

# COST OF LIVING SUPPORT FOR ESSEX RESIDENTS

## *Support from Essex County Council*



### FREE HOLIDAY ACTIVITY CLUBS

Activate's FREE School Holiday clubs support eligible families across Essex. The clubs provide a nutritious meal, as well as fun activities including sport and art. Find out more and book here: [www.activeessex.org/children-young-people/essex-activate/](http://www.activeessex.org/children-young-people/essex-activate/)

### THE ESSENTIAL LIVING FUND

Available to individuals and families who are in crisis. The fund provides essential items such as bedding, furniture and kitchen appliances. Apply here: [www.southend.gov.uk/extra-financial-help/essential-living-fund](http://www.southend.gov.uk/extra-financial-help/essential-living-fund)

### THE COMMUNITY CHALLENGE FUND

Provides small grants for individuals and groups to develop a vision for their local community and take forward projects that will help them to achieve it from clothes swaps to funding a vehicle for community activity. Further details on application here: [www.essexfuture.org.uk/community-fund/](http://www.essexfuture.org.uk/community-fund/)



### HOUSEHOLD SUPPORT FUND

If you are facing hardship, the household support fund can help with basic living costs, it includes the essential living fund (detailed above) but also includes food vouchers for children during the summer holidays (£15 per child for five weeks) and support for pensioners, vulnerable adults and families: [www.essex.gov.uk/news/gbp9-4-million-household-support-fund-grant-allocation-announced-for-essex](http://www.essex.gov.uk/news/gbp9-4-million-household-support-fund-grant-allocation-announced-for-essex)



### SUPPORT WITH SCHOOL UNIFORM COSTS

There is an exceptional circumstances grant for school uniform available: [www.essex.gov.uk/grants-in-exceptional-circumstances](http://www.essex.gov.uk/grants-in-exceptional-circumstances) Many schools run previously used school uniform sales, and there are websites to buy and sell uniform online.

# MONEY, DEBT AND BENEFIT SUPPORT

*Delivered by local partners*

## MANAGING YOUR MONEY

Your local Citizens Advice ([www.citizensadviceessex.org.uk](http://www.citizensadviceessex.org.uk)) are available to support for a wide range of issues, including money, debt, housing and benefits. You can visit your local Citizens Advice online or in person.



Local organisations who provide free debt and money advice include: **Turn2us**; **StepChange**; **National Debtline**; **MoneyHelper**; **Debt Support Trust**, **Shelter** and **Christians Against Poverty**.

Credit unions can help you save regularly and borrow responsibly. Find out more about this service: [www.findyourcreditunion.co.uk/find-your-credit-union/](http://www.findyourcreditunion.co.uk/find-your-credit-union/)

## ACCESS TO FOOD

There are a number of community organisations which can help you to access food. The Trussell Trust provides emergency food and support. Find a food bank in your area: [www.trusselltrust.org/get-help/find-a-foodbank/](http://www.trusselltrust.org/get-help/find-a-foodbank/)



## HELP WITH HOUSING

Apply for social or council housing: [www.gov.uk/apply-for-council-housing](http://www.gov.uk/apply-for-council-housing) Get support if you are homeless or at risk of becoming homeless: [www.gov.uk/homelessness-help-from-council](http://www.gov.uk/homelessness-help-from-council)



## BENEFIT SUPPORT

Use the Government's benefits calculator to find out you and your family are entitled to: [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators)

## SUPPORT WITH ENERGY COSTS

Households on benefits will receive £650 this year to support with energy costs, this will be made automatically in two instalments, in addition to the £400 discount on energy bills. Further to this, the government has introduced a £150 council tax rebate. In the winter pensioners can get between £100 and £300 to help pay heating bills: [www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)

