

COST OF LIVING SUPPORT

<p style="text-align: center;">Eastbourne & Lewes Councils</p> <p style="text-align: center;">CONTACT DETAILS</p>	<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>	
<h3>SUPPORT</h3>	<h3>ELIGIBILITY</h3>	<h3>HOW TO CLAIM</h3>
<p>From April 2023 the Government increased by 10.1% (in line with September inflation): Benefits, State Pension and Benefit Cap. National Living Wage (NLW) increased by 9.7% to £10.42 an hour for workers aged 23 and over.</p>		
<h2>INCOME SUPPORT</h2>		
<p>Online Benefits Calculator</p>	<p>Benefits and financial support Calculator which gives you an idea of what you might be entitled to. If you don't have access to the internet, you can call or write / contact the Councils.</p>	<p>Benefits Calculator: www.lewes-eastbourne.entitledto.co.uk/home/start</p> <p>Financial support – check what support you can get: www.gov.uk/check-benefits-financial-support</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>Apply Online: www.tax.service.gov.uk/marriage-allowance-application/eligibility-check</p>

COST OF LIVING SUPPORT

	<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>You can also apply through Self-Assessment if you're already registered and send tax returns or by writing to HMRC.</p> <p>Marriage Allowance Calculator: www.tax.service.gov.uk/marriage-allowance-application/benefit-calculator</p>
<p>Help to Save</p>	<p>Help to Save is a savings account and you can get a bonus of 50p for every £1 you save over 4 years. You can open a Help to Save account if you're receiving:</p> <ul style="list-style-type: none"> • Working Tax Credit • Child Tax Credit – and you're entitled to Working Tax Credit • Universal Credit and you (with your partner if it's a joint claim) had take-home pay of £722.45 or more in your last monthly assessment period. <p>You can save between £1 and £50 each calendar month. You do not have to pay money in every month. You get bonuses at the end of the second and fourth years. You can close your account at any time.</p>	<p>If you get payments as a couple, you and your partner can apply for your own Help to Save accounts. You need to apply separately.</p> <p>You need a Government Gateway user ID and password to set up a Help to Save account:</p> <p>Online: www.access.service.gov.uk/login/signin/creds</p>
<p>Carer's Allowance</p>	<p>You could get £76.75 a week if you're 16 or over and all the following criteria apply:</p> <ul style="list-style-type: none"> • you care for someone for at least 35 hours a week and they get one of the benefits: PIP, DLA, Attendance Allowance, Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit, Constant Attendance Allowance at the basic (full day) rate with a War Disablement Pension, Armed Forces Independence Payment, Child Disability Payment, Adult Disability Payment, • you normally live in England, Scotland or Wales, • you're not studying for 21 hours a week or more, • you're not subject to immigration control, • your earnings are £139 or less a week after tax, National Insurance and expenses. <p>You do not have to be related to or live with the person you care for.</p>	<p>Online: www.gov.uk/carers-allowance/how-to-claim</p> <p>By Phone: 0800 731 0297, Monday to Friday, 8am to 6pm</p> <p>By post: print, fill claim form from www.gov.uk/government/publications/carers-allowance-claim-form and send it to post it to the address on the form.</p>
<p>Pension Credit</p>	<p>You must live in England, Scotland or Wales and have reached State Pension age and on a low income.</p>	<p>Online: www.apply-for-pension-credit.service.gov.uk/start</p> <p>By Phone: 0800 99 1234, Monday to Friday, 8am to 6pm</p>

COST OF LIVING SUPPORT

	<p>If you have a partner:</p> <ul style="list-style-type: none"> • you and your partner must have both reached State Pension age • one of you is getting Housing Benefit for people over State Pension age <p>Pension Credit tops up:</p> <ul style="list-style-type: none"> • your weekly income to £201.05 if you're single • your joint weekly income to £306.85 if you have a partner 	<p>By Post: print out and fill claim form and send it to:</p> <p style="text-align: center;">The Pension Service 8 Post Handling Site B Wolverhampton WV99 1AN</p> <p>You can start your application up to 4 months before you reach State Pension age. You can apply any time after you reach State Pension age but your application can only be backdated by 3 months.</p>
<p>Working Tax Credit</p>	<p>You can only make a claim for Working Tax Credit if you already get Child Tax Credit and you must work a certain number of hours a week to qualify:</p> <ul style="list-style-type: none"> • Aged 25 to 59 - at least 30 hours • Single with 1 or more children, disabled or aged 60 or over – at least 16 hours • Couple with 1 or more children - at least 24 hours between you (with 1 of you working at least 16 hours) OR less than 24 hours a week between you and one of the following applies: <ul style="list-style-type: none"> - you work at least 16 hours a week and you're disabled or aged 60 or above - you work at least 16 hours a week and your partner is incapacitated (getting disability benefits), is entitled to Carer's Allowance, or is in hospital or prison 	<p>To claim Working Tax Credit, update your existing tax credit claim by reporting a change in your circumstances online www.gov.uk/changes-affect-tax-credits or via HMRC app</p>

