


**SCIPS**

# Sandwell Community Information & Participation Service

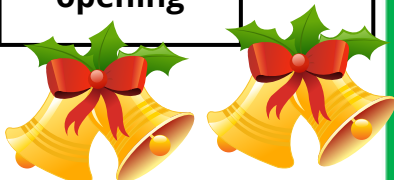


Looking back as the year draws to a close, all of us at SCIPS would like to take this opportunity to thank you - our members and friends - for your amazing support in 2022.

We wish you peace and health however you celebrate the season. Looking ahead we also hope the New Year is kind and prosperous for each of you.

## Inside this issue

Season's Greetings	1
Cost of living advice from Partners	2 & 3
Holiday period opening	4



Merry Christmas!



# Cost of Living advice from Partners

At our November General we were fantastically supported by a range of partner agencies who were able to offer some really practical help and guidance to us all with the cost of living crisis. For those that were unable to attend - or for those that may find a reminder helpful - we have included some key takeaways here .

## Welfare Rights



Services include;

- Benefit checks / maximising incomes
- Personal budgeting
- Reducing outgoings
- Allocation of Household Support Fund

For more information;

Advice Line 0121 569 3158  
Monday – Thursday 9:30am – 4:00pm  
Friday 9:30am – 3:30pm

[www.sandwell.gov.uk/welfarerights](http://www.sandwell.gov.uk/welfarerights)



South Staffs Water

Services include;

- Assure Tarriff which offers a 60% reduction in year 1 and a 40% reduction in year 2 (for households with income under £19k)
- Water Sure - a national scheme to cap water charges for people on a meter
- Priority services register
- Water meters
- Free water saving kits

For more information;

Amanda Lee

Community Engagement Manager

[amandalee@south-staffs-water.co.uk](mailto:amandalee@south-staffs-water.co.uk)



## 15 WAYS TO SAVE



Make five simple changes to the way you use energy at home.

Turn the heating down by 1 degree **£229**

Air dry laundry when possible **£77**

Avoid standby and unplug gadgets **£66**

Switch lights off in unoccupied rooms **£31**

Always fully load the washing machine **£11**



Make five simple changes to the way you heat water at home.

Set your hot water tap temperature to 50°C **£115**

Keep showers to 4 mins maximum **£112**

Use a plug when washing up **£71**

Swap one bath per week for a 4 min shower **£26**

Wash laundry at 30°C instead of 40/60°C **£20**



Make five simple changes to the way you cook at home.

Use the most efficient cooking appliance **£202**

Batch cook when possible **£112**

Use the right size pan with a lid **£51**

Simmer rather than boil **£48**

Avoid over-filling the kettle **£13**



### Services include;

- Warm Homes Programme which offers an assessment of a client's living situation and installation of simple energy efficient equipment.
- Key tips & advice / signposting
- Information & advice
- Later life planning & wellbeing services

### For more information;

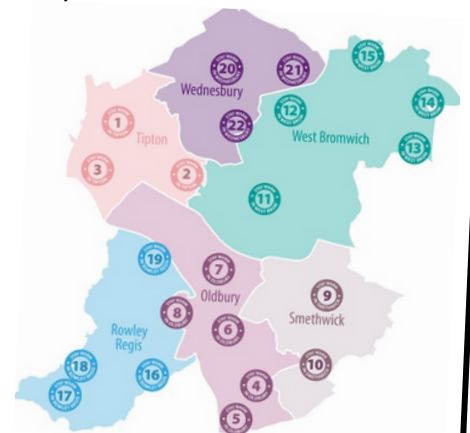
Main telephone: 0121 437 0033  
 Information & Advice: 0121 437 0479  
 Email: [info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)

[www.ageuksandwell.org.uk](http://www.ageuksandwell.org.uk)

## Warm Spaces



- You will receive a warm welcome.
- You will be treated fairly and with dignity and respect.
- You will be in a safe space and we will adhere to safeguarding policies.
- We will not tell anyone about your need for a warm space but we are here to listen to any of your concerns.
- Every warm space will be a non-judgemental place.



### For more information;

[www.sandwell.gov.uk/costoflivinghelp](http://www.sandwell.gov.uk/costoflivinghelp)

### Services include;

- Free, confidential, independent and impartial general advice to all residents across Sandwell.
- Specialist personal debt advice to anyone who needs it, regardless of where they live.
- Advice on topics including debt, benefits, immigration, employment, housing and many others.
- Face-to-face drop in advice services at all of our offices
- Telephone advice line, the webchat function on our website and via email/videocall.

**citizens  
advice**

### For more information;

Telephone 0300 330 9017 (local rates apply) Mon/Wed/Thu/Fri- 9:00am - 3:30pm  
 Tue - 9:00am - 7:00pm

[www.citizensadvice-sandwell-walsall.org](http://www.citizensadvice-sandwell-walsall.org)

# Holiday period opening

Please note that the last day our offices will be open prior to Christmas is Thursday 22nd December 2022.

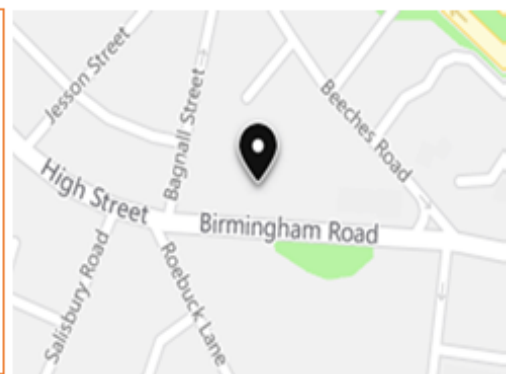
Our offices will reopen on Tuesday 3rd January 2023.



## Sandwell Community Information & Participation Service



**NMC Venue**  
**37—47 Birmingham Road**  
**West Bromwich**  
**West Midlands**  
**B70 6PY**



SCIPS is a registered charity no 1097702. If you would like to find out more about us and the work we are involved in, please visit our website at [www.scips.org.uk](http://www.scips.org.uk).

0121 544 1230

Facebook: @sandwellscips