

Supporting you with rising living costs



General support and advice



Kingston Council

Web: kingston.gov.uk/costoflivingsupport

Phone: 020 8547 5000

Citizens Advice Kingston

Web: citizensadvicekingston.org.uk/cost-of-living

Phone: 02031 660 953

London Mayor

Web: london.gov.uk/what-we-do/communities/help-cost-living

Community places

Our brilliant communities in Kingston are still offering community places, group activities and food across the borough. You can drop in, speak to a friendly face, meet local people and get help and advice.

From libraries, community groups and activities, to foodbanks, community kitchens and mental health support. Find out what's available to you on the Connected Kingston website:

connectedkingston.uk/collections/cost-of-living-support

Pension credit

Pension credit gives you extra money to help with your living costs if you're over state pension age and on a low income. It will also give you access to other benefits such as a free TV licence.

Apply at www.gov.uk/pension-credit or call **0800 99 1234**.

Find out about other benefits you may be entitled to at kingston.gov.uk/benefits



Disability and carer benefits

Disability Living Allowance (DLA) is for young people under the age of 16 and living with a disability or long-term health condition. Apply online at Gov.uk or call 0800 121 4600.

Personal Independence Payment (PIP) is for working-age people living with a disability or long-term health condition. Apply online at Gov.uk or call 0800 917 2222.

Attendance Allowance (AA) is available if you are state pension age or over, and you have a disability severe enough that you need help from someone to look after you. Apply online at Gov.uk or call 0800 731 0122.

Carer's Allowance (CA) is available if you care for someone 35 hours per week and they receive certain disability benefits. Find out whether you are eligible and how to claim online at Gov.uk

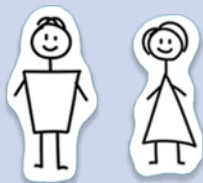
Budgeting, debt advice and help with your bills

The Government has made additional funding available for low-income households in Kingston who are struggling to afford food, fuel, utility bills and other essentials. Find out more at kingston.gov.uk/costoflivingsupport

You can also find lots of ways to reduce your energy bills at kingston.gov.uk/energy



Health and wellbeing support



You can find lots of mental health support on the council website at kingston.gov.uk/healthandwellbeingsupport or general health and wellbeing information on the Connected Kingston website at connectedkingston.uk

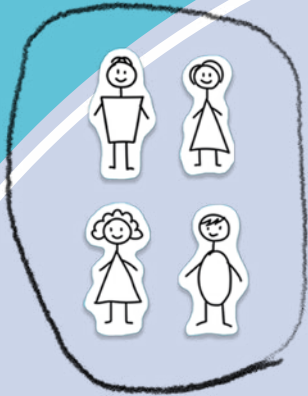
Emergency food

If you require help from a foodbank, you will need a referral code or voucher, which you can request from a number of council services including housing support officers, children's centres, health visitors and social services. You can also get them from Citizens Advice Kingston and some local charities.

Once you have a voucher, you can take it to your nearest foodbank where trained volunteers will chat to you about your situation and how they can help. Find out more at kingston.foodbank.org.uk/get-help or call **020 8391 1100**

Support with employment and skills

You can find lots of information and support from help getting a new job and career coaching, to developing your skills or gaining a qualification at kingston.gov.uk/employmentandskills



Support for children and families

There is lots of support available for you and your family. From early education and childcare funding to free school meals and pre loved clothes and shoes.

Find out more at kingston.gov.uk/childrenandfamilies

Be aware of cost of living scams

Please be aware that there are various scams taking place across the country relating to the cost of living crisis. For information on these scams and what to look out for visit kingston.gov.uk/costoflivingscams

