



Sandwell Community Information & Participation Service

SCIPS GENERAL MEETING

Tuesday 29th November 2022

10am arrival for a 10.30am start

A reminder that our next General is on Tuesday 29th of November at our offices in the NMC building in West Bromwich.



In response to requests from members we have arranged for this to focus on support and interventions available to assist with the **Cost of Living Crisis**.

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Cost of Living Special

We have guest speakers confirmed from SMBC Welfare Rights, South Staffs Water, Utilita, Age UK, Citizens Advice and SMBC Community Partnerships and Support Services Team.

There will also be a break-out session for people to network and speak with agencies in attendance to discuss individual concerns and issues.

Refreshments and lunch will also be provided.

To confirm your attendance please call us on 0121 544 1230.

Agencies In Attendance



Welfare Rights

SMBC Welfare Rights is available to identify where people need help and support to access their welfare rights and benefit entitlements and support them through the claiming process.

South Staffs Water is available to talk through the application process for their social / discount tariff and provide information about other support they can offer customers.



South Staffs Water



We find the support you need

Healthy Sandwell is a one stop shop for a range of health and wellbeing services. As part of Sandwell Council's Public Health team they provide support and guidance to make positive lifestyle changes, such as quitting smoking or advice on healthy, tasty and cost effective meal planning.

Citizens Advice can help with problems by providing good quality, independent advice. This provides people the knowledge and the confidence they need to find their way forward.

**citizens
advice**



Utilita Energy is an electricity and gas supplier focused on the needs of the Pay As You Go energy market. They provide a range of support to help people save money on their energy costs including their 15 ways to save campaign.

Agencies In Attendance

Groundwork's Green Doctors offer free, impartial advice to help people take control of their bills, save energy where possible in the home, and access other services and initiatives available.



Act on Energy encourage energy conservation by providing free and impartial advice to householders and small businesses.

Age UK is the country's leading charity dedicated to helping everyone make the most of later life. Support provided includes free information and advice to help on topics including money & legal, health & wellbeing, care & support.



Partnerships and Support Services

SMBC Partnerships and Support Services Team provides support to Sandwell residents and community groups. The team are coordinating the Warm Space initiative providing free access to warm and welcoming spaces that can be accessed during the colder months.

5 money-saving tips

1. Take the 1p savings challenge

"This is all about scale over a year! Save one penny on day 1, 2p on day 2, 3p on the third day and so on. After 365 days you could end up with savings over £650."

2. Try a 'no spend' weekend

"Set yourself a 'no spend weekend' – one every other month if you can. Do activities like going on walks, movie night, board games, free museums. And if you use up any leftover food from the week as well, this can all really make your money go further every month."

3. About to splurge? Save the same sum first

"Next time you want to buy a treat from your usual spending money – a £30 dress, say – make yourself save the £30 first. For example stop yourself buying that coffee out (£3 saved), make a few extra veggie meals (£10 saved etc) until you hit £30. Now switch this sum from your current account into your savings account. This way, you'll save extra, get in the habit of cutting back on spending and give yourself time to make sure you really want that dress."

4. Put strangely-shaped veg in your supermarket trolley

"Look out for oddly-shaped veg in boxes for discounts (often quite a few pounds cheaper) because many customers don't like the way it looks. But if you don't mind your vegetables coming in strange shapes, it's an easy saving."

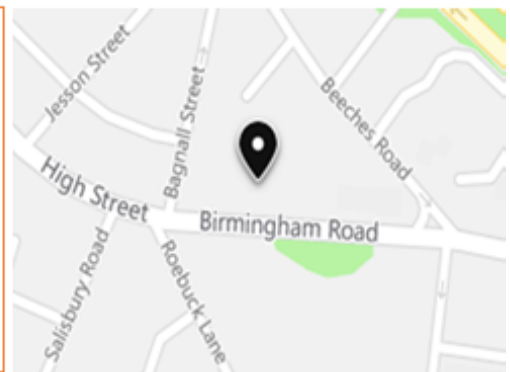
5. Buy lost and stolen goods at police auctions

"Police forces end up with plenty of lost and stolen items they can't use, so sell them at auction. Items on offer vary wildly – bikes, razors, toys, denture cream, candles. Type the words 'police stolen goods auction' into your web browser and look for an auction near you. You'll usually have to collect the goods in person, so always check location."

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NMC Venue
37—47 Birmingham
Road
West Bromwich
West Midlands
B70 6PY



SCIPS is a registered charity no 1097702. If you would like to find out more about us and the work we are involved in, please visit our website at www.scips.org.uk.

0121 544 1230

Facebook: @sandwellscips