



support

with the
cost of living

details of organisations who
can help people living in Kirklees



FOOD



If you're struggling to pay for food, you're not alone. Food shopping can be one of the biggest bills and it's becoming harder to afford the essentials as prices increase.

Regular meals are important to keep yourself and your family healthy so it's important you don't go without.

Checking you're claiming all you're entitled to could help to maximise your income and ease the burden. There are free online tools you can use to check your income. Details of these can be found under the 'Money' section in this booklet.

Free school meals and holiday vouchers

W: www.kirklees.gov.uk/freeschoolmeals

E: freeschoolmeals@kirklees.gov.uk

If you receive certain benefits your child could get free school meals. Find out more and apply online.

Healthy Start vouchers

W: www.healthystart.nhs.uk

If you're more than 10 weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk.

Top tips

Buying on a budget

W: www.nhs.uk/live-well/eat-well

The NHS has advice on how to eat a balanced diet on a budget so you, and your wallet, stay healthy. Top tips include:

- plan your meals in advance
- write a shopping list and stick to it
- buy frozen fruit and vegetables
- avoid expensive brands
- cook from scratch.

Money Saving Expert

W: www.moneysavingexpert.com/shopping

Get the latest deals, guides, tips and tricks to save money on supermarket and online shopping, plus lots more advice to help maximise your income.

Need immediate help?

We have several food banks in Kirklees that support people who cannot afford the essentials like food and basic toiletries. To be able to access a food bank, you'll first need a referral from an organisation like the council's Local Welfare Provision team, Citizens Advice, or from a social worker or GP.

Local Welfare Provision

W: www.kirklees.gov.uk/lwp

E: lwp@kirklees.gov.uk

T: 01484 414782
(10am to 4pm, Monday to Friday excluding bank holidays)

Access for people in short-term crisis to food and other essential items like furniture and white goods, gas and electricity vouchers for pre-paid meters, school uniform, advice on benefits, debt and housing.

Kirklees Citizens Advice and Law Centre

W: kcalc.org.uk

T: 0808 278 7896
(9am to 4.30pm, Monday to Friday)

Referral to a local food bank and help to check you're getting all you're entitled to along with budgeting and debt advice.



ENERGY



A massive rise in the cost of gas and electric that suppliers pay has sent household energy prices soaring.

The market is unpredictable which means advice can change rapidly.

Usually when energy bills go up, the best advice is to shop around for a cheaper deal, but there's very few on the market right now. However, you can still get help to manage your bills.

Firstly, don't be afraid to tell your supplier straight away if you are finding it hard to pay. Suppliers will provide specialist advice and support to find a solution before things get worse.

Grants are available to clear domestic gas and electricity debts. But before you apply for these grants, get some free advice from a reputable agency like those listed below to make sure they're the right option for you.

Better Homes Yorkshire

W: www.betterhomesyorkshire.co.uk/kirklees

T: 0800 597 1500

Heat your home for less by installing energy saving home improvements.

Citizens Advice - Consumer Service

W: www.citizensadvice.org.uk/consumer/energy

T: 0808 223 1133 consumer helpline

Free support with everything from what to do if you're struggling to pay your energy bills or can't afford to top-up your prepayment meter, to understanding your bill and getting a better energy deal.

Energy Bill Discount scheme

The government has announced funding for all energy suppliers to pass on to domestic electricity customers from October 2022. Each home could qualify for a £200 cash discount on Autumn bills. This money DOES need to be paid back in equal instalments of £40 each year over five years, starting from financial year 2023-24. More information will become available about the scheme in the near future.

Energy Saving Trust

W: www.energysavingtrust.org.uk/energy-at-home

Make your home more energy efficient to help lower energy bills.

Groundwork - Green Doctor service

W: www.groundwork.org.uk/greendoctor

E: greendoctor@groundworkorg.uk

Free, impartial energy advice to stay warm, stay well, and save money on household bills.

Keeping your house warm and reduce energy bills

W: www.kirklees.gov.uk/warmerhomes

A range of information to help you to heat your home as well as top tips to be energy smart and reduce bills.

Money advice - for people living in a council property

W: www.kirklees.gov.uk/money-advice

T: 01484 414975

Free and impartial advice for tenants on a wide range of support including energy debt, budgeting and money management, insolvency, rent matters and more.

Simple Energy Advice

W: www.simpleenergyadvice.org.uk

T: 0800 444 202

(9am to 9pm Monday to Friday, 9am to 5pm Saturday and Sunday)

Impartial and independent advice to help you reduce energy bills and make your home warmer.

Turn2Us

W: www.turn2us.org.uk

T: 0808 802 2000

(9am to 5pm Monday to Friday)

Find out what support is available to help with energy bills, as well as a wide range of other support with money and bills.

Support through winter

Cold Weather payment

W: www.gov.uk/cold-weather-payment

An automatic payment if you're getting certain benefits or Support for Mortgage Interest and the average temperature in your area is recorded as zero degrees celsius or below over seven consecutive days.

Warm Home Discount

W: www.gov.uk/the-warm-home-discount-scheme

T: 0800 731 0214
(Monday to Friday, 8am to 6pm)

If you're on a low income or get Guarantee Credit element of Pension Credit you could qualify for a one-off discount on your winter energy bill.

Winter Fuel Payment

W: www.gov.uk/winter-fuel-payment

If you were born on or before 26 September 1955 you could get between £100 and £300 towards your heating bills. Most payments are made automatically in November or December.