CHILDCARE COSTS

<p>Sure Start Maternity Grant</p>	<p>You may be eligible for £500 payment if:</p> <ul style="list-style-type: none"> • You have no other children under 16 and you or your partner must also get one of these benefits: IS, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Pension Credit, Child Tax Credit, Working Tax Credit that includes a disability or severe disability element, Universal Credit. • You already have children under 16 and you're expecting a multiple birth OR the child you're caring for is someone else's (but not your partner's). • You are adopting or becoming a surrogate parent 	<p>You can claim from 11 weeks before the week your baby is due. The latest you can claim is 6 months after your baby is born / adopted / taken into care.</p> <p>Print out, fill in the form and include evidence: www.gov.uk/government/publications/sure-start-maternity-grant-claim-form</p> <p>Get help with your claim: Telephone: 0800 169 0140</p>
--	--	--

COST OF LIVING SUPPORT

	<ul style="list-style-type: none"> You have refugee or humanitarian protection or have left Ukraine or Afghanistan and had children before coming to UK. 	Online: www.gov.uk/sure-start-maternity-grant
Childcare Calculator	<p>Use this calculator to find out how much you could get towards approved childcare, including:</p> <ul style="list-style-type: none"> free childcare for children aged between 2 and 4, help with childcare costs if your child is under 16 (or under 17 and disabled) 	Online: www.gov.uk/childcare-calculator
Tax-Free Childcare Age 0-11 (or 16 if disabled)	<p>You can get up to £500 every 3 months (up to £2,000 per child a year) for each of your children (aged 0-11 or 16 if disabled) 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):</p> <p>The support is available for working families, including the self-employed, in the UK:</p> <ul style="list-style-type: none"> Earning under £100k and an average of £167 per week (equal to 16 hours at the National Minimum or Living Wage) each over three months Who aren't receiving Tax Credits, Universal Credit or childcare vouchers 	<p>Apply Online: www.gov.uk/apply-for-tax-free-childcare</p> <p>More information: www.gov.uk/tax-free-childcare</p>

HOUSEHOLD COSTS

Housing Benefit	<p>Housing Benefit can help you pay your rent if you're unemployed, on a low income or claiming benefits.</p> <p>You can only make a new claim for Housing Benefit if either of the following apply:</p> <ul style="list-style-type: none"> you have reached State Pension age you're in supported, sheltered or temporary housing <p>Usually, you will not get Housing Benefit if your savings are over £16,000, unless you get Guarantee Credit or Pension Credit.</p>	<p>Check if you are eligible by using Benefit Calculator before applying: www.entitledto.co.uk/benefits-calculator</p> <p>Online – Eastbourne residents only: https://rbselfservice.lewes-eastbourne.gov.uk/scripts/OPENPortal-Live.wsc/hb/hbnewclaim.p</p> <p>By Post (Lewes & Eastbourne residents): print and fill the claim form from Councils website and send it to the address shown on the application.</p>
Universal Credit	<p>Universal Credit is a monthly payment to help with your rent and living costs.</p> <p>You may be able to get it if you're on a low income, out of work or you cannot work. To claim you must:</p>	<p>Check if you are eligible by using Benefit Calculator before applying: www.entitledto.co.uk/benefits-calculator</p> <p>Online application: www.universal-credit.service.gov.uk/start</p>

