




Cost of living – Help and support




This document tells you what the **cost of living** means and what extra help you could get if you struggle with living costs.

The cost of living


What does the 'cost of living' mean?



The **cost of living** means anything you need to spend money on to live your life.



This includes things like, food, electricity and travel.



The price of the **cost of living** is going up.

The cost of living crisis

What does the 'cost of living' crisis mean?



Some things will now cost more money.



But most people won't get more money from their benefits or wages.



It might be more difficult for people to pay for the things they need.



This is why it is called a **cost of living crisis**.

How might this affect me?



You might find it harder to pay for food and other things you need.



Your shopping might cost more than usual.



This might mean you need to buy less.

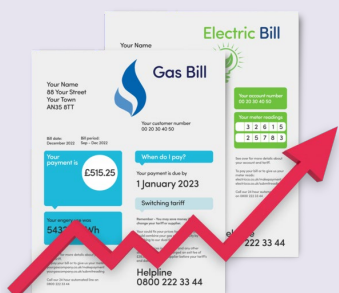


You might need to spend less on the things you like, but are not things you need.



It might cost more money to pay for gas and electricity for your home, especially in the winter.

The energy price cap



The **energy price cap** is how much money energy companies can charge for gas and electricity.



The **energy price cap** changes 4 times a year.



It went up in April 2022.



It will go up in October 2022 and again in January 2023.

Extra money to help you is available

Cost of living payments



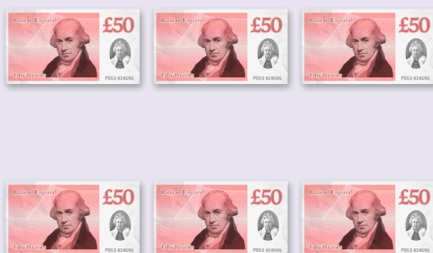
If you are on low income or receive benefits you will get a payment to help with the cost of living.



You will get £326 from July 2022 and £324 from the Autumn.



If you receive any disability benefits you will also get £150.



Pensioners entitled to a Winter Fuel Payment might also get £300 in November 2022.



You do not need to apply. You will be paid automatically the same way you get your benefits.

Other support available to help you



If your council tax band is A-D you will get a £150 council tax rebate.



You can double check with your local authority or speak with your support worker that you have received this.



You might also get a £400 energy discount.



You do not need to apply for this, your energy supplier will give you this over 6 months from October 2022.

More advice



There are food banks where you can get some free food shopping from. Find your local by visiting www.trusselltrust.org/get-help/find-a-foodbank/



There are local pantries where you can get a membership and buy cheaper food. Find your local pantry by visiting www.yourlocalpantry.co.uk

**citizens
advice**

You can check what extra help you can get if you are struggling with living costs by visiting www.citizensadvice.org.uk



Action for Warm Homes

You can speak with National Energy Action for advice and support with paying energy bills. Visit www.nea.org.uk/advice-support to find out more.

Who else can I speak to for advice?




You can phone our revenue and benefits team on **0161 786 6000** and press **option 6**.



Message us on WhatsApp / SMS Text
07525277308

or [Facebook](#)

 /BespokeSupportiveTenancies



Email

revenueandbenefits@bestha.co.uk



Contact us on our website

www.bestha.co.uk



You can also speak with your support worker, family and friends.