

Information about help with the cost of living
in your language

www.ealing.gov.uk/costofliving



معلومات عن المساعدة
المتوفرة فيما يتعلق بتكلفة
المعيشة بلغتك

Informations
dans votre langue
concernant les aides
pour pallier à la
hausse du **coût**
de la vie

જીવનનિર્વાહ ખર્ચ માટે
મદદ વિશે તમારી ભાષામાં
માહિતી

اطلاعاتی درباره کمک در
تأمین هزینه زندگی به زبان
شما

ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਰਹਿਣ
ਦੀ ਲਾਗਤ ਦੇ ਸੰਬੰਧ ਵਿੱਚ
ਮਹਾਇਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ

Informacje
o pomocy związanej
z kosztami
utrzymania
dostępne w Twoim
języku

Macluumaad ku
qoran luqaddaada
ee ku saabsan
kharashka sare ee
noolosha

உங்களுடைய
மொழியில்
வாழ்க்கைக்கான
செலவுகள் பற்றிய
தகவல்கள்

آپ کی زبان میں رہن سہن
کے اخراجات سے متعلق
مدد کے بارے میں معلومات



Helping you with the cost of living



Is the rise in the cost of living affecting you?

If you are worried about your finances,
or struggling with bills there are
some simple steps you can take.

EALING COUNCIL



STEP 1 – Are you claiming everything you are entitled to?

Applying for benefits – Visit Turn2us to access their online calculator, and make sure you are not missing out: www.turn2us.org.uk

You can also apply directly to Ealing Council for:

- **Discretionary housing payments** – help with rent arrears and deposits
- **Council Tax Reduction or Discretionary Council Tax Discount** – help with council tax

STEP 2 – Do you receive automatic payments?

Household Support Fund – provides identified groups and low-income families with help towards food, heating, and bills. Confirmed until March 2025.

Winter Fuel Payment – paid automatically by central government to those eligible, for more information visit www.ealing.gov.uk/costofliving

STEP 3 – Find out about other support available

Local Welfare Assistance – a one-off financial payment to help people in financial crisis towards the cost of food, heating and bills. Apply: www.ealing.gov.uk/localwelfareassistance

Work Ealing and Learn Ealing – for employment and jobs visit www.workealing.com or call **020 8825 8486**, and for skills and education visit www.learnealing.org.uk or call **020 8825 5577**.

Healthy Homes Ealing – for energy advice, tips on staying warm and how to save money on fuel costs. Visit www.ealing.gov.uk/HealthyHomesEaling or call **0800 083 2265**.

Free School Meals – if you receive free school meals make sure you receive other benefits, such as the **Household Support Fund** and the **Holiday Activity and Food Programme**. To apply go to www.ealing.gov.uk/freeschoolmeals

Holiday Activity and Food Programme – fun and free activity clubs for eligible children which include a free hot healthy meal. To find out about activity centres in Ealing visit www.ealingfamiliesdirectory.org.uk

Call the Ealing Together helpline on:
020 8825 7170

STEP 4 – Explore support across the borough

Ealing's community and voluntary groups offer a wide range of vital support from cooking classes to debt advice.

Community Support Directory – outlines support available across the borough. Find out more visit www.dosomethinggood.org.uk/directory

Manage your finances – contact **Step Change** for free and confidential help with debt and money management. Visit www.stepchange.org or call **0800 138 1111**.

Healthy Start Scheme – if you are pregnant or have a child under four this scheme can assist with buying healthy food and milk. Visit www.healthystart.nhs.uk

Mental Health – contact **West London Mental Health Trust** for support, call **0800 328 4444** 24/7. Talk to **The Samaritans** on **116 123**, or text **SHOUT** to **85258**.

Foodbanks – contact the council's **Local Welfare Assistance Team** who can make referrals for you. Find out more about food banks and food initiatives in Ealing www.ealing.gov.uk/foodcost

London Cost of Living Hub – support including debt advice, claiming benefits, and looking after your mental health. Find out more www.ealing.gov.uk/molcol

Money Saving Expert – offers a wealth of advice from helping to save money on everyday items, to reducing household bills www.moneysavingexpert.com

STEP 5 – Talk to us

Most importantly if you are struggling talk to us. If you are falling behind on your payments speak to us and we can work with you to find a solution. Call the number on your bill, or contact us.

Community Hubs – support and advice are also available at Ealing's four Community Hubs, where the internet is available, and you can get free in person advice. For location information and opening times go to www.ealing.gov.uk/contactus

Visit Ealing Council's website:
www.ealing.gov.uk/costofliving