



COST OF LIVING SUPPORT & HELP



- **NHS advice** is to heat the living room during the day and the bedroom just before going to sleep to at least 18°C
- **Household Support Fund** grants can help you pay for food or energy.
<https://wokingham.gov.uk/cost-of-living/household-support-fund/>
- Get tips for **managing your finances** at home:
 - budgeting tools
 - maximising income
 - help with mortgage interest<https://wokingham.gov.uk/cost-of-living/financial-support/>
- Local **water providers** have options to help with their bills.
<https://wokingham.gov.uk/cost-of-living/household-bills/water-bills/>
- **Cheaper broadband** deals and access to the National Databank if you get cut off from the internet are available.
<https://wokingham.gov.uk/cost-of-living/household-bills/cheaper-broadband/>
- **Energy efficient items** are available FOR FREE! Things like slow cookers, heated blankets and much more will bring your bills down and are available to you if you're struggling with costs.
<https://wokingham.gov.uk/cost-of-living/warmer-winter-project/>
- Register for **priority services** in case of interruptions like power cuts. Certain groups like older people or those with young children can register for priority with utility providers if we have power cuts or other interruptions.
<https://wokingham.gov.uk/cost-of-living/household-bills/priority-services/>
- More than 25 locations are registered as **warm spaces** across the area. These can be somewhere to go if you're cold at home or want somewhere with friendly faces.
<https://wokingham.gov.uk/cost-of-living/warm-spaces/>
- If you're in an **emergency situation**, Wokingham Borough Council could provide assistance to stop it getting worse. Local Welfare Provision grants could be used by you if you're in a crisis.
<https://wokingham.gov.uk/benefits/local-welfare-provision/>
- Check in on your **older neighbours and relatives**, who are especially vulnerable in the extreme cold. Just a knock on the door or a quick call to check they've got all they need will really help. Try the UK Government's online **Help for Households** tool:
<https://helpforhouseholds.campaign.gov.uk>
- **Sustainable warmth grants** are available for those with lower incomes or no income to make your home more energy efficient.
<https://www.cityenergy.co.uk/funding-schemes/sustainable-warmth-funding/>
- Search organisations and places to go to access **essentials** like food, warm clothes and other items that will protect your health and help you keep warm.
<https://wokingham.gov.uk/cost-of-living/help-with-essentials/>
- Speak to someone at the Citizens Advice Wokingham **One Front Door**. Call 0808 278 7958, Monday to Friday or contact the team online.
<https://citizensadvicewokingham.org.uk/onefrontdoor>
- And if you're not struggling but want to help, you can **donate to the Surviving Winter Fund**. A £10 donation means £30 goes back into helping people in the community struggling with the cost-of-living.
<https://www.crowdfunder.co.uk/p/surviving-the-winer-in-wokingham-borough#start>