


COST OF LIVING SUPPORT

<p style="text-align: center;">EASTBOURNE & LEWES COUNCILS CONTACT DETAILS</p> <p style="text-align: center;">www.lewes-eastbourne.gov.uk</p>	<div style="text-align: right;">  </div> <p>Telephone:</p> <ul style="list-style-type: none"> Lewes District Council: 01273 471600 Eastbourne Borough Council: 01323 410000 <p>Email: customerfirst@lewes-eastbourne.gov.uk</p> <p>Online contact form & Electronic assistant ELLIS available 24/7 on our website: www.lewes-eastbourne.gov.uk/contact-us</p> <p>By Letter To:</p> <ul style="list-style-type: none"> Eastbourne Borough Council, Income Maximisation & Welfare Team, Town Hall, Grove Road, Eastbourne BN21 4UG Lewes District Council, Income Maximisation & Welfare Team, Southover House, Southover Road, Lewes BN7 1AB <p>If English is not your first language, the council can provide documents and publications in other languages, LARGE TYPE, Braille or Audio. The council can also provide interpreters if you need to contact us over the telephone, attend an appointment or event.</p>	
<p style="text-align: center;">SUPPORT AVAILABLE</p>	<p style="text-align: center;">ELIGIBILITY</p>	<p style="text-align: center;">HOW TO CLAIM</p>
<p style="text-align: center;">From April 2023 the Government increases by 10.1% (in line with September inflation): Benefits, State Pension and Benefit Cap. National Living Wage (NLW) will increase by 9.7% to £10.42 an hour for workers aged 23 and over.</p>		
<p>National Databank</p>	<p>The National Databank is providing free mobile data, texts and calls to people in need. To receive data through the National Databank you must be 18+ years old and:</p> <ul style="list-style-type: none"> from a low-income household qualify in one or several of the following statements: <ul style="list-style-type: none"> - Has no access or insufficient access to the internet at home - AND/OR has no or insufficient access to the internet when away from the home - AND/OR cannot afford their existing monthly contract or top up <p>A person can have access to data for up to 12 months.</p>	<p>The Network Support Team is available from 10am to 4pm Monday - Thursday, and 9.30am to 12 midday on Friday via:</p> <p>Phone: 0114 349 1666 Email: hello@goodthingsfoundation.org Find your nearest centre Online: www.onlinecentresnetwork.org Online: www.goodthingsfoundation.org/databank</p> <p>People unable to get SIM cards from other sources who are 18+ and on a low income can be referred to TechResort via techresort.org/contact</p>

COST OF LIVING SUPPORT

<p>British Gas Energy Trust</p>	<p>The Trust is currently providing two funds:</p> <ul style="list-style-type: none"> • Individuals and Families Fund (no need to be customer of British Gas) • British Gas Energy Support Fund (only for British Gas customers who have not received a grant in the past 12 months) <p>The funds will cover debt arrears of £250 - £1,500 by crediting the householder account (no cash).</p>	<p>Applicants to either fund must have received support from a Money Advice organisation, e.g., CAB or BHT, and are required to provide the details of the group in question.</p> <p>Proof of income is required to determine whether a household is in or at risk of fuel poverty.</p>
<p>The Household Support Grant and Cost of Living Emergency Fund</p>	<p>Eastbourne residents will receive £350 and Lewes residents will receive £750 to their bank account (the award is limited to one application per household), and the eligible person must be 18+ years old and:</p> <ul style="list-style-type: none"> • be in receipt of Housing Benefit and/or Council Tax reduction but not in receipt of any other means tested benefits (Universal Credit, Pension Credits, Tax Credit, Income Support, income related ESA or income based JSA), • struggles to pay for heating, lighting, water bills or food • have a capital of below £6,000 <p>Or do not qualify for means tested benefits but is still on a low household income.</p>	<p>Online: www.lewes-eastbourne.gov.uk/benefits-and-grants</p> <p>By phone:</p> <ul style="list-style-type: none"> • 01323 415047 <p>The scheme is subject to early termination in case the limited funds are exhausted.</p>
<p>Discretionary Housing Payment (DHP)</p>	<p>You need to be getting Universal Credit housing element or Housing Benefit and struggling to pay the rent. You don't have to repay a DHP!</p>	<p>Online: www.lewes-eastbourne.gov.uk/benefits-and-grants By requesting the Councils for the application form to be send to your address</p>
<p>Cost of Living Payments</p>	<p>You could get up to 3 different types of payment depending on your circumstances:</p> <ul style="list-style-type: none"> • Cost of Living Payment of £900 made in 3 instalments: <ul style="list-style-type: none"> - £301 Spring 2023 - £300 Autumn 2023 - £299 Spring 2024 • Disability Cost of Living Payment of £150 in Summer 2023, if you get a qualifying disability benefit. • Pensioner Cost of Living Payment, if you're entitled to a Winter Fuel Payment for Winter 2023 to 2024, you will get an extra £300. 	<p>Payments will be paid automatically in two instalments, one in summer and another in the autumn, and is in addition to the £400 discount on energy bills.</p> <p>More information online: www.gov.uk/guidance/cost-of-living-payment</p>

