



Help for Households with the cost of living crisis

We know the current situation is having a direct impact on families who are facing rising costs of groceries, clothing and other goods, rising energy prices, inflation and cost of living pressures. We know that many families are worried, so Schools in the Abingdon Learning Trust have reviewed what help we can offer families, and where help can be found outside the schools.

We hope that the following will help you identify where support and help may be available. The information is set out in three categories – local help and support from the school, help that is available in the town of Abingdon, and help nationally.

Most of the help and support has eligibility criteria to make sure that families with the greatest need receive the help.

Help available from your school

(see your school's website for up-to-date detail)

Fitzharrys School	John Mason School	Rush Common School
Pre-owned uniform available	Pre-owned uniform available	Second hand uniform collection and second hand uniform sales in hall.
Free uniform/PE kit for identified pupils/students	Free uniform/PE kit for identified pupils/students	Costumes for dress up days donated to FoRC, (Friends of Rush Common) and recycled for families who need it.
Breakfast club for key students	Breakfast club for key students	Funding for residential trips for eligible families
Spaces available after school to do homework/research (saving heating/internet costs at home)	Spaces available after school to do homework/research (saving heating/internet costs at home)	Abingdon foodbank collection
Free School Meals – available for families who are eligible. KS2 to sixth form. Ask the school		
Contact your school to ask about any of the listed support and help, and you will be put in touch with the right people.		

Abingdon town area support and help

Abingdon Foodbank: [Abingdon Foodbank | Feeding Local People in Crisis](#)

There are a number of recycling sites that can offer all sorts of household and garden items, including:

Freegle: [Vale of White Horse Freegle \(ilovefreegle.org\)](#)

Freecycle: [Abingdon Freecycle \(trashnothing.com\)](#)

Gumtree: [Latest Freebies & Free Stuff in Abingdon, Oxfordshire | Gumtree](#)

Christ's Hospital of Abingdon: [Relief in Need – Christs Hospital Abingdon \(ch-of-abingdon.org\)](#) The school can help you apply for grants.

Citizens Advice Abingdon: Abbey House, Abbey Close (side entrance with maroon coloured doors), ABINGDON-on-Thames, Oxfordshire. OX14 3JD and

Monday mornings 10.00 – 13.00 at Abingdon Carousel OX14 5GZ
<http://www.caox.org.uk/>

Email: abingdon@osavcab.org.uk

Adviceline: 03444 111 444 www.adviceguide.org.uk

Sources of national support and help

Help for Households - Get government cost of living support

This collection of national support includes help with:

household bills;

energy bills;

childcare costs;

income support;

transport costs;

finding work;

discounts and offers.

(This covers everything from grocery shops to entertainment).