

## COST OF LIVING SUPPORT

With rising costs for energy bills and food prices, we thought it might be helpful to signpost people to support that could be available to you.

The Citizens Advice website has up-to-date information on support.

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

Medway will be issuing free school meal eVouchers again via the Edenred for the October half-term. If your child is entitled to free school meals (not the universal meals for all infant children) you will be receiving your eVouchers very soon. Remember to check your junk/spam folders if you haven't received them.

Medway Council runs a scheme called the Household Support Fund which is funded by the UK government. This scheme is to help households who are most in need of support to help with living costs. It closes on 31 March 2023 or until the budget is spent. Here is the criteria for support:

- be a Medway resident
- be aged 16 or over
- be in demonstrable hardship
- have less than £500 in your bank account
- not have access to any funds that can be relied on to meet the need you are applying for, and where you would be left with insufficient resources which would cause serious risk to your own, or your family's, health, or safety.

Further information can be found at:

<https://www.medway.gov.uk/info/200131/council-tax-and-benefits/1481/household-support-fund>

The Medway Foodbank is a charity supported by the Trussell Trust that can help families in crisis with food vouchers.

*"We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK."*

If you would like to be referred to the Medway Foodbank, please contact the school office and ask for Mrs Bedford.

<https://medway.foodbank.org.uk/>

## EATING OUT AND THINGS TO DO

**WHERE KIDS EAT FOR LESS  
IN OCTOBER HALF TERM 2022**

**ASDA**  
KIDS EAT FOR £1 EVERY DAY WITH NO ADULT SPEND NEEDED.

**MORRISONS**  
SPEND £4.99 AND GET ONE FREE KIDS MEAL 

**BELLA ITALIA**  
KIDS EAT FOR £1 WITH ANY ADULT MAIN 4-6PM MON TO THURS

**HUNGRY HORSE**  
FREE KIDS BREAKFAST WITH ANY PAYING ADULT, 9AM TO 12PM

**TESCO CAFE**  
KIDS EAT FREE WITH ANY FRESH FRUIT PURCHASE BY ADULTS

**BEEFEATER**  
WITH EVERY ADULT BREAKFAST GET TWO KIDS BREAKFAST FREE

**TOBY CARVERY**  
KIDS EAT FOR £1 VIA APP FROM OCT 24-28TH

**YO! SUSHI**  
KID'S EAT FREE ALL DAY MON TO THURS UNTIL 29TH OCT

**EXTREME  
COUPONING  
AND BARGAINS UK**

**Eat Out For Less This  
October Half Term**

**ASDA**  
Children can eat for just £1 at Asda Cafés

**TESCO**  
Kids Eat For Free All day, every day with any purchase at The Café when you use your Clubcard.

**Morrisons**  
Only one free meal from the kids menu with any one adult meal with a value of £4.99 or over.

**M&S**  
Pick up a FREE main, snack + drink from our Kids' Munch Menu when you spend £5 in the Café.

**IKEA**  
Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50. Available every day from 11am at IKEA.

**Bella Italia**  
Kids three courses & a drink for £1 from 4-6pm Monday - Thursday With purchase of every adult main meal.

**PAUSA Dunelm**  
One Free Kids Menu With Every £4 Spent. Monday To Friday After 3pm.

**SIZZLING**  
For every adult Sizzling meal, you'll also get a kid's main meal for £1. Monday-Friday 3pm-7pm

**Harvester** **TOBY**  
We recommend downloading Harvester & Toby Carvery Apps both have offers and regularly include kids Eat For £1 Offers!

For things to do over the half term holiday check out this website that has lots of Halloween activities, some of which are free for kids!

<https://www.visitmedway.org/whats-on/find-events/>

### What's on in October half term for all children

Children can create their own trick-or-treat goblets at the Pentagon Shopping Centre on Thursday, 27 October, between 11am and 4pm. This free event is being delivered by the Pentagon Shopping Centre in partnership with Child Friendly Medway. Spaces are limited. [Find out more.](#)

Spooky activities and a cinema screening of Roald Dahl's 'The Witches' (PG) will take place at the Glassbox Theatre in Gillingham on Monday, 24 October between 1pm and 4pm. Fun for all the family, with fancy dress encouraged. Limited spaces available. [Book your place.](#)

Medway's libraries will also be hosting a range of Halloween themed stories and craft sessions throughout the October half term. [Find out more and book your session.](#)

Medway's sports centres will also be hosting popular inflatable pool session at Strood and Hoo Sports Centres. Costs £7 per person or £24 for a family ticket. [Find out more and book.](#)

A Halloween pool party, with spooky music, games and prizes, will be held at Strood Sports Centre on Friday, 28 October between 4pm and 6pm. Costs £8 per adult and £6.50 for children. Under threes go free.

Child Friendly Medway and Medway Sport also offer weekly floodlit drop-in football sessions at Watling Park, Gillingham, Strood Sports Centre and Hook Meadow Walderslade. For more information, email [medwaysport@medway.gov.uk](mailto:medwaysport@medway.gov.uk).

[Discover more events and activities on offer across Medway during half](#)