

gateway news

WINTER EDITION

Bitesize

COST OF LIVING
EDITION



community
gateway

COST OF LIVING HUB



Welcome to this handy guide, full of tips and resources to help you manage your health, wellbeing and finances through the colder months.

With energy bills and other household costs on the rise, we want you to know that we are here to provide you with support if you're struggling, need some advice or just want someone to talk it through with.

At Community Gateway, we are always keen to help you as best we can. We have created this special 'Cost of Living' edition packed full of resources and information to help you make your money go further, as well as useful tips and advice to support you through these challenging times. We have also included information linking to our partners and other local organisations who can provide further support. Our website also features a dedicated Cost of Living Hub which will be updated regularly.

If you need help to access our Cost of Living Hub online but are concerned about your IT skills, please get in touch with our Community Engagement team on **0800 953 0213**.

Free advice and support

Our Tenancy Support Officers can make a huge difference to your income and quality of life.

Our specialist team are here to help by carrying out benefit checks to make sure you are claiming all the benefits you are entitled to, provide you with other support or grants that may be available, help with budgeting advice and provide handy tips to make your money go that little bit further.

Don't suffer in silence. If you are struggling please contact our Tenancy Support team. They can help you find ways to improve your situation and help you manage your finances. Call **0800 953 0213** or email tenancysupport@communitygateway.co.uk



Purple Pantry

Why not visit our social supermarket - Purple Pantry and make huge savings on your shopping bill? The Purple Pantry is our food shopping membership scheme, which offers high quality branded food at affordable prices.

It's based at Moor Nook Community Office, Langden Drive, Preston PR2 6HT and is open to all Gateway customers from Monday-Friday 1pm-4pm.

Healthy Start Card

Expecting, or have a young child and on benefits?

You might be able to get a Healthy Start card to help you buy certain types of milk, infant formula, fruit and vegetables. You need to be at least 10 weeks pregnant or have at least one child under four and be receiving certain benefits to qualify. Find out more and apply by visiting www.healthystart.nhs.uk

Food Banks

There are many organisations providing support if you are struggling to access food. Many faith organisations, such as churches or mosques, offer support with food parcels for their congregation or to people and families living nearby. If you live close to a faith organisation, please contact them to ask if they can help.

If you're struggling to pay for food, you can also get a referral to a local food bank near you from our Tenancy Support team by calling **0800 953 0213**, or you can find out more on the Help in Preston website www.helpinpreston.com

Keep a regular eye on our **Cost of Living Hub pages** on the website for new links to support services or events in your neighbourhood.





Here are some useful tips to help you manage your finances and save money on energy, shopping and more. Trying a few of them should allow you to make considerable savings.

- Write a shopping list** - Plan your meals for the week ahead and then create your shopping list. It'll save you time and money and will stop you buying things that you won't end up using.
- Keep an eye on use-by dates** - Supermarkets tend to put things with longer use-by dates towards the back of the shelf. Always reach for the back so what you buy lasts longer.
- Sign up for loyalty cards** - If you shop in the same store regularly, see if they have a loyalty scheme. You may be able to get points, vouchers or discounts to help with the cost of your shopping.
- Make the most of discount codes** - Search online for discount codes to try to find money off before buying anything online.

- Buy supermarket own brands** - Instead of choosing well-known brands, try supermarket budget brands and generic alternatives. Common medications such as painkillers are often much less expensive if you buy budget brands. Own brand baked beans can be just as good as the famous brands!
- Use price comparison websites when shopping online** - If you're in store check the website to see if you can find the items cheaper online before buying.

Gateway Workwear Bank
 Are you currently working and looking to refresh your wardrobe, but struggling to buy new work clothes? Or are you hoping to secure a job and don't have anything to wear?



Our Workwear Bank provides free, pre-loved clothes exclusively to Gateway tenants. Find out more about our Workwear Bank by visiting www.gateway2engagement.co.uk or ring the Employability team on **0800 953 0213**.

- Make a budget** - The first step to taking control of your money is knowing what's coming in, what's going out and when. Making a budget will give you a clear picture of where your money goes and show you where you might have a chance to save money.

- Cancel subscriptions you don't use** - Go through your bank accounts and look at everything you have signed up for and consider if you really use it. If you don't need it in your day-to-day life, cancel it.

- Turn appliances off at the plug** - Many appliances still use electricity, even when they are on standby. Turning them off at the plug when not in use will save money.

Warm Spaces

Across the county, libraries, churches and community centres have opened their doors to offer people a warm and welcome space as the temperature drops and energy bills soar.

All libraries in Lancashire have been designated as warm and welcome spaces where people can find a warm drink, a space to sit, free computers and Wi-Fi, charging points for digital equipment, events, activities and support from staff.

