



Help with the Cost of Living



Useful Information



Benefits Update
Some people on
benefits will get extra
help.



**Less money than
before**
You might need to
make tough choices.



**All Bills have gone
up**
It will cost more for all
of your bills.



What is the cost-of-living crisis?

The cost of everyday items such as gas, electricity, petrol, water and food has gone up very quickly.



Overdue Bills

This means some people are struggling to pay their bills on time.



Wages and Benefits

People's wages and benefits are not increasing enough, and some are struggling to eat or pay for the things they need.



Budgeting

You might not be able to afford as many treats as before. This might include going to the cinema, takeaways or shopping for nice clothes.



Help from the Government

Some people on low income should already have received a payment of **£326** in their benefits.



Autumn

If you are eligible, you will receive a second payment between August and the end of October.



No need to apply

The payment is automatic so no need to apply.



HM Revenue
& Customs

Tax Credits

The first payment of **£326** will be in the autumn, the same way you receive your regular tax credits.



Winter Payment

The second payment of £324 will be paid in the Winter.



Further Cost of Living Support

You may qualify for further support depending on your circumstances.



For further information

[Cost of Living Payment - GOV.UK
\(www.gov.uk\)](https://www.gov.uk)

[Help for Households - Get government cost of living support](#)



Citizens Advice Bureau

Your support staff can help signpost you to Citizens Advice who can provide further support.



Tips

You might have to spend less on treats like these in order to pay your bills, this is the same for the rest of the public.



Tips

Support staff can help you shop for store brands which are cheaper than some of the bigger brands.



Tips

If you are cold in the house put an extra jumper on or wrap a blanket around you, this is cheaper than turning the heating up if its not due to come on.



Tips

Don't put more water in the kettle than what you need. If you are making a cup of tea, just fill it enough for one cup.



Tips

Make sure the washing machine is full and wash on a low temperature.



Help

Some Councils have money to help people with the cost-of-living crisis. Ask your Council if they have **fuel vouchers** or **emergency needs schemes**



Foodbank

Foodbank gives food to people who can not afford to buy food. Some food banks also have fuel vouchers. Find your nearest Foodbank here:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>



Tips

Think about how you cook food. An air fryer or microwave is cheaper than a normal oven. It costs approx. £1,02p to cook a jacket potato in an oven for 90 minutes, 26p for 45 mins in an air fryer and 5p for 10 mins in a microwave (800w)



LED Lightbulbs

Switching to LED lightbulbs will help you reduce your energy bills throughout the year.



Turning down your thermostat

Set your thermostat at the lowest comfortable temperature often (18-21c)
Turning your thermostat down one degree could save you £145 a year.



Showers

Take shorter showers. Try listening to music in the bathroom, you should be able to shower in 2-3 songs.



Drying clothes outside

If you are able to dry your washing outside rather than use a tumble dryer this is free.



Eco friendly

Look for the Eco friendly setting on your washing machine.



Electrical Devices

Unplug any electrical devices you are not using on a regular basis.



Support

If you are worried about the cost of living, you can talk to your family.



Council

You can contact your social worker or the Council for advice.



Registered Manager/ Support Staff

You can speak to your support staff or the registered manager for advice, they can also support you to write a budget plan.

Have any concerns or feedback...

SPEAK UP!

With the help of our Freedom to Speak Up Guardians

A Freedom to Speak Guardian helps...

- Provide another channel for you to speak up
- Offer you support and help escalate matters
- Update you on how your matter is being handled



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Speak Up Guardians

You can contact a member of the Quality Team who are Speak Up Guardians.