

From: Cornwall Council <tpcnewsletter@cornwall.gov.uk>
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Subject: Support for residents struggling with the cost of living

15 July 2022

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**CORNWALL
COUNCIL**
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Town and Parish Council Bulletin



Support for residents struggling with the cost of living

Many households in Cornwall are being affected by the national cost of living crisis.

This Town and Parish Bulletin covers two new schemes – the Household Support Fund and Homeshare – as well as existing support for those struggling with food and energy bills, housing or other worries that may affect their mental health.

Please signpost people in your area to the help they need.

Worried about money?

There's a wide range of support and advice for individuals and families dealing with financial hardship on Cornwall Council's website:

[Visit the I am worried about money page.](#)

There's also information to help people manage their money:

[Go to the Support for residents struggling with the cost of living page.](#)

Household Support Fund opens in Cornwall

Cornwall Council has started distributing more than £4.5m to help support households hit hardest by the national cost of living crisis.

The Household Support Fund – made available by the Government – is aimed primarily at helping families and pensioners who would otherwise struggle with food and energy bills.

In Cornwall, it provides a one-off payment of £100 to around 16,500 pensioners identified as having low incomes and around 15,500 families with children who are eligible for free school meals, who will also receive a one-off payment of £80.

Eligible pensioners will be contacted about how to claim the money.

Parents or carers can check if they are eligible and make a claim via Cornwall Council's website.

[Find out if you can apply on the Cost of living support payments page.](#)

New Homeshare scheme for Cornwall

Cornwall Council is partnering with Supportmatch Homeshare and Cornwall Voluntary Sector Forum to deliver a new scheme in Cornwall.

Supportmatch Homeshare matches householders with homesharers. A householder is an individual or couple with a spare room that would like practical support around the home and companionship. A homesharer is someone who needs affordable accommodation and can provide support and companionship to the householder for an agreed amount of hours per week. This arrangement doesn't include personal care.

Get in touch if:

- You, or someone you know, have a spare room and want to learn more about the Homeshare Service. This could be your parents, a friend, a client, anyone that you know that needs support to maintain their independence or have a friendly companion at home. You can be a part of the discussion.
- Or you know of someone in desperate need of affordable accommodation.

Contact info@supportmatch.co.uk or ring 0203 633 6066 for more information. Or [download the Homeshare case study](#) providing an example of how the scheme works. You don't have to sign up to anything, just get in touch if you'd like to know more.

[Find out more about Supportmatch Homeshare here.](#)

There's information on housing in Cornwall, including affordable housing, support for tenants and homelessness, on [Cornwall Council's Housing web page](#).

Mental health

Uncertain times can add to the stress in people's lives.

No one needs to wait until they're struggling with their mental health to ask for help. Having a healthy mind, and recognising what to do if you start having a

wobble, can help avoid getting into a crisis.

There's advice and support to stay mentally well and feel mentally stronger, as well as where to get help, on the [Mental Health page](#) on the Cornwall Council website.

Anyone struggling with mental ill health, having thoughts of suicide or worried about a friend or family member can call the NHS 24/7 mental health response line on 0800 038 5300. It's free to access by anyone, any age, any time, day or night.

Mental Health Employment Need and Debt (Mhend)

Anyone in Cornwall who has problems with finances, debt, housing and mental wellbeing can access support, advice and guidance from the Mental Health, Employment Need and Debt (Mhend) outreach project.

Mhend is a partnership between Pentreath Mental Health Advisers and Citizens Advice Cornwall caseworkers, funded by Cornwall Council Public Health. They provide specialist financial, employment and mental health support.

For example, individuals will be offered a plan for debt management as well as supporting their mental health with wellbeing activities and signposting to services that can help them move forward in their recovery through health and vocational pathways.

People can self-refer by contacting Pentreath on **01726 862727** or by completing the referral form on www.pentreath.co.uk.

Orange Button Community Scheme

People struggling with mental ill health, having thoughts of suicide or worried about a friend or family member can 'push the button' when they see someone displaying a distinctive orange badge and ask them for information and

support.

The Orange Button is worn by people who have:

- Undergone extensive mental health first aid
- Or suicide prevention training

Orange Button volunteers aren't able to counsel people, but they can help people find relevant services.

[Find out about the Orange Button Community Scheme.](#)

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