

HELPING HANDS

COST OF LIVING INFO ADVICE and SUPPORT

January 2023

LOCAL

Citizens Advice (CAB) 1066 01424 869 352

telephone advice (call back service) also face-to-face by appointment

Citizens Advice 1066 provides energy advice from qualified specialist advisers on switching your supplier, getting a cheaper tariff, dealing with energy debt, applying for energy discounts and grants, benefit checks to maximise your income, budgeting help to reduce your outgoings and getting additional help from your supplier if you are vulnerable. You can ask for this service using the same contact details as above.

National CAB: CAB advice 0800 144 8848. Or website click How can we help?

CAB advice on TOP UP VOUCHERS:

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/>

EAST SUSSEX COUNTY COUNCIL

<https://1space.eastsussex.gov.uk/Services/1379><https://1space.eastsussex.gov.uk/Services/1379>

WARM EAST SUSSEX

www.warmeastsussex.org.uk 0800 464 7307

The **Warm Home Check Service** offers advice and energy efficiency measures for people living in a cold home or who need to reduce their bills. You can access this service using a form on the website www.warmeastsussex.org.uk

HARC

Benefits Helpline 0333 344 0681. HARC advice 011424 428375. (Monday to Friday 9am to 5pm) The Advice & Community Hub; Renaissance House, London Road, St Leonards on Sea, TN37 6AN. Email: info@harcuk.com

Appointments at office or sometimes home visits. Help with Appeals. Food vouchers

ROTHER DISTRICT COUNCIL

<https://www.rother.gov.uk/benefits-grants-and-funding/cost-of-living/>

<https://www.rother.gov.uk/benefits-grants-and-funding/financial-support-for-residents/>

<https://www.rother.gov.uk/housing/housing-options/>

FOOD BANKS locations: for donations: One Stop; Village Stores;

Access: Battle Food Bank; St Mary's Upper Church Hall; Upper Lake; Battle

VOUCHERS for Food Bank: Surgery 01580 880790

<https://hastings.foodbank.org.uk/get-help> For info on how Food Banks work

NATIONAL

Gov Website on Help For Households

(Extensive and helpful info). <https://helpforhouseholds.campaign.gov.uk/help-with-your-bills/energy-saving-advice/>

AGE UK

Free advice line: 0800 678 1602. 8am-7pm every day

Advice on Cost of Living; Energy Bills; managing money, debt etc

- <https://www.ageuk.org.uk/information-advice/money-legal/cost-of-living/>
- <https://www.ageuk.org.uk/information-advice/money-legal/debt-savings/energy/cost-of-living-payments/>

Turn2Us

Benefit calculation tool. <https://benefits-calculator.turn2us.org.uk/>

Ultimate-Home-Energy-Saving-Guide.pdf (50 pages)

MONEYSAVINGEXPERT

<https://www.moneysavingexpert.com/>

<https://www.moneysavingexpert.com/energy/>

<https://www.moneysavingexpert.com/utilities/>

Dementia & Alzheimer's UK Carers Group

<https://www.alzheimers.org.uk/blog/how-support-somebody-living-dementia-cold-weather>

Safeguarding Futures Health & Social Care Support

<https://safeguardingfutures.co.uk>

National CAB: CAB advice 0800 144 8848. Or website click How can we help?

Inc CAB advice on energy supply, prepayment meters top up, using food banks

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/>

<https://www.citizensadvice.org.uk/debt-and-money/using-a-food-bank/>

Fuel Bank Foundation

<https://www.fuelbankfoundation.org>

