

Support with the cost of living

Support and financial help is available for Brighton & Hove residents struggling this winter

Help with food, energy bills and other essentials

With the cost of living rising significantly this year, many people are struggling to pay for energy, food and other essentials.

Help through the government's **Household Support Fund** is available this winter, whether or not you're currently receiving benefits.

If you're struggling to pay for food, energy and other essentials, please visit www.brighton-hove.gov.uk/household-support-fund

Funding is limited so we'll prioritise residents in emergency situations. We can only make one award to each household.

If you can't get online, call 01273 293117

- select option 1 if you receive benefits
- select option 2 if you don't receive benefits

Phone lines are open Monday to Friday from 10am to 4.30pm. Phone interpreters are available on this number.

You can find more advice and support at www.brighton-hove.gov.uk/cost-living-support



Heating your home to at least 18°C is important for everyone's health and immune system, particularly young children, people aged 65 or over and those with reduced mobility or a health condition such as heart or lung disease or diabetes.



Brighton & Hove
City Council

Check if you qualify for a discount

Find out if you can get support with your energy bills at www.brighton-hove.gov.uk/help-with-energy-bills

If you can't afford your energy bills, you can also get advice at www.ofgem.gov.uk and www.gov.uk – search for 'support for energy bills'.

If you're struggling to pay your water bill, you can find advice at www.southernwater.co.uk/payless

Book an advice call or home visit with a LEAP advisor

The **Local Energy Advice Partnership** (LEAP) is a free service helping people in Brighton & Hove keep warm and reduce their energy bills.

LEAP advisors can:

- give advice on heating systems and saving energy
- fit free energy saving items in your home (such as lightbulbs and draught-proofing)
- check if you are eligible for insulation or a new boiler
- arrange a free, confidential money advice telephone call to help with benefits, debt and other money problems

Visit www.applyforleap.org.uk or call freephone 0800 060 7567.

Get tips to help you save energy at home and lower your bills at www.energysavingtrust.org.uk

Energy bill discount

A £400 energy bill discount is being taken off energy bills automatically by your energy company this winter. You do not need to do anything.

If you have a prepayment meter, your energy company will send you energy bill discount vouchers by SMS text, email or post. These can be used when you're topping-up your payments.

Please ignore any messages asking you to apply for energy rebates as they're likely to be scams.



Money advice

Citizens Advice 0808 278 7815.

Moneyworks 0800 988 7037.

Food, shopping & meal deliveries

Brighton & Hove Food Partnership www.bhfood.org.uk 01273 234810.

Impact Initiatives Food Access www.impact-initiatives.org.uk/services/food-services 01273 322950.

Free School Meals www.brighton-hove.gov.uk/free-school-meals 01273 293497.

Healthy Start Vouchers www.healthystart.nhs.uk



Health & wellbeing support

Sussex Mental Healthline provides urgent mental health information or support 0800 0309 500 (freephone 24/7).

UOK Brighton & Hove offers local mental health support www.UOK.org.uk 0808 196 1768.

Preventing Suicide in Sussex www.preventingsuicideinsussex.org

The council's **Healthy Lifestyles Team** provides free physical activity sessions for all ages, as well as free one to one support to help you stop smoking, get more active, eat well, manage your weight or cut down alcohol www.brighton-hove.gov.uk/healthylifestyles 01273 294589.

Ageing Well Brighton & Hove offers information and support on food, nutrition, social activities, health and wellbeing for older people www.ageingwellbh.org 01273 322947.





The Brighton & Hove Cost of Living Crisis Appeal...

...is helping local people in poverty with their food and energy costs. It's been set up by Brighton & Hove Citizens Advice and Brighton & Hove Food Partnership, with the support of the council.

To donate or find out more, please visit www.justgiving.com/campaign/BHCostofLivingCrisis

Thank you to everyone who's donated so far!

Visit www.brighton-hove.gov.uk/cost-living-support for more information on:

- benefits and emergency help
- winter indoor activities and places to go to keep warm
- financial advice
- support to improve your wellbeing

