



# Here to help - Cost of living

Help, advice and practical support for anyone who needs it.

## Cost of Living Support: Employment

The **Help for Households** website from the UK government has details of help available for cost of living support:

<https://helpforhouseholds.campaign.gov.uk/>

**West Sussex County Council** have a website listing help, advice, and practical support for anyone who needs it:

<https://www.westsussex.gov.uk/leisure-recreation-and-community/cost-of-living/>

**West Sussex Citizens Advice** are available to provide free, independent, confidential, and impartial advice to everyone.

Freephone Adviceline on 0808 278 7969

<https://www.advicewestsussex.org.uk/>

### Finding Work

**Help for Households** (help with finding work):

<https://helpforhouseholds.campaign.gov.uk/help-finding-work/>

**Jobcentre Plus** can provide information on benefits, loans, and grants as well as help with finding a job:

<https://www.gov.uk/contact-jobcentre-plus>

**Job Help** - See which sectors are hiring, the type of jobs available and the skills you need to succeed in them:

<https://jobhelp.campaign.gov.uk/finding-work/>

Advice and tips for writing CVs and covering letters:

<https://jobhelp.campaign.gov.uk/career-advice/cvs-and-cover-letters/>

## Universal Credit

Universal Credit is a monthly payment to help with your living costs. You may be able to get it if you're on a low income, out of work or you cannot work: <https://www.gov.uk/universal-credit>

Apply online: <https://www.gov.uk/universal-credit/how-to-claim> (this includes what information you will need before applying)

Other organisations that can provide information and advice on applying for Universal Credit:

### **Citizens Advice:**

<https://www.citizensadvice.org.uk/benefits/universal-credit/>

### **Citizens Advice West Sussex:**

<https://www.advicewestsussex.org.uk/advice/universal-credit-help-to-claim/>

### **Money Helper:**

<https://www.moneyhelper.org.uk/en/benefits/universal-credit>

### **Money Savings Expert:**

<https://www.moneysavingexpert.com/family/universal-credit/>

**Learn My Way** have a free online course explaining how Universal Credit works and how to apply. They also have downloadable individual and couples' checklists:

<https://www.learnmyway.com/courses/universal-credit-a-how-to-guide/>

## Training

**Skills for Life** will help you find training, support, and advice to gain the skills you need for the job you want: <https://skillsforlife.campaign.gov.uk/>

Using the Skills Toolkit could help you build skills, and boost your CV. It's open to everyone, whether you're out of work or thinking about changing jobs, have just graduated, or just keen to keep your mind healthy and busy: <https://skillsforlife.campaign.gov.uk/courses/the-skills-toolkit/>

**Please contact your local library for more details on the support available. Libraries can also signpost to organisations offering targeted support in local areas.**

<https://arena.westsussex.gov.uk/our-libraries>