

? Seek advice about debt

If you're in debt, seek advice early rather than let things spiral out of control. Here are some organisations you can contact:

- ✓ North and West Gloucestershire Citizens Advice at www.gloscab.org.uk/ or **01452 527202**
- ✓ StepChange at www.stepchange.org or **0800 138 1111**
- ✓ National Debtline at www.nationaldebtline.org or **0808 808 4000**
- ✓ P3 at www.p3charity.org

? Apply for a discount on water bills

Households on low income can apply for financial support through their local water provider. Please look for contact details on your water bill.

? Looking after your mental health

Looking after our mental health and wellbeing is important. There are a variety of organisations and websites that may be able to offer you the support, advice and help you need – whether in person, over the phone, via text, self-help or in group community settings:

- ✓ The Every Mind Matters website offers advice and practical steps that people can take to support their wellbeing and manage their mental health. Visit www.nhs.uk/every-mind-matters/
- ✓ Be Well Gloucestershire is a local campaign supported by the county's NHS and care organisations aimed at promoting health and wellbeing support and information to help when those challenges become hard to deal with. Visit www.bewellglos.org.uk/
- ✓ If you or someone you know needs help in a mental health crisis, you can contact the Gloucestershire Crisis Teams at www.ghc.nhs.uk/crisis or call **0800 169 0398**. If there is an immediate danger to life, please dial **999** or go to your nearest Accident and Emergency Department.

? Help if you, or someone you know, is suffering domestic abuse

Domestic abuse is a pattern of abusive and controlling behaviour. It is any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional).

If you or someone you know is being abused contact Gloucestershire Domestic Abuse Support Service on **01452 726 570** or visit www.gdass.org.uk/. If there's a risk to life, please call **999** or text **99**



Help if you're struggling with living costs



Many residents are currently struggling with rising living costs. That's why it's important to know what help and support is available now – that could benefit you, a relative, friend or neighbour.

Here are some practical actions that could help you or someone you know.

? Check you're not one of up to 7 million people in the UK missing out on income-related state benefits
You can go straight to the Government or contact North and West Gloucestershire Citizens Advice for one-to-one help to do this.
Number to call: **0800 328 5644** for Government advice or **01452 527202** for Citizens Advice
Website to visit: www.gov.uk/benefits-calculators or www.gloscab.org.uk/

? If you're over State Pension age, check if you're eligible for Pension Credit
Pension Credit provides extra money for living costs and access to other help. People of State Pension age may be entitled to Pension Credit even though they may have modest savings, or a retirement income or own their own home. An award of Pension Credit can provide access to a range of other benefits such as help with housing costs, Council Tax, heating bills and, for those aged 75 or over, a free TV licence.
Number to call: **0800 99 1234**
Website to visit: www.gov.uk/pension-credit

? Get help with childcare costs
Over one million families are missing out on up to £2,000 a year towards childcare costs – check what help you could get.
Website to visit: www.gov.uk/childcare-calculator

? Check if you can claim a discretionary housing payment
If Housing Benefit or Universal Credit doesn't cover all your rent you may be eligible to claim for a discretionary housing payment to help with rent payments.
Number to call: **01594 810000**
Website to visit: www.fdean.gov.uk

? Check if you're eligible for Council Tax Support
You may be eligible for Council Tax Support through Forest of Dean District Council if you receive certain benefits or are on low income. Also, if you are struggling to pay your Council Tax as a result of the changes to the way that we now calculate Council Tax Support from 1 April 2021, you can apply for additional assistance from the Council's Hardship Fund.
Number to call: **01594 810000**
Website to visit: www.fdean.gov.uk



? Help if you're experiencing illness or disability
Check if you or your family may be entitled to benefits for those experiencing illness or disability.

- ✓ Personal Independence Payment (PIP) - for adults under state retirement age
• Visit www.gov.uk/PIP or call **0800 917 2222**
- ✓ Attendance Allowance - for those over state retirement age
• Visit www.gov.uk/attendance-allowance or call **0800 731 0122**
- ✓ Disability Living Allowance (DLA)
• Visit www.gov.uk/dla-disability-living-allowance-benefit



? Check your eligibility for Carer's Allowance
If you are a carer, you may be entitled to Carer's Allowance and/or an extra amount called the 'carer element' within Universal Credit. This could mean £69.70 a week in Carer's Allowance if you care for someone at least 35 hours a week and you, the person you care for and the type of care you provide meets the criteria.
Website to visit: www.gov.uk/carers-allowance



? Contact your energy supplier if you can't pay energy bills
Contact your energy supplier if you are struggling to pay for energy or think you may get into difficulty – if you already have energy debts, some larger suppliers offer grants to help pay this off. Please look for their contact details on your bill.



? Get help if you're struggling to afford enough food
If you are struggling to buy food you can approach North and West Gloucestershire Citizens Advice who will be able to provide advice on where you can get local support.
Number to call: **01452 527202**
Website to visit: www.gloscab.org.uk/



? See if you can get Healthy Start vouchers
If you're at least ten weeks pregnant or have a child under four years old, you might be able to get free vitamins and Healthy Start vouchers for milk, fruit and vegetables and infant formula milk.
Number to call: **0300 330 7010**
Website to visit: www.healthystart.nhs.uk/



? Apply for free school meals
If you or your child receive certain benefits, you can apply for free school meals from Year 3 and above.
Website to visit: www.gloucestershire.gov.uk/freeschoolmeals

