

Community Resources

NHS Heathy Start Scheme

If you're more than 10 weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. To find out more about this service please follow the link [here](#).

Freegle

Freegle is a UK organisation that aims to increase reuse and reduce landfill by offering a free Internet-based service where people can give away and ask for things that would otherwise be thrown away. The site regularly has furniture, toys, clothing and white goods on offer and can be of great help for those of us who are finding times difficult. You set up an account and then can offer items for individuals to collect or you can browse items that others are offering. You can find the Freegle site [here](#).

Too Good To Go

Too Good To Go is an app- based service that aims to reduce food waste by offering 'surprise bags' at a reduced price from retailers and food businesses in your area. Although you won't know what's in your bag until after you've bought it, the goods will be offered at half price or less and will help your pocket while also helping the planet. On the app you can see which shops and restaurants have bags on offer and can see the price so you can select a business and price that is right for you. This app has been recommended by several of our staff at St Paul's and you can find more information [here](#).

Children Eat Free

As we approach any school holiday some members of our community will feel the pressures of the cost of living crisis even more keenly. This week we shine the spotlight on places to eat where children can eat free or at a reduced price when adults eat. The information has been collated by Money Saving Central and is updated regularly so do check before you head out. Find out more [here](#).

MK Libraries

Anyone can become a member of the Milton Keynes City Council libraries whether living in the borough or not. There is no age limit and registration is free. Join at any library and your card is valid at all of the libraries across Milton Keynes. MK libraries offer a range of facilities, they're not just for books anymore! Through the library you can borrow books, ebooks, audiobooks, magazines, foreign language books and many more resources. Members are also able to use the library computers and internet and in many of the libraries members can access printing, scanning and laminating facilities for a small fee. If you are looking for free to join events and activities the libraries in MK often offer storytime and visiting workshops for families and small children as well as reading groups and meet-up groups for adults.

Olio

Olio app has been recommended by many of our staff here at St Paul's. Olio is a local sharing app for passing on things you no longer need to people who live nearby. From food and clothes to books and toys, turn your useless into someone else's useful, saving money and fighting waste. Olio has many volunteers who collect any spare food from stores including Tesco, and Pret a Manger, and then list it on the app so that people who live nearby can come and collect it from the local volunteer for free. You can find Olio [here](#).

Benefits Calculator

If you are facing challenges with the cost-of-living crisis this free and easy-to-use Benefits Calculator tool can help you check what you might be able to claim or apply for. This Benefits Calculator is supplied by [Turn2us](#), a free, independent charity which helps people access the money available to them – through welfare benefits, grants and other help. <https://www.trusselltrust.org/get-help/benefits-calculator/>

The Graduate Salon

This week's community support spotlight shines on The Graduate Salon in Bletchley, <https://graduatemk.co.uk/>. When money is tight it can be difficult to find the funds for haircuts and personal grooming, at The Graduate Salon the prices aim to be more affordable with cut and blow dry starting from £11 and barbering services from £4.50. The students of Bletchley College work in the salon as part of their qualifications and are monitored and advised by their professional tutors so you are supporting the development of young people in Milton Keynes while getting a bargain!

Citizens Advice Bureau

You may not be aware but if you're on a low income, you might be able to get help with some of the costs of sending your child to school, including school meals, transport and uniform. We encourage all who are eligible to make sure they apply to get the help to which they are entitled. This is particularly important for those entitled to free school meals as not only does it support the child and their family but it increases funding for the school so we are more able to give extra support, interventions and resources. Find out more on the school support section of the Citizen' Advice bureau website [here](#).