COST OF LIVING SUPPORT

<p>Warm Home Discount Scheme</p>	<p>You can get £150 discount off your electricity bill if:</p> <ul style="list-style-type: none"> • your energy supplier is part of the scheme • you get pension credit guarantee or have a low income <p>It's not a cash payment and does not affect your benefits.</p>	<p>You have to apply for a warm home discount through your energy supplier. Energy suppliers run the scheme and have their own qualifying conditions. More information on: www.gov.uk/the-warm-home-discount-scheme</p>
<p>Winter Fuel Payment for Pensioners</p>	<p>You can get between £100 and £300 to help pay your heating bills if you are pension age and depended on:</p> <ul style="list-style-type: none"> • benefits you get • if you live alone or with other people who qualify <p>You should get your winter fuel payments in November or December.</p>	<p>If you have not had a payment by 13 January 2023, contact the Winter Fuel Payment centre by phone on 0800 731 0160</p> <p>Check: www.gov.uk/winter-fuel-payment</p>
<p>Cold Weather Payments</p>	<p>If the average temperature in your area is recorded or forecast as below freezing for at least a week, you could get a £25 extra a week cold weather payment. To qualify, you must get either:</p> <ul style="list-style-type: none"> • pension credit • a low-income benefit and someone in your home is under 5, pension age or disabled 	<p>Cold weather payments are made automatically. You do not have to apply. The scheme runs from 1 November to 31 March each year.</p> <p>Check: www.gov.uk/cold-weather-payment</p>
<p>Citizens Advice Bureau (CAB)</p>	<p>CAB provides wide range of support to all residents including debt & money management, benefits (they will ensure you are claiming everything you are entitled to), foodbank referrals, advocacy & representation services and help people to access grants and other support they need.</p>	<p>Eastbourne residents can call 0800 1448848 Lewes residents can call 0808 2787892</p> <p>On-line advice & fact sheets available at: www.citizensadvice.org.uk</p>
<p>Brighton Housing Trust (BHT)</p>	<p>BHT Sussex offers a free Debt Advice Service for anyone living in East Sussex who is NOT street homeless. They can help you understand your debts, look at your income and expenditure, liaise with creditors and look at the best way to deal with and manage your debts.</p>	<p>Eastbourne residents: Email: EastbourneAdvice@bht.org.uk By phone: 01323 642615 Lewes residents: Email: hastingsadvice@bht.org.uk</p>
<p>TechResort</p>	<p>TechResort CIC are working with Citizens Advice to provide information about staying warm to keep healthy and energy saving measures to help manage the bills. TechResort can also signpost people to additional help and advice.</p>	<p>Available everywhere TechResort run sessions in East Sussex. Anyone can attend their drop-in sessions on Thursday and Friday afternoons at TechResort, 23a Cavendish Pl, Eastbourne BN21 3EJ. Visit: techresort.org or email: hello@techresort.org</p>

COST OF LIVING SUPPORT

<p>Step Change Online Debt Advice Session</p>	<p>You can get instant debt advice using Steps Change online debt advice session. At the end of the session, you will be recommended a solution tailored to your situation, to help you deal with your debt.</p>	<p>Online debt advice session: www.stepchange.org/setting-expectations.aspx</p>
<p>Disabled Facilities Grants</p>	<p>If you're disabled and need to make changes to your home, for example to:</p> <ul style="list-style-type: none"> • widen doors and install ramps • improve access to rooms and facilities, • provide a heating system suitable for your needs, • adapt heating or lighting controls to make them easier to use. <p>A Disabled Facilities Grant won't affect any benefits you get!</p>	<p>Call Adult Social Care Direct on 0345 6080 191, or</p> <p>Call the East Sussex County Council switchboard on 0345 608 0190 to request an Assessment.</p>
<p>Transfer Incentive Scheme (TIS)</p>	<p>Social tenants with a bedroom tax (with two or more bedrooms) who has held a secure tenancy with councils for a period of at least one year can enter the scheme - tenants who give up larger accommodation may be eligible for cash incentives that may clear their rent arrears.</p>	<p>Download application form online: www.lewes-eastbourne.gov.uk/housing/cash-incentives-for-downsizing and return it to Customer First by email to customerfirst@lewes-eastbourne.gov.uk or by post to one of our council offices</p>
<p>Marriage Allowance</p>	<p>Marriage Allowance lets you transfer £1,260 of your Personal Allowance to your husband, wife or civil partner. This reduces your tax by up to £252 in the tax year.</p> <p>You can benefit from Marriage Allowance if all the following apply:</p> <ul style="list-style-type: none"> • you're married or in a civil partnership • you do not pay Income Tax or your income is below your Personal Allowance (usually £12,570) • your partner pays Income Tax at the basic rate, which usually means their income is between £12,571 and £50,270 before they receive Marriage Allowance 	<p>Apply Online: www.tax.service.gov.uk</p> <p>You can also apply through Self-Assessment if you're already registered and send tax returns or by writing to HMRC.</p>
<p>Tax-Free Childcare</p>	<p>You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the costs of childcare. This goes up to £1,000 every 3 months if a child is disabled (up to £4,000 a year). Your eligibility depends on if you are working, your and your partner's income, your child's age and circumstances and your immigration status.</p>	<p>Apply Online: www.gov.uk/apply-for-tax-free-childcare</p> <p>More information: www.gov.uk/tax-free-childcare</p>
<p>Energy Saving Advice Service</p>	<p>The Energy Saving Trust can help make your home more energy efficient, reduce your carbon emissions and lower your energy bills.</p>	<p>Find out more on their website: www.energysavingtrust.org.uk Freephone: 0800 444 202</p>

COST OF LIVING SUPPORT

Warm Home Check service	You can apply for a Warm Home Check if you are: <ul style="list-style-type: none">• on low income, or living with a long-term condition or disability• in receipt of Child Tax Credit, Working Tax Credit, Universal Credit, Pension Guarantee Credit or Pension Savings Credit, Income Support, Income based Jobseeker's Allowance (JSA) or Income Related Support Allowance (ESA)	Text WARM to 80011 Call 0800 464 7307 Apply online: www.warmeastsussex.org.uk
--------------------------------	--	---