingham One Front Door. Use the [online referral form](#) or call 0808 278 7958, Monday to Friday