

Information about help with the cost of living  
in your language

[www.ealing.gov.uk/costofliving](http://www.ealing.gov.uk/costofliving)



# Helping you with the cost of living

معلومات عن المساعدة  
المتوفرة فيما يتعلق بتكلفة  
المعيشة بلغتك

Informations  
dans votre langue  
concernant les aides  
pour pallier à la  
hausse du **coût**  
**de la vie**

જીવનનિર્વાહ ખર્ચ માટે  
મદદ વિશે તમારી ભાષામાં  
માહિતી

اطلاعاتی درباره کمک در  
تأمین هزینه زندگی به زبان  
شما

ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਰਹਿਣ  
ਦੀ ਲਾਗਤ ਦੇ ਸੰਬੰਧ ਵਿੱਚ  
ਸਹਾਇਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ

Informacje  
o pomocy związanej  
z kosztami  
utrzymania  
dostępne w Twoim  
języku

Macluumaad ku  
qoran luqaddaada  
ee ku saabsan  
**kharashka sare ee  
noolosha**

உங்களுடைய  
மொழியில்  
வாழ்க்கைக்கான  
செலவுகள் பற்றிய  
தகவல்கள்

آپ کی زبان میں رہن سہن  
کے اخراجات سے متعلق  
مدد کے بارے میں معلومات



## Is the rise in the cost of living affecting you?

If you are worried about your finances,  
or struggling with bills there are  
some simple steps you can take.

EALING COUNCIL



CREATING  
GOOD JOBS

TACKLING  
THE CLIMATE CRISIS

FIGHTING  
INEQUALITY

## STEP 1 – Are you claiming everything you are entitled to?

**Applying for benefits** – Visit Turn2us to access their online calculator, and make sure you are not missing out: [www.turn2us.org.uk](http://www.turn2us.org.uk)

You can also apply directly to Ealing Council for:

- **Discretionary housing payments** – help with rent arrears and deposits
- **Council Tax Reduction or Discretionary Council Tax Discount** – help with council tax

## STEP 2 – Do you receive automatic payments?

**Household Support Fund** – provides identified groups and low-income families with help towards food, heating, and bills.

**Automatic cost of living payments** – paid automatically by central government to those eligible, for more information visit [www.ealing.gov.uk/costofliving](http://www.ealing.gov.uk/costofliving)

## STEP 3 – Find out about other support available

**Local Welfare Assistance** – a one-off financial payment to help people in financial crisis towards the cost of food, heating and bills. Apply: [www.ealing.gov.uk/localwelfareassistance](http://www.ealing.gov.uk/localwelfareassistance)

**Work Ealing and Learn Ealing** – for employment and jobs visit [www.workealing.com](http://www.workealing.com) or call **020 8825 8486**, and for skills and education visit [www.learnealing.org.uk](http://www.learnealing.org.uk) or call **020 8825 5577**.

**Healthy Homes Ealing** – for energy advice, tips on staying warm and how to save money on fuel costs. Visit [www.ealing.gov.uk/HealthyHomesEaling](http://www.ealing.gov.uk/HealthyHomesEaling) or call **0800 083 2265**.

**Free School Meals** – if you receive free school meals make sure you receive other benefits, such as the **Household Support Fund** and the **Holiday Activity and Food Programme**. To apply go to [www.ealing.gov.uk/freeschoolmeals](http://www.ealing.gov.uk/freeschoolmeals)

**Holiday Activity and Food Programme** – fun and free activity clubs for eligible children which include a free hot healthy meal. To find out about activity centres in Ealing visit [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

Call the Ealing Together helpline on:  
**020 8825 7170**

## STEP 4 – Explore support across the borough

**Ealing's community and voluntary groups offer a wide range of vital support from cooking classes to debt advice.**

**Community Support Directory** – outlines support available across the borough. Find out more visit [www.dosomethinggood.org.uk/directory](http://www.dosomethinggood.org.uk/directory)

**Manage your finances** – contact **Step Change** for free and confidential help with debt and money management. Visit [www.stepchange.org](http://www.stepchange.org) or call **0800 138 1111**.

**Healthy Start Scheme** – if you are pregnant or have a child under four this scheme can assist with buying healthy food and milk. Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**Mental Health** – contact **West London Mental Health Trust** for support, call **0800 328 4444** 24/7. Talk to **The Samaritans** on **116 123**, or text **SHOUT** to **85258**.

**Foodbanks** – contact the council's **Local Welfare Assistance Team** or **Job Centre Plus** who can make referrals for you. Find out more about food banks and food initiatives in Ealing [www.ealing.gov.uk/foodcost](http://www.ealing.gov.uk/foodcost)

**London Cost of Living Hub** – support including debt advice, claiming benefits, and looking after your mental health. Find out more [www.ealing.gov.uk/molcol](http://www.ealing.gov.uk/molcol)

**Money Saving Expert** – offers a wealth of advice from helping to save money on everyday items, to reducing household bills [www.moneysavingexpert.com](http://www.moneysavingexpert.com)

## STEP 5 – Talk to us

**Most importantly if you are struggling talk to us. If you are falling behind on your payments speak to us and we can work with you to find a solution. Call the number on your bill, or contact us.**

**Community Hubs** – support and advice are also available at Ealing's four Community Hubs, where the internet is available, and you can get free in person advice. Community Hubs are located at Acton Library, Northolt Library, Southall Library and Ealing Central Library.

Visit Ealing Council's website:  
[www.ealing.gov.uk/costofliving](http://www.ealing.gov.uk/costofliving)