



# Struggling to pay the bills?

## These local charities may be able to help

There are a number of small charities in this area which can offer grants or other help to local people who are in need.

All of them can make decisions within a few days, unless otherwise stated.

## Cumbria (Alston Moor Parish Council area)



### Alston United Charities

A community fund for individuals who live on Alston Moor and find themselves in financial difficulties. The United Charities can offer small grants (typically £50-£250) to residents of Alston Moor in cases of need or hardship, or to help with one-off costs and expenses. In the past help has been given for expenditure incurred in connection with heating bills, health needs, funerals and many other essential things.

#### *To apply, or to make a donation:*

Download an application form from

<https://www.alstonmoorcofe.org.uk/charities>

or phone Mark on 01434 382558,

or email [charities@alstonmoorcofe.org.uk](mailto:charities@alstonmoorcofe.org.uk)

### Alston Food Bank

Alston Moor Food Bank can supply three days worth of basic wholesome food to individuals, couples or families that find themselves in financial crisis. The Food Bank aim is to provide short term support to those in need up to 3 times per year

#### *To apply:*

Phone Jim on 07890 345901, or email [alstonfoodbank@gmail.com](mailto:alstonfoodbank@gmail.com)

## Fairhill Estate Charity

Any resident of Alston Moor experiencing financial hardship is welcome to apply. The scheme can help those finding it difficult to pay for items such as funeral expenses, fuel bills, care alarm fees, essential household equipment and other one-off needs. It can also assist with educational requirements for people over 25.

Grants are generally between £50 and £250. The charity cannot assist with ongoing payments, or any circumstance where another agency has a duty to provide.

### *To apply:*

Contact the parish clerk on [clerk@alstonmoor.org](mailto:clerk@alstonmoor.org).

The application form is available from Alston Local Links, or from <https://alstonmoor.org/activities-2/#fairhill-charity>

## Alston with Garrigill Educational Endowment

Open to residents of Alston Moor (Alston, Garrigill, Nenthead). Assists individuals of secondary school age, and up to 25 years old, with grants for educational purposes.

### *To apply:*

Contact Samuel Kings School for further advice.

## Garrigill Old School Foundation

Provides small grants to help with educational, recreational and other local activities, to residents of Garrigill.

### *To apply:*

Phone Mark on 01434 382558,  
or email [GarrigillOS@alstonmoorcofe.org.uk](mailto:GarrigillOS@alstonmoorcofe.org.uk)

n.b. The Trustees generally meet twice a year

## Garrigill Educational Foundation

Makes small annual grants to children of secondary school and above, resident in Garrigill and in full time education. Grants are made automatically – no need to apply.

## Northumberland (Coanwood, Hartleyburn, Knarsdale w. Kirkhaugh Parish Council areas)



### Knarsdale United Charities *and* Kirkhaugh John Stephenson Charity

These charities assist people living in the parish of Knarsdale with Kirkhaugh, including Slaggyford, Eals and Ayle. Small grants are available to people (particularly elderly people) in need or hardship, or to help with exceptional one-off costs and expenses.

### Kirkhaugh Educational Charity

Assists people aged under 25 who live, or whose parents live, in the Kirkhaugh-Ayle area. Small grants are available for educational purposes (including social and physical training).

#### *To apply to any of the above charities:*

Download an application form from

<https://www.alstonmoorcofe.org.uk/charities>

or phone Mark on 01434 382558,

or email [knarsdale-kirkhaugh@alstonmoorcofe.org.uk](mailto:knarsdale-kirkhaugh@alstonmoorcofe.org.uk)

### West Northumberland Food Bank

<https://www.westnorthumberlandfoodbank.org.uk>

Delivers to the Coanwood, Hartleyburn and Knarsdale with Kirkhaugh Parish Council areas on Tuesdays – apply by 12 noon on Monday.

#### *To apply:*

Phone Mon - Fri 10am - 2pm on 01434 700068 (please leave a message if busy, we will call you back)

Or call or text 07958000719 - if texting please include your name

Or email [getintouch@westnorthumberlandfoodbank.org.uk](mailto:getintouch@westnorthumberlandfoodbank.org.uk)

## Other sources of help

### Check what benefits you're entitled to

<https://www.entitledto.co.uk> or <https://benefits-calculator.turn2us.org.uk>

### Advice from the County Council

**Cumbria:** <https://cumbria.gov.uk/healthandcare/costofliving.asp>

**Northumberland:** <https://www.northumberland.gov.uk/Benefits-support.aspx>

### Advice about other possible grants

<https://www.turn2us.org.uk/Your-Situation>

### Help with heating (Cumbria only)

Cold to Cosy Homes Cumbria – help with heating, insulation, including applying for grants

Contact [maxine.shepherd@cosyhomes.org.uk](mailto:maxine.shepherd@cosyhomes.org.uk) (until end August 2022), visit [www.cosyhomes.org.uk](http://www.cosyhomes.org.uk) or phone 01768 216500

### Advice on reducing heating costs

<https://www.theheatinghub.co.uk/mission>

### Debt counselling and support

CAP (Christians Against Poverty) offers a free, independent and confidential debt counselling and support service. Phone 0800 328 0006 or go to [www.capdebthelp.org](http://www.capdebthelp.org)

### If you just need someone to talk to in confidence

Contact your Vicar, Mark, on 01434 382558 or email [vicar@alstonmoorcofe.org.uk](mailto:vicar@alstonmoorcofe.org.uk)