

# Bassetlaw Families living with Diabetes

*Support with the Cost of Living*



Doncaster and Bassetlaw  
Teaching Hospitals  
NHS Foundation Trust



## Local support:



### Travel & Parking Expenses

If you are classed as regular attenders, for example, if your child is having at least 2-3 appointments per month, you are entitled to free parking at Bassetlaw Hospital. If you are eligible, please ask the nursing team to submit an application.

The NHS Travel Costs Scheme also gives support and reimburses certain travel costs. You may be eligible to claim. Scan the QR code to visit the website.



### Family Hubs

Family Hubs provide 'places to go' for families and offer a wide range of activities, services and information for families of any children aged 0-18years. Hubs are free to attend. Scan the QR code for more information and locations.



### Help with Technology

The Family Fund (VCSE networks) may provide grants for devices such as phones or computers. Scan the QR code to find out more.



### Free school meals

All children receive free school meals in reception and Years 1 & 2. But you may also be eligible up to the age of 18 if you're on certain benefits. Scan the QR code to find out more or call 0300 500 80 80.



### Council Tax Support

To find out if you're eligible for support with your council tax, scan the QR code.



### Your Health Notts

Your Health Notts gives free support and advice for families and teens from nutritionists and personal trainers, helping families to eat well and move more.

Within this service is the 'FAB' (Food Activity Balance) programme, which is a weight management service supporting the whole family. They provide virtual sessions and 1:1 telephone support with topics such as cooking on a budget, healthy snacks, sleep and weight.

Find out more by calling, 0115 7722515, text 'Family' to 62277 or scan the QR code.



### Benefits check-up

To ensure that you're not missing out on benefits you may be entitled to, scan the QR code to complete the benefit calculator.



### Mental health and money

You can access advice and support for issues with mental health and money. Scan the QR code to visit the website.



### Help with Childcare costs

Working families who pay for Ofsted-registered childcare may be eligible for the tax-free childcare scheme. Find out more by scanning the QR code.



### Healthy Start Scheme

You may be able to get help to buy healthy food and milk with the NHS Healthy Start Scheme. Scan the QR code to find out more.



### Disability Living Allowance (PIP)

All families living with Type 1 Diabetes should be able to claim DLA up to the age of 16 years and sometimes can claim PIP from age 16yrs in certain circumstances.

Your children's diabetes nurse will be able to assist with your claim by providing advice and a cover letter to include with your claim. For further advice and support scan the QR code.

## Bassetlaw Food Banks

### Monday:

- Kingston Park Academy 2:30pm (families only)
- Ramsden Primary 2.30pm & Mattersey Primary 2.45pm

### Tuesday:

- LimeTree Nursery 12.45pm,
- Rampton Primary 2.30pm,
- Serlby Park Academy and St Patricks Primary 2.30pm (families only)

### Wednesday:

- Sparken Hill Academy and Misterton Primary 2.30pm

### Thursday:

- Ordsall and Tuxford Primary 2.30pm

### Friday:

- Langold Primary 3pm, Carr Hill Primary 2.30pm
- Hallcroft Infants 2.45pm (families only)

## National support:

For more information visit:  
[www.dbth.nhs.uk/bassetlaw-families-living-with-diabetes/](http://www.dbth.nhs.uk/bassetlaw-families-living-with-diabetes/)