



Here to help - Cost of living

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

Cost of Living Support: Finance

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/>

Age UK West Sussex can offer money advice to the over 50s:

<https://www.ageuk.org.uk/westsussexbrightonhove/our-services/money-advice-service/>

Budgeting

Citizens Advice have a budgeting tool to help you understand what you're earning and spending, and where you might be able to cut costs:

<https://www.citizensadvice.org.uk/debt-and-money/budgeting/>

Money Helper look at the best ways of keeping track of your money, knowing when you can spend, and how to avoid going into the red:

<https://www.moneyhelper.org.uk/en/everyday-money/budgeting>

Money Saving Expert - This guide gives you some helpful tips and tricks and includes a free budget planner, which analyses your finances to help you manage and control your cash:

<https://www.moneysavingexpert.com/banking/budget-planning/>

Benefits Advice

Citizens Advice - information on benefits and tax credits if you are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran: <https://www.citizensadvice.org.uk/benefits/>.

You can also get help from Citizens Advice West Sussex:

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

Money Helper - Find out what benefits you're entitled to, how to claim them, when you qualify, and what to do if things go wrong:

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

Turn2us - The Benefits Calculator takes less than 10 minutes to complete, and it will tell you which means-tested benefits you may be entitled to, including tax credits:

<https://benefits-calculator.turn2us.org.uk/>

Debt Advice

Money Helper - guides that will explain the different ways you can pay off your debts, where to go for free debt advice, how to speak to the people you owe money to, and tips to help you pay back your debts in the right order:

<https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt>

National Debtline - give free and independent debt advice over the phone and online: <https://www.nationaldebtline.org/>

Step Change - provide free, confidential, and expert debt advice and money guidance: <https://www.stepchange.org/>

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>