

Help with the cost of living

We know that many residents are struggling with rising living costs. If you are in need of financial help, advice for reducing costs or maximising your income, it may be difficult to know where to begin.

Here you can find information on some of the support available to help you deal with the impact of these increases.

Help with Council Tax

Did you know that if you are the only adult living in your property, you may be eligible to receive a 25% discount on your Council Tax bill.

You may also be entitled to a discount if you or a member of your household has a particular eligibility, such as being a student or a carer. To find out more, or to make an application using our online form, visit our website:

www.adur-worthing.gov.uk/council-tax/discounts-and-exemptions



If you have a low income, you may qualify for Council Tax Support to help with your payments. (See also our benefits calculator on the next page). You will still need to apply for this benefit even if you are on Universal Credit. To make an application for Council Tax Support visit our website:

www.adur-worthing.gov.uk/benefits/council-tax-support



Help with benefits

An estimated £23 billion of benefits are believed to go unclaimed every year. You can find out if you are eligible to make a claim by using our online benefits calculator: www.adur-worthing.gov.uk/benefits/benefits-calculator



Help with housing costs

If you receive Housing benefit or Universal Credit to help with housing costs and are still struggling to pay your rent, you may be entitled to claim additional help through the Discretionary Housing Payments scheme. Find out more: www.adur-worthing.gov.uk/benefits/discretionary-housing-payments



Help with food

If you need food for you or your family, there are a number of foodbanks in Adur and Worthing that can help. To find out more, please visit our website: www.adur-worthing.gov.uk/community-wellbeing/foodbanks



Help with energy bills

Contact your energy supplier if you are struggling to pay your bills. Many suppliers offer lower tariffs and provide additional support for people struggling with the rising cost of living. For further information visit our website: www.adur-worthing.gov.uk/cost-of-living-support/energy-bills



Pension Credit

If you are over state pension age and on a low income you may be eligible for Pension Credit. Find out if you are eligible by checking the Pension Credit calculator at: www.gov.uk/pension-credit-calculator or by calling the Pension Service Helpline on 0800 99 1234.



Help with water bills

If you are a Southern Water customer and are struggling to pay your water bills, or if you think that you may qualify for its social tariff, their website offers help and advice: www.southernwater.co.uk/help-and-support/what-if-i-cant-pay-my-bill/



Broadband and phone social tariffs

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and other benefits. To find out more visit our website: www.adur-worthing.gov.uk/cost-of-living-support/energy-bills



Further information about cost of living support can be found on our website: www.adur-worthing.gov.uk/cost-of-living-support



Help for families

Healthy Start vouchers

If you are at least ten-weeks pregnant or have a child under the age of four-years-old, you might be able to get free vitamins and Healthy Start vouchers for milk, fruit and vegetables and instant formula milk.

Help with childcare costs

You can claim Child Benefit if you are responsible for bringing up a child under the age of 16 (under 20 if they are in education or training). Children aged between 9-months and 4-years-old may be entitled to free childcare.

Help for school aged children

If you have school-aged children and are experiencing financial problems, you might be entitled to free school meals or help with school transport.

Visit our cost of living web page for further information including details on how to apply:
www.adur-worthing.gov.uk/cost-of-living-support/families



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