Need immediate help?

Tell your supplier straight away if you are finding it hard to pay. Suppliers will provide specialist advice and support to find a solution before things get worse.

Council Tax Energy Rebate 2022/23

W: www.kirklees.gov.uk/counciltax

The government has introduced a £150 one-off payment to help people with rising energy costs. The money will be paid from around April 2022 to council tax payers living in a property in band A to D (find this on your council tax bill).

If you pay your council tax by direct debit you'll receive the payment automatically. If you don't pay by direct debit, you may need to apply for the rebate.

This money is NOT a loan and does NOT need to be paid back.

Local Welfare Provision

W: www.kirklees.gov.uk/lwp

E: lwp@kirklees.gov.uk

T: 01484 414782
(10am to 4pm, Monday to Friday excluding bank holidays)

Access for vulnerable people in short-term crisis to gas and electricity vouchers for pre-paid meters, food and other essential items like furniture and white goods, school uniform, advice on benefits, debt and housing.

Money advice – for people living in a council property

W: www.kirklees.gov.uk/money-advice

T: 01484 414975

Free and impartial advice for tenants on a wide range of support including energy debt, budgeting and money management, insolvency, rent matters and more.

Citizens Advice – Consumer Service

W: www.citizensadvice.org.uk/consumer/energy

T: 0808 223 1133 consumer helpline

Free support with everything from what to do if you're struggling to pay your energy bills or can't afford to top-up your prepayment meter, to understanding your bill and getting a better energy deal.



MONEY



The rapidly rising cost of living is a huge squeeze on household wallets.

Taking action now, like making sure you're getting everything you're entitled to, budgeting, and cutting back on non-essential items can help you to manage better when prices jump.

There are quick and easy tools to check your income online, or reputable organisations that can help you to do this free of charge.

Age UK

W: www.ageuk.org.uk

T: 0800 678 1602
(8am to 7pm)

Information and advice offering a variety of services for people in later life, from support with benefits checks and household bills to keeping well and housing options.

BetterOff Kirklees

W: www.betteroffkirklees.org.uk

Find out about the benefits you are entitled to and get help to apply for them online as well as information on how to find and apply for jobs.

Council tax

W: www.kirklees.gov.uk/counciltax

E: council.tax@kirklees.gov.uk

Details of council tax discounts and exemptions, what to do if you're struggling to pay your council tax.

Entitledto

W: www.entitledto.co.uk

Free online benefits calculator to get an estimate of what benefits you could be entitled to.

Housing benefit and council tax reduction

W: www.kirklees.gov.uk/benefits

Check if you could get Housing Benefit to help with your rent, or Council Tax Reduction, and apply online.

Kirklees Citizens Advice & Law Centre

W: www.kcalc.org.uk/debt

T: 01924 679732 debt team

Help to review your budget, check income, look at the best debt strategy and support to deal with creditors.

Money advice - for people living in a council property

W: www.kirklees.gov.uk/money-advice

T: 01484 414975

Free and impartial advice for tenants. A wide range of support on budgeting and money management, energy debt, job loss, insolvency, rent matters and more.

Money Helper

W: www.moneyhelper.org.uk

T: 0800 138 7777

(8am to 6pm Monday to Friday excluding bank holidays)

Free guidance on benefits, everyday money, money troubles, pensions and savings.

Step Change Debt Charity

W: www.stepchange.org

T: 0800 138 1111

Help to manage your money better, debt advice and help with creditors.

Turn2Us

W: www.turn2us.org.uk

T: 0808 802 2000

(9am to 5pm Monday to Friday)

Free benefit calculator, find out what benefits, grants or other schemes may be available.

Universal Credit

W: www.gov.uk/how-to-claim-universal-credit

Universal Credit can help you with your living costs if you're on low income or out of work.

Additional support for families with children

Free school meals and holiday vouchers

W: www.kirklees.gov.uk/freeschoolmeals

E: freeschoolmeals@kirklees.gov.uk

If you receive certain benefits your child could get free school meals. Find out more and apply online.

School transport

W: www.kirklees.gov.uk/schooltransport

E: free.buspases4schools@kirklees.gov.uk or, if your child has special educational needs senact@kirklees.gov.uk

You could get help with school transport if you're on a low income or if the school is a distance away. Find out more and apply online.

Tax-free childcare

W: www.gov.uk/tax-free-childcare

Check if you can get tax-free childcare.

Uniform Exchange

W: www.uniform-exchange.org

Free, pre-loved school uniform for families with children attending a school in Kirklees.

Need immediate help?

Discretionary Housing Payments

W: www.kirklees.gov.uk/dhp

Short-term help with rent for those who are experiencing severe financial hardship.

Local Welfare Provision

W: www.kirklees.gov.uk/lwp

E: lwp@kirklees.gov.uk

T: 01484 414782

(10am to 4pm, Monday to Friday excluding bank holidays)

Access for vulnerable people in short-term crisis to food and other essential items like furniture and white goods, gas and electricity vouchers for pre-paid meters, school uniform, advice on benefits, debt and housing.

Money advice - for people living in a council property

W: www.kirklees.gov.uk/money-advice

T: 01484 414975

Free and impartial advice for tenants. A wide range of support on budgeting and money management, energy debt, job loss, insolvency, rent matters and more.



Did you know information on the council's website can be translated into different languages at the click of a button? Click on the 'select language' button at the top of the page.

www.kirklees.gov.uk

If you need this information in another format, please email **communication@kirklees.gov.uk**