



# SAVE ON Summer

**Get support with the cost of living this summer**

**01983 823134**

**[iow.gov.uk/costofliving](http://iow.gov.uk/costofliving)**

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Sign up for our e-newsletter: [iow.gov.uk/enewsletter](http://iow.gov.uk/enewsletter)


## General help and support

Citizens Advice IW can give free help with money issues and much more.


 **0800 144 88 48** or Textphone on **18001 0800 144 8884**

 **[citizensadviceiw.org.uk](http://citizensadviceiw.org.uk)**

## Buying food

 **[iow.gov.uk/costofliving](http://iow.gov.uk/costofliving)** and tap on 'food' for more information.

Join a community pantry and for £5 a week, receive over £15 worth of food.

 **01983 296592** East Cowes Community Pantry

 **07961 959003** Ventnor Community Pantry

 **01983 563732** Ryde Community Pantry

 **07300 329610** The Pyle Street Pantry, Newport

## Connect4communities

Support including food vouchers and more.

✉ [connect4communities@iow.gov.uk](mailto:connect4communities@iow.gov.uk)

📌 [connect4communities.org](http://connect4communities.org)

## School uniform basics

Worried about affording school uniform basics? Contact your child's school; funding may be available.

## Benefits

Check whether you are getting all the benefits you can.

Citizens Advice Help to Claim line.

☎ **0800 144 8444**

📌 [gov.uk/benefits-calculators](http://gov.uk/benefits-calculators)

## Energy bills

The Footprint Trust give guidance on energy bills, efficiency and grants.

☎ **01983 822282**

✉ [info@footprint-trust.co.uk](mailto:info@footprint-trust.co.uk)

📌 [footprint-trust.co.uk](http://footprint-trust.co.uk)

## Find friendly support

The Living Well and Early Help Partnership works on the Island to connect people.

☎ **01983 240732**

✉ [reception@lweh.org.uk](mailto:reception@lweh.org.uk)

📌 [lweh.org.uk](http://lweh.org.uk)

## In a crisis

If you have no money for food, gas and electricity you may be able to get emergency help.

☎ **01983 823859**

📌 [iow.gov.uk/HelpThroughCrisis](http://iow.gov.uk/HelpThroughCrisis)

## Mental Health

Isle of Wight Community Mental Health and NHS 111 online.

📌 [iwmentalhealth.co.uk](http://iwmentalhealth.co.uk)

📌 [111.nhs.uk](http://111.nhs.uk)

## Useful links

### Short Breaks Programme

Fun activities for young people with additional needs.

📌 [iow.gov.uk/shortbreaks](https://www.iow.gov.uk/shortbreaks)

### The Family Information Hub

Local information for families.

📌 [familyinfohub.iow.gov.uk](https://familyinfohub.iow.gov.uk)

### 1Leisure

All the family can have fun, get fit and stay fit – together!

📌 [1leisure.co.uk](https://1leisure.co.uk)

### Newport Roman Villa and Museum of Island History

Discover the Island's past.

📌 [iow.gov.uk/museums](https://www.iow.gov.uk/museums)

### Dinosaur Isle

Discover the Island's dinosaur history.

📌 [dinosaurisle.com](https://www.dinosaurisle.com)

### Isle of Wight Libraries

Free fun for families in the school holidays. Library members get free access to ebooks, audiobooks and more.

📌 [iow.gov.uk/libraries](https://www.iow.gov.uk/libraries)

## Multiply

Build your maths confidence with free courses and qualifications



Find out more: [iow.gov.uk/multiply](https://www.iow.gov.uk/multiply)

# Competition

**Enter one of our fun maths competitions this summer. We've got prizes to give away including:**

- **£50 vouchers and Wight Gift Card**
- **1 Leisure One Cards**
- **Entry to our museums**

**For more details and to enter go to:**

**[iow.gov.uk/saveonsummer](http://iow.gov.uk/saveonsummer)**



This year's Summer Reading Challenge starts on July 8.

It's free and runs throughout the summer.

All you have to do is read books and you'll get loads of great rewards.

**[iow.gov.uk/libraries](http://iow.gov.uk/libraries)**



**Summer Reading Challenge 2023**

**Ready,  
Set,  
Read!**

**Presented by The Reading Agency.  
Delivered in partnership with libraries.**

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