- Here's just a selection of warm spaces in your community.
- Blackpool FC Community Trust**
 Seasiders Way, Blackpool, FY1 6JJ
 ☎ 01253 348691
 - Let's Grow Preston**
 Ashton Walled Garden, Ashton Park, Pedders Lane, Preston PR2 1HL
 ☎ 07535 836364
 - The Intact Centre**
 49 Whitby Avenue, Ingol, Preston, PR2 3YP
 ☎ 01772 760760
 - Crossgate Church**
 St Marys St North, Preston, PR1 5LG
 ☎ 01772 585257
 - Preston Recovery College Deepdale**
 Minerva Centre, Lowthorpe Road, Preston, PR1 6SB
 ☎ 01772 695365

See more locations and find out more about warm spaces in your community by visiting our Cost of Living Hub www.communitygateway.co.uk/cost-of-living-hub



Top 5 ways to keep warm

As it gets colder, we've put together some handy tips to help keep you warm this Winter.

- **Regular exercise will help you stay warm** - If walking or exercise is difficult, wiggle and stretch your arms and legs.
- **Keep radiators and heaters clear so heat can circulate** - Don't put furniture in front of them or dry washing on them. This not only keeps the house warmer but helps stop condensation, which can help to prevent damp and mould forming. If it's wet and you have to dry clothes inside, put a clothes horse in the bathroom, close the door and open the bathroom window to keep it aired.
- **Keep your home heated at a comfortable temperature, at least 18°C if you can** - Keep the house warmer by shutting doors and blocking out draughts.
- **Dress sensibly** - Several thin layers are better than one thick jumper. If sitting for long periods a shawl or blanket will provide a lot of warmth.
- **Have regular hot meals and hot drinks** - These will provide warmth and energy.

Mental health and wellbeing tips

There are many low-cost activities that you can carry out day to day to unwind and de-stress. Why not try some of the activities below to help with your mood and mental wellbeing.

- **Go for a walk, exercise or meditate. Being outside will boost your mood.**
- **Phone or visit a friend or loved one. You will cheer them up as well as yourself.**
- **Tidy your home or workspace. Give any unwanted items to charity if you can.**
- **Cook your favourite meal or try a new recipe.**
- **Try doing something creative like knitting, colouring or a jigsaw.**
- **Ensure that you get a good night's sleep and keep a regular bedtime.**

Your mental health is just as important as your physical health. You should talk to your doctor if your money problems are affecting how you feel.

Your Winter Recipe



Leek and potato soup

- prep: 20 mins
- cook: 25 mins
- serves 6-8

BBC Good Food

Ingredients

- 50g butter
- 450g potatoes, peeled and cut into 1cm pieces
- 1 small onion, cut into 1cm pieces
- 450g white parts of leeks sliced (save the green tops for another soup or stock)
- 850ml - 1.2 litres chicken or vegetable stock
- 142ml cream
- 125ml full-fat milk

Method

- **Melt the butter in a saucepan. When it foams, add the potatoes, onions, and leeks, mix them in the butter until they are well coated.**
- Season with salt and ground pepper and mix again. Cover the pan with a lid.

- Cook over a gentle heat for 10 mins, or until the vegetables are soft but not coloured.
- Uncover the pan and pour in 850ml of the chicken or vegetable stock, bring to the boil and simmer until the vegetables are cooked - about 5 minutes.
- Purée in a blender, in batches if necessary, until silky smooth, then taste and adjust the seasoning. Return the soup to the saucepan and stir in three quarters of the cream and 125ml full-fat milk.
- Reheat the soup to a gentle simmer (add some extra stock at this point if the soup is too thick for your liking) and pour into bowls.
- To garnish the soup, finely shred the white part of one leek and gently cook it in a small knob of hot butter for a few mins until it is softened but not coloured.
- Drizzle the remaining cream over each serving, top with a little pile of the buttered leeks and black pepper and serve.

optional

Don't tamper with gas pipes or electrical wires.

Not only could you cause a major fire but you could endanger your life! If you're worried about bills, ring our Tenancy Support team on 0800 953 0213.



Why not visit the Purple Pantry for some of your ingredients?

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 📍 Moor Nook Community Office, Langden Drive, Preston, PR2 6HT
 ☺ Open Monday-Friday, 1pm-4pm



This newsletter is also available at communitygateway.co.uk/gatewaynews where you can use 'Recite Me' to translate it into another language or read it out loud.



If you have a story to share and/or events and activities in the coming year, let us know all about it...

Harbour House, Port Way, Preston PR2 2DW
customerservices@communitygateway.co.uk
www.communitygateway.co.uk
0800 953 0213

Join us on social media to keep up to date with what's going on at Gateway.

 @CGAPreston

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Tenant only Facebook Group

 /groups/CGAEngagement



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