

Cost of Living Support Resources

We know family finances are impacted when a child is diagnosed with neuroblastoma - costs increase and income can decrease. We also know that the cost-of-living crisis is compounding financial and other challenges for families and it's in this context that we share this resource, which includes articles, information, and tips to help save money and potentially increase income. For further support contact the Family Support Team – we are here for all families. support@solvingkidscancer.org.uk | **0207 284 0800**

Tips to save and manage money

Here are some tips to help save money and potentially increase your income. This is not an exhaustive list and the information has been collated from various sources. Have a look and find what's helpful for you and your family.

Increasing income

- Make sure you are getting everything you are entitled to - speak to the [Macmillan welfare and benefits](#) line on **0808 808 00 00**
- Search for grants to help with the cost of cancer using [Young Lives Vs Cancer's Turn2us Grants Search](#) tool
- If you are in receipt of benefits (Disability Living Allowance, Universal Credit or Tax Credits) you may be eligible for a cost of living payment. You can check [here](#)
- Check if you can [claim tax relief](#) for job expenses working from home
- Do a stocktake and sell anything you don't need

Reducing outgoings

- Put together a budget - know what's coming in and going out, to help highlight where you can make savings
- Use [Martin's Money Mantra](#) and free wallet-sized card. It says, if you're skint, ask yourself, do I need it? Can I afford it? Have I checked prices elsewhere? If you're not skint, it says, ask yourself, will I use it? Is it worth it? Have I checked prices elsewhere? If any of the answers are NO, don't buy it
- Pay less for petrol by [finding the cheapest petrol](#) near you

- Search for online offers and coupons before spending and use platforms like [TopCashback](#) to get money back on your purchases
- See if a [prescription prepayment certificate](#) would save you money
- Don't overfill your kettle, or 'boil and flask' to save on electricity
- Turn your appliances off standby mode

Travelling and parking

- Ask your treating hospital if there is any free or discounted parking
- Find out if you are eligible for a [Blue Badge](#) to help with parking and parking costs

Food

- Take the 'Downshift Challenge' and drop down a brand level for groceries
- Plan meals for the week ahead to save money and reduce waste. Go to the shops with a clear list of what you need and try not to be tempted by special offers or items you don't really need
- Batch cook and portion and freeze meals in advance by scaling up quantities. This means you will have something ready when you need it and cooking in larger quantities can often work out cheaper. Ask family and friends to help with cooking meals too!
- Ask your hospital social worker if you are eligible for meal vouchers at your treating centre when your child is an inpatient
- Use Apps like [Too Good To Go](#) for discounted food which would otherwise go to waste
- Consider the microwave over the oven to save money
- Check your local council's website for information on local foodbanks, community supermarket and other schemes

Other

- Speak to your local council's Community Engagement team for support and advice
- Look into Community groups and local facilities offering warm spaces and free or low-cost activities
- Let your energy and water providers know your situation (e.g. increased consumption or decreased income). Energy providers have vulnerability registers called a "Priority Services Register" that can provide extra protections and adaptations for cancer patients. Some water providers also provide "Social Tariffs" that aim to reduce monthly bills for people on low-incomes or who have health conditions that require them to use more water



Solving Kids' Cancer's Support

Big Love Fund

Provides grants to families in the UK and Ireland to support a child or young person's physical or emotional welfare (up to £250/year) and supports families in bereavement (up to £500)

Family Support Care and Connect Bag

A bag of useful and supportive items for families based in the UK with children in active treatment for neuroblastoma

Children's funds

If SKC hold a fund in your child's name, talk to the Family Support Team for possibilities to use funds for pastoral support (this will vary depending on circumstances surrounding the fund).

For further information contact the team - support@solvingkidscancer.org.uk | 0207 284 0800

Charities and organisations

Here are some organisations that can support you in different ways (note, Solving Kids' Cancer is not affiliated with them in any way). For grant-making charities, it is important to check the details and eligibility criteria directly and that applications are being accepted. It is also worth checking with your community nurse specialist team about any local grant making charities that you may be eligible for and how you can make an application.

Grants-making charities

[The Isabel Baker Foundation](#)

Food vouchers if suffering financial hardship whilst a child is receiving treatment for cancer

[The Cindy Apple Yard Foundation](#)

Grants up to £300 where a child is in a specialist hospital (inpatient) a long way from home, for temporary accommodation, travelling to and from hospital and taking time off work

[Evie's Gift](#)

2 nights' accommodation locally and other costs associated with being near a child in hospital

[Charley Paige Trust](#)

Grants for different things including specialist medical, educational and recreational equipment and services and travel, parking and accommodation costs when a child is away from home

[Macmillan](#)

Small, one-off means-tested payments to help with the extra costs of living with cancer



[Cost of Cancer](#)

Grants to help with household bills

[The Henry Allen Trust](#)

Provides financial grants to support families including transport and accommodation for hospital stays

[Mitchell's Miracles](#)

Provides financial support grants to help cover a range of expenses

[The Hospital Saturday Fund](#)

Provides varied financial support including for specialised mobility equipment, therapeutic treatment and equipment, and home adaptations

[Family Fund](#)

Provides financial support for families on low income raising a child or young person with a long-term disability, disabling condition or life-limiting illness

Financial advice

[Turn2Us](#)

[Step Change](#)

[Money Advice Trust](#)

Mental Health

[Mind](#)

[Mental Health and Money Advice](#)

Help for renters

[London Renters Union](#)

[Acorn](#)

Cut your energy bills

[National Energy Action](#)

[Energy Saving Trust](#)

Food charities

[Independent Food Aid Network](#)

[The Trussell Trust](#)

Articles and information

[Cost of living hub](#) Metro Charity

[Cost of living help guide](#) Money Saving Expert

[Cost of living - support for people with cancer](#)
Macmillan

[How to get free \(or cheap\) food](#) Money
Saving Expert

[Quick tips to save energy](#) Energy Saving Trust

[17 ways to save money on your household bills and living costs in 2022](#) Which?

[Can I get help towards my child's school uniform costs](#) Money Saving Expert

[Places where kids eat free during school half terms in 2022](#) Money Saving Central

[Mental Health and Money Toolkit](#) Mental
Health and Money Advice

[**www.solvingkidscancer.org.uk**](http://www.solvingkidscancer.org.uk)



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