



Support in Shropshire with the cost-of-living crisis

Many people in Shropshire are worried about rising costs. There are three key things we want everyone to know:

- If you or someone you know is worried about money or is struggling right now, **you are not alone.**
- There may be **simple steps** you can take to cut costs or maximise your income.
- If you are getting into debt or your mental health is suffering, **do not wait to get help.**



Get Support Online

We have been working with partners to bring together information on the cost-of-living crisis. These websites are the best places to find out where to get support in Shropshire.

www.shropshire.gov.uk/cost-of-living-help/

www.worryingabouthomemoney.co.uk/shropshire

www.moneyhelper.org.uk



Keep Shropshire
Warm

marches
energy agency



Scan this QR code or visit:
www.shropshire.gov.uk/cost-of-living-help



Shropshire
Council

We have developed a list of 16 steps that could help if you or someone you know is struggling with day to day living costs

Visit www.shropshire.gov.uk/cost-of-living-help/cost-of-living-checklist/ so see the full list.

Can you maximise your income?

- 1** Check you are getting the right amount from your employment. Check the minimum wage calculator and that you are paying the right amount of tax.
- 2** Use a free benefits calculator to make sure you're not one of the 7 million people in the UK missing out financial support.
- 3** If you're over State Pension age check if you're eligible for Pension Credit.
- 4** If you are a parent check to see if you can get additional help with childcare costs.
- 5** If you are struggling with housing costs check if you are eligible for support towards your rent or mortgage interest payments.
- 6** Check if you are eligible for Council Tax Support.
- 7** Check if you or your family may be entitled to benefits for those experiencing illness or disability.
- 8** If you are a carer, check if you are entitled to Carer's Allowance and/or the 'carer element' within Universal Credit.

Can you cut your costs?

- 9** Fill in a budget planner to work out how much money you have coming in and going out.
- 10** Check if you can reduce your energy costs. Keep Shropshire Warm can give free impartial advice.

- 11** If you need help with food visit www.shropshirelarder.org.uk for information on foodbanks, local food projects and ways to cut food bills. If you are a parent, see if your child is eligible for Healthy Start vouchers, Free school meals and the Holiday Activities and Food Programme.
- 12** If you are on a low-income check if you are eligible for Severn Trent's Big Difference Scheme, social tariffs for broadband and phone costs, and free prescriptions.
- 13** Contact Shropshire Council's Welfare Support Team to see if you can help with essential living costs.

Borrow money safely and get support with debt

- 14** Before you borrow money, it's important to make sure you will be able to keep up the repayments. In Shropshire we have two Credit Unions which offer savings and short-term loans.
- 15** If you're in debt, seek advice early rather than let things spiral out of control. Make sure you pay your priority debts first. Priority debts include rent, mortgage, gas, electricity, TV licence, council tax and court fines.

Talk to someone if you are worried about your mental health

- 16** Talk to friends or family or call one of these organisations:
 - **Samaritans 116 123**
 - **Shropshire Mental Health Support Infoline 01743 368647**
 - **Access Service 0808 196 4501**

A Warm Welcome in Shropshire

More than 50 community spaces and council buildings will be offering a Warm Welcome to Shropshire residents this autumn and winter.

The colder months can be a lonely and challenging time for many people, especially those who may be worried about the cost of energy bills.

The Warm Welcome project is a collaboration between Shropshire Council and partners which highlights community venues where people can go for free to socialise, meet friends and take part in activities while also keeping warm.

Visit www.shropshire.gov.uk/cost-of-living-help/

Get Support by Telephone

It's easier online! But if you aren't able to get online here are some telephone numbers where you can get support. We expect these lines to be busy and wait times may be longer than we would prefer.

Cost of Living helpline 0345 678 9012 – select option 1

Citizens Advice Shropshire 0808 278 7894

**Age UK Shropshire Telford & Wrekin's benefits team
01743 223123**

Keep Shropshire Warm 0800 112 3743

Citizens Advice Shropshire debt line 01743 280019

Shropshire Council's Welfare Support Team 0345 678 9078

