

# **INFORMATION FOR PARENTS**

# Where to find support and assistance if you have money worries or are struggling to access financial help.

### Western Isles Citizens Advice Service:

<u>www.citizensadvicewesternisles.co.uk/</u> - This free, independent & confidential local service has 4 offices – based in Stornoway, Tarbert, Balivanich and Castlebay – and will be happy to advise and support you and your family whatever your financial situation or circumstance.

### **Citizens Advice Scotland:**

<u>www.citizensadvice.org.uk/scotland</u> - This website has online advice factsheets on a variety of topics including benefits, debt and money, work and housing.

### **CnES Family Support Service:**

This Early Years service provides a range of support to help families with young children in nursery and primary school deal with challenges in their home circumstances – if you struggle with transport or childcare issues to enable you to access advice services Family Support can help. Please see the leaflet enclosed for more information.

## Western Isles Survival Guide:

<u>www.ohcpp.org.uk</u> - This guide provides information, advice and guidance to anyone in a crisis situation of not having enough income to feed themselves, or their family.

#### Turn2us:

<u>www.turn2us.org.uk</u> - This national charity's website provide access to financial advice, an easy to use benefits calculator and tools to help you find support if you are in financial hardship.

#### **Tighean Innse Gall:**

For energy advice, help with switching energy suppliers and information about current insulation schemes and the Warm Home Discount Scheme. Visit <u>www.tighean.co.uk</u> or call the office in Stornoway on (01851) 706121.

If you wish the school can pass your contact details onto the Western Isles Citizens Advice Service, the Family Support service or other services who can provide support in dealing with housing concerns, fuels costs or employment issues. A friendly advisor or support worker will get in touch to arrange an appointment or visit to find out how they can help.

Just ask.