COST OF LIVING SUPPORT

	<ul style="list-style-type: none"> • live in the UK • be aged 18 or over (there are some exceptions if you're 16 to 17) • be under State Pension age • have £16,000 or less in money, savings and investments <p>If you live with your partner, you must make a joint claim for your household.</p>	<p>You can contact Citizens Advice to help you with your Universal Credit claim:</p> <ul style="list-style-type: none"> • Phone: 0800 144 8 444; Advisers are available 8am to 6pm, Monday to Friday
<h3 style="color: #0070C0;">Cost of Living Payment</h3>	<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 paid between 25 April 2023 and 17 May 2023 for most people on DWP benefits - £301 paid between 2 and 9 May 2023 for most people on tax credits and no other low income benefits - £300 paid between 31 October and 19 November - £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 three instalments.</p> <p>More information online: www.gov.uk/guidance/cost-of-living-payment</p>
<h3 style="color: #0070C0;">Universal Credit Migration</h3>	<p>The Department for Work and Pensions (DWP) is moving everyone in working age claiming legacy benefits to Universal Credit and aims to complete the implementation of Universal Credit by 2024 with a three-track approach / strategy:</p> <ol style="list-style-type: none"> 1. NATURAL MIGRATION: where you experience a change in circumstances while on legacy benefits, you will need to make a claim to Universal Credit – you will naturally migrate to Universal Credit and any legacy claim will be closed. 2. VOLUNTARY MIGRATION: (“choose to move”) legacy claimants can choose to move by making a claim for Universal Credit (and by default closing their legacy claim) but should only do this if they think they will be better off on Universal Credit. We want to encourage people who could be better off financially to consider moving to Universal Credit as we estimate that more than half (53%) of current claimants will be better off on Universal Credit. <p>At a minimum, claimants should consider the following before choosing to move to Universal Credit:</p> <ul style="list-style-type: none"> ✓ Use Benefit Calculator at www.lewes-eastbourne.entitledto.co.uk/home/start to see if your entitlement to Universal Credit could be higher than the money the government pays you now. 	

COST OF LIVING SUPPORT

	<ul style="list-style-type: none"> ✓ Pensioners and anyone with over £16,000 in savings or capital are NOT eligible for Universal Credit and should not apply. If you or your partner have over £6,000 in savings or capital, your UC payments will be lower. ✓ Check how UC recovers any outstanding debts you may have: www.gov.uk/guidance/find-out-about-money-taken-off-your-universal-credit-payment <p>3. MANAGED MIGRATION: for those claimants who do not choose to move and have not migrated naturally following a change of circumstance, the DWP will manage their migration to Universal Credit by 2024. Managed migration provides <u>transitional financial protection</u> to ensure that eligible households the DWP moves to UC do not have a lower award on Universal Credit at the point they move them if their Universal Credit entitlement is lower than their entitlement on legacy benefits (Transitional protection does not apply to those who naturally or voluntarily migrate).</p> <p>Anyone who will receive a letter (called a Migration Notice) from DWP must:</p> <ul style="list-style-type: none"> ✓ Claim Universal Credit by within 3 months from the date the letter was sent out to continue receiving financial support.
<p>The Household Support Fund 4 (round 2) and Cost of Living Emergency Fund (Lewes Safety Net)</p>	<p>Eastbourne residents will receive a one-off payment of £200 to their bank account and Lewes residents will receive £400 (the award is limited to one application per household, per round of funding), and the eligible person must be 18+ years old and:</p> <ul style="list-style-type: none"> • eligible to receive public funds. • 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), • applicants who receive one of the above benefits but are also in receipt of either DLA, PIP, Attendance Allowance, Armed Forces Independence Payments, War Pensions Mobility Supplement, carer’s Allowance or have the Limited Work Capability or Carer’s Premium included in their Universal Credit award are eligible to apply. • Live in the District/Borough and be liable for the Council Tax, Rent or Mortgage payments at the address they are applying for. • struggles to pay for heating, lighting, water / sewerage bills, food or housing costs in exceptional circumstances. • have a capital of below £6,000. <p>OR</p> <div style="border: 1px solid black; padding: 5px;"> <p>People who were awarded a payment for Household Support Fund 4 round 1 and are still eligible do not need to apply again; we will use their previous award to generate a new award.</p> <p>Online: www.lewes-eastbourne.gov.uk/benefits-and-grants/household-support-grants</p> <p>By phone:</p> <ul style="list-style-type: none"> • 01323 415047 <p>The scheme will reopen on 1st October 2023 and close either on 31 March 2024 or when the funds are exhausted.</p> <p>A householder can only make one application during the first six months of the scheme i.e., 1 April 2023 to 30 September 2023 and one application during the second six months of the scheme i.e., 1 October 2023 to 31 March 2024. Any further application made by a household will not be considered.</p> </div>

