



January 2026

Dear Parents and Carers,

How can we help support your family if you are finding things tricky financially

We are all aware of how it is becoming harder to stretch your family budgets and at school we really want to support you and your family wherever we can. We would like to share the following with you:

- Our uniform policy states that plain sweatshirts or jumpers are fine – we've looked around and can see that Asda, Tesco and Sainsburys all sell these with prices ranging from £7-£9 for a pack of two.
- Food bank referrals are something we are very happy to do, and do so for families in our school. This is managed most discreetly and confidentially, please do not hesitate to contact us by phone or e-mail at the following e-mail address:
inclusionteam@hovejun.brighton-hove.sch.uk
- School trips, please talk to us if you're struggling with any payments, and we'll certainly try and help.
- Can you apply for free school meals? If you are entitled to the following support, you may be eligible for free dinners for your child: income support, Jobseeker's Allowance, child tax credit, universal credit.

It's easy to apply via <https://www.brighton-hove.gov.uk/contact-council/apply-free-school-meals> or ask the school office for an application form.

What we really need to happen is for you to speak with us, please do not hesitate to contact our Inclusion Team, via email or via the school office inclusionteam@hovejun.brighton-hove.sch.uk, we're also at the school gates every morning and after school.

Here's some other places you may be able to get support:

- Find out what help you can get with your energy bills. Take a look at these resources from Simple Energy Advice, the British Gas Energy Trust [Bounce Back Checklist - Level Up Your Finances | British Gas Energy Trust](#) and the Money Saving Expert website [Common energy myths busted – MSE](#)
- If you have a child under 4, and meet the eligibility criteria, you may be entitled to healthy start food vouchers, have a look at [Healthy Start - GOV.UK](#)
- Have a look at what HAF (holiday activities and food) are offering in Brighton and Hove [Holiday Activities and Food \(HAF\)](#)
- Contact your local Citizen's Advice Bureau CAB
The CAB can help you with:
Getting benefits or other financial support organised
Accessing support for essential costs (food, bills, rent)

[Citizens Advice](#)

Tisbury Road Offices
Hove Town Hall
Tisbury Road
Hove
East Sussex
BN3 3BQ

Other tips for money saving:

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the Money Saving Expert free tax code calculator to find out: [Free Tax Code Calculator: What is a tax code? – MSE](#)

Claim any benefits you're entitled to:

Use one of these benefits calculators to determine whether there are any benefits you could be claiming:

[Turn2us Benefits Calculator](#)

[Better Off Calculator - Policy in Practice](#)

[Housing and support options for migrant families | Compas](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds.

WEST HOVE INFANT SCHOOL School Road Site, Portland Road,
East Sussex, BN3 5JA
Email: admin@westhove-inf.brighton-hove.sch.uk
Tel: 01273 733386

WEST HOVE INFANT SCHOOL Holland Road Site, Holland Road,
Hove, East Sussex, BN3 1JY
Email: hollandroadenquiries@hovejun.brighton-hove.sch.uk
Tel: 01273 916707

Hove Junior School Portland Road, Hove, East Sussex, BN3 5JA
Web: www.hovejuniorschool.co.uk
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You may be able to get benefits paid early if you're already feeling the squeeze – this is known as 'a short-term benefit advance' – you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim. Local DWP office:

Boundary House
87a Boundary Road
Hove
East Sussex
United Kingdom
BN3 7GA
Telephone: 0800 169 0190
Textphone: 0800 169 0314

Check you've received all the government's cost of living payments

The government's cost of living payment is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

[Cost of Living Payments - GOV.UK](#)

If you think you're due a payment, but haven't received one – report a missing payment to the government here:

[Cost of Living Payments - GOV.UK](#)

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website.

Further information

Contact Step Change if you're struggling with debt - [How Your Debt Advice Session Works. StepChange](#)

Contact Shelter if you're having issues related to housing - [Shelter - The housing and homelessness charity - Shelter England](#)

Get free household goods on Freecycle - [Freecycle: Front Door](#)

Contact the Salvation Army for emergency assistance [Access denied | The Salvation Army](#)

See if you're eligible for grants from Turn2us - [Turn2us Grants Search](#)

Single parents can get support from Gingerbread - [Find information | Gingerbread](#)

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Please do remember to talk to us to see if we can help in anyway.

Yours sincerely,

Maddie Southern,
Executive Headteacher

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