

## **News from Citizens Advice Swale**

### **August 2025**

#### **Back to school support**

A new school year can put pressure on lots of people's budgets, and if you're feeling the squeeze at the moment you're not alone in your worries. But there is help available.

**School lunches:** The help you can get to cover school lunches will vary depending on how old your children are and if you claim benefits. Children in Reception, Year 1 and 2 automatically get free school meals. You can apply for free school meals for older children if you claim certain types of benefits, including Universal Credit, Child Tax Credit and Income Support.

**Travel costs:** If your child can't walk to school because of special educational needs or disabilities they should get free school transport. You may be able to get help with transport costs from Kent County Council if your children can't walk because it's dangerous or too far.

**School uniform:** Local charitable schemes may be able to help, for example local community wardrobes. There may also be donations and second-hand sales available through the school itself or Parent Teacher Association (PTA).

You can find out more about the support available at [citizensadvice.org.uk/family/education/help-with-school-costs](https://citizensadvice.org.uk/family/education/help-with-school-costs)

How can we help you?

#### **Drop-in sessions (no appointment necessary)**

**Monday:** 10am-12pm: Swale House, Sittingbourne

**Tuesday:** 10am-12pm: Sheppey Gateway, Sheerness (except the second Tuesday of every month, which is held at Sheerness East Working Mens Club)

**Tuesday:** 11.30am-1.30pm: Murston Family Hub, Tonge Road

**Wednesday:** 10am-12pm, 43 Stone Street, Faversham

**Thursday:** 10am-12pm, West Faversham Community Centre

**Friday:** 10am-12pm, 43 Stone Street, Faversham

#### **Telephone advice**

Call Adviceline on freephone 0808 278 7979 (Monday-Friday 10am-3.30pm)

**Email advice**

Contact us online at [www.citizensadviceswale.uk/email-general-advice](http://www.citizensadviceswale.uk/email-general-advice) (Monday-Wednesday)

**Debt advice**

Request a call back from our specialist money advice team at [www.citizensadviceswale.uk/debt](http://www.citizensadviceswale.uk/debt)

To stay up to date with our opening times, please visit [www.citizensadviceswale.uk](http://www.citizensadviceswale.uk) or follow us on Facebook.