COST OF LIVING SUPPORT

	<ul style="list-style-type: none"> • Are not in receipt of any means-tested benefit listed above, but have a weekly household income below: <ul style="list-style-type: none"> - £320 for a single person. - £370 for a couple. - £420 a single person responsible for a child. - £470 a couple responsible for a child. 	
<h3 style="color: #0070C0;">Budgeting Loans</h3>	<p>A Budgeting Loan can help pay for furniture or household items, rent in advance, moving house, travelling within the UK, costs linked to getting a new job, maternity costs, funeral costs.</p> <p>To get a Budgeting Loan you must have been getting one or more of these benefits for the past 6 months: Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Pension Credit.</p> <p>The lowest amount you can borrow is £100. You could get up to:</p> <ul style="list-style-type: none"> • £348 if you're single • £464 if you have a partner • £812 if you or your partner claim Child Benefit 	<p>You only have to pay back the amount you borrow, and repayments are taken automatically from your benefits.</p> <p>Online: www.gov.uk/budgeting-help-benefits/how-to-apply</p>
<h3 style="color: #0070C0;">National Databank</h3>	<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</p> <p>Email: hello@goodthingsfoundation.org</p> <p>Find your nearest centre Online: www.onlinecentresnetwork.org/ournetwork/find-centre#/map</p> <p>Online: www.goodthingsfoundation.org/databank</p>
<h3 style="color: #0070C0;">Discretionary Housing Payments</h3>	<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/discretionary-housing-payments/apply</p> <p>By requesting the Councils for the application form to be sent to your address: please Contact Us</p>

COST OF LIVING SUPPORT

<h3>Transfer Incentive Scheme (TIS)</h3>	<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>
<h3>AGE Concern Eastbourne</h3>	<p>Offering free services for older people in Eastbourne and surrounding areas:</p> <ul style="list-style-type: none"> • Specialist welfare benefits service for older people either at the Venton Centre or in the home for the housebound • Consumer issues, Housing & care options, Health matters, Local concerns • Warm Room for the 50+ 	<p>Phone: 01323 638474 Email: info@ageconcerneastbourne.co.uk Warm Room for 50+ : Email: liz.maxted@ageconcerneastbourne.co.uk Address: The Venton Centre, Junction Road, BN21 3QY Open on Tuesday, Wednesday & Thursday from 10am – 3pm Online: www.ageconcerneastbourne.org.uk/services/free-service</p>
<h3>Disabled Facilities Grants</h3>	<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>
<h2>ENERGY BILLS</h2>		
<h3>Energy Saving Advice Service</h3>	<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>
<h3>Cold Weather Payments</h3>	<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.</p> <p>The scheme runs from 1 November to 31 March each year.</p> <p>Check GOV.UK guidance on cold weather payments</p>

COST OF LIVING SUPPORT

<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:</p> <ul style="list-style-type: none"> • phone on 0800 731 0160 • Online contact form <p>Check GOV.UK updates on winter fuel payments</p>
<p>Warm Home Discount</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.</p> <p>More information on: GOV.UK updates on the warm home discount scheme</p>
<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., Citizens Advice or Brighton Housing Trust, 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>Warm Home Check service</p>	<p>You can apply for a Warm Home Check if you are:</p> <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) 	<p>Text WARM to 80011</p> <p>Call 0800 464 7307</p> <p>Apply online: www.warmeastsussex.org.uk/</p>
<h2 style="margin: 0;">DEBT AND MONEY ADVICE</h2>		
<p>Citizens Advice</p>	<p>Citizens Advice 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>

COST OF LIVING SUPPORT

<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>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>Money Advice</p>	<p>Money Advice provides free, practical, ethical debt guidance to anyone experiencing financial hardship.</p>	<p>Phone: 0333 305 0521</p> <ul style="list-style-type: none"> • Monday-Friday, 8am-9pm • Saturday: 9am-4pm <p>Email: assessment-team@moneyadvice.co.uk Online: www.moneyadvice.co.uk/contact</p>
<p>Councils' website</p>	<p>The Councils have put together information on the support currently available on the website</p>	<p>Help with the rising costs of living: www.lewes-eastbourne.gov.uk/community/cost-of-living-crisis Benefits and Grants: www.lewes-eastbourne.gov.uk/benefits-and-grants/</p>