

# Cost of living increase

support and advice

Many people across the UK are struggling to cover their essential household costs. The cost of living increase means we're all paying more for energy, food, rent, fuel, and other things.



There may be some temporary measures you can take, to help your situation:

- **managing big one-off payments** – look at setting up Direct Debits or saving in advance
- **budgeting** – use budgeting apps to track your finances
- **save on utility bills** – don't just go with renewal quotes – shop around for a cheaper deal
- **reduce heating bills** by wearing an extra layer and using hot water bottles and blankets
- **cancel any unnecessary subscriptions or memberships**
- use charity shops or swap clothes, books and toys with friends and family
- **make meal plans and freeze leftovers**



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## There is support available to help you cope with increasing bills:

- ✓ **save money on prescriptions** - apply for a Prescription Pre Payment Certificate – anyone who receives more than one prescription per month is eligible [gov.uk/get-a-ppc](http://gov.uk/get-a-ppc)
- ✓ **working from home** – check if you are eligible to claim working from home expenses of £6 a week, including if you had to work from home due to COVID-19 [gov.uk/tax-relief-for-employees/working-at-home](http://gov.uk/tax-relief-for-employees/working-at-home)
- ✓ **check** if you are eligible to claim tax relief for other work-related expenses [gov.uk/tax-relief-for-employees](http://gov.uk/tax-relief-for-employees):
  - uniforms, work clothing, tools, PPE
  - driving for work, taking other employees as passengers
  - professional fees and subscriptions required for your job
  - overnight expenses for food, accommodation and use of public transport
  - Speak with your local council, to find out about financial support available. There are grants available, such as hardship funding, for those in need.

**Don't allow yourself to spiral into debt by taking out loans, continuing to increase an overdraft, or increasing your credit card limit.**

**Ask for help.**

### Contact The Help Hub for support at:

South Norfolk 01508 533933.

Broadland 01603 430431

[helphub@southnorfolkandbroadland.gov.uk](mailto:helphub@southnorfolkandbroadland.gov.uk)

[Southnorfolkandbroadland.gov.uk/help-hub](http://Southnorfolkandbroadland.gov.uk/help-hub)

### Find out more at

[www.southnorfolkandbroadland.gov.uk/cost-living](http://www.southnorfolkandbroadland.gov.uk/cost-living)

