

# Coping with the rising cost of living – what help is available?

**Make sure you are claiming everything you are entitled to.**

There is a range of support available to those facing rising energy costs and are worried about their finances due to the current cost of living crisis.

## Financial support available from Ealing Council

Automatically paid to eligible residents*	Residents can also apply for**
£150 Energy rebate scheme (paid by September 2022)	Local Welfare Assistance to help in a crisis or to pay for basic essentials and energy
Discretionary energy rebate scheme (from October 2022)	Discretionary housing payments to help with housing costs including help with rent arrears and rent deposits
Household Support Fund to help eligible <b>families, pensioners and care leavers</b> towards food and essential items	Council Tax Reduction or Discretionary Council Tax Discount to support paying council tax bills

\*No application required. Eligible residents will receive a notification from Ealing Council outlining more details and how money will be paid. \*\*Eligibility varies. Further information can be found at [www.ealing.gov.uk/costofliving](http://www.ealing.gov.uk/costofliving)

## Other support available from Ealing Council

### Employment and skills

Work Ealing and Learn Ealing offers support to those seeking employment or looking to improve their skills or qualifications. Find out more [www.workealing.com](http://www.workealing.com) or **020 8825 8486**. [www.learnealing.org.uk](http://www.learnealing.org.uk) or **020 8825 5577**.

### Energy advice

Call Healthy Homes Ealing **0800 083 2265** for advice on how to stay warm, conserve energy, and save money on fuel costs.

### Holiday Activity and Food (HAF) Programme

Fun activity clubs to keep eligible children entertained in the school holidays alongside a nutritional meal. Find out more [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

### Free school meals

Meals provided for eligible school aged children during term time. Your child's school can support you to apply.

**Up to date information on all the support being offered by Ealing Council can be found at [www.ealing.gov.uk/costofliving](http://www.ealing.gov.uk/costofliving)**  
**For further advice call 020 8825 7170.**

## Support in our Community Hubs

Staff in our four Community Hubs are there to offer support and advice. If you do not have the internet at home, you can also pop into a hub or your local library to get online for free. Community Hubs are located at Acton Library, Northolt Library, Southall Library and Ealing Central Library.

**EALING COUNCIL**

# Financial support available from central government

The Department for Work and Pensions (DWP) and HMRC are making a number of payments to eligible households, pensioners and people with disabilities.

**If you are eligible, you do not need to apply to receive these payments, they will be paid automatically.**

- £650 cost of living payment to those claiming eligible benefits (paid in two instalments)
- £300 one-off cost of living payment to pensioners receiving the winter fuel payment
- £150 one-off cost of living payment to those with a registered disability.

In addition all UK households, regardless of income or circumstances, will receive a £400 Energy Bill Support payment directly from their energy provider into their energy account. This payment does not need to be repaid.

Up to date information including who is eligible and when payments will be made, is available online via **[www.gov.uk](http://www.gov.uk)**

## Other support available

### Maximise your benefits

Make sure you are claiming all the benefits you are entitled to.

Go to **[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)** or call **0800 011 3797**.

### Community Support Directory

Voluntary and community organisations provide a wide variety of support across the borough. Find out what is available near you.

Go to **[www.dosomethinggood.org.uk/directory](http://www.dosomethinggood.org.uk/directory)**

### Debt advice

Get free, confidential and expert advice if you are worried about debts or need help managing your finances. Step Change is a national charity with trained advisors.

Go to **[www.stepchange.org](http://www.stepchange.org)** or call **0800 138 1111**.

### Foodbanks

There are a number of foodbanks operating around the borough. The council's Local Welfare Assistance Team or Job Centre Plus can make referrals to local foodbanks.

### London wide support

The London Cost of Living Hub offers a wide range of support and advice about dealing with debt, claiming benefits and looking after your mental health.

Go to **[www.london.gov.uk/what-we-do/communities/help-cost-living](http://www.london.gov.uk/what-we-do/communities/help-cost-living)** to find out more.

### Save money on everyday items

Websites like Money Saving Expert support you to find the best deals for household bills and everyday items alongside helpful advice and money saving tips. **[www.moneysavingexpert.com](http://www.moneysavingexpert.com)**