

# HELP WITH COST OF LIVING



This is a summary of the MAIN financial help, sources of information and support that's available. (October 2022)

More information is available on the Gwynedd Council website - Cost of living help (llyw.cymru)

Important things to remember if you're talking to someone that needs help :-

- Advise people to contact their suppliers / creditors to discuss their concerns.
- Remind people to check they are claiming benefits they're entitled to - check here:
- Turn2us Benefits Calculator.
- Contact Citizens Advice for support on finding out which benefits they're entitled to - call the free helpline 0808 250 5700 or go to [cabgwynedd.wales/contact](http://cabgwynedd.wales/contact) to request a call back.



## HELP WITH HOUSEHOLD BILLS-

Full details of the support schemes available from the UK Government are on [www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk). These include:

- £400 off your fuel bill. It's paid directly to your energy supplier, so you don't have to do anything.
- Additional Cost of Living payments:
  - £650 for those on low income benefit or tax credits;
  - £300 for pensioners
  - £150 for disabled people
- Energy Bill Support Scheme payments (paid with your benefits / tax credit or administered by your energy supplier so you don't have to do anything):
  - If your area experiences extreme weather for seven consecutive days you will be eligible for an extra £25 a week Cold Weather Payment if you're on benefits,
    - £150 Warm Homes Discount,
    - £100-£300 Winter Fuel Payment.
- There is also One-off Winter Fuel Support from the Welsh Government visit [www.gwynedd.llyw.cymru/WinterFuelSupport](http://www.gwynedd.llyw.cymru/WinterFuelSupport) to see if you are eligible for a £200 payment.

## What else can you do?

- Help people to register for a Priority Service with an energy supplier if they are a resident with a disability, health condition, pensioner, with a child under 5 or pregnant.
- Help people to make their homes as warm as possible – Energy in the home ([llyw.cymru](http://llyw.cymru)).
- Understanding your bills – such as installing a smart meter in the home, ask your energy supplier.
- Understanding Tariffs – use the Energy Wardens scheme in Gwynedd.

## HELP WITH OTHER BILLS –

- Paying for your home
  - Housing Benefits; Council Tax Reduction; Discretionary Housing Payments (DHP) – Make a benefit claim ([llyw.cymru](http://llyw.cymru))
  - Contact your landlord:-  
**Adra – 0300 123 8084**      **Cynefin – 0300 111 2122**      **North Wales Housing – 01492 572727**
- Homelessness Service, Cyngor Gwynedd – 01766 771000
- Health and Social Care Benefits and Grants – Make a benefit claim ([llyw.cymru](http://llyw.cymru)).
- Free School Meals – Make a benefit claim ([llyw.cymru](http://llyw.cymru)).
- Pupil Development Grant to help with schools costs – Make a benefit claim ([llyw.cymru](http://llyw.cymru)).
- Help to pay for childcare – Make a benefit claim ([llyw.cymru](http://llyw.cymru)).
- Phone and Broadband (Social tariffs from suppliers for people on benefits or tax credit/pension)  
- Cheaper broadband and phone packages – Ofcom
- Water – HelpU tariff | Dŵr Cymru Welsh Water ([dwrcymru.com](http://dwrcymru.com))

## Other help –

- 1) Access to food – [Banciau Bwyd i Mentrau Bwyd Cymunedol \(\[llyw.cymru\]\(http://llyw.cymru\)\)](http://llyw.cymru)
- 2) Food Pantries – [Banciau Bwyd i Mentrau Bwyd Cymunedol \(\[llyw.cymru\]\(http://llyw.cymru\)\)](http://llyw.cymru)

For more information, contact:  
Citizens Advice – 0808 250 5700  
Galw Gwynedd – 01766 771000

