

## Healthcare costs

You could get help to pay for health costs such as **NHS prescriptions, NHS dental treatment and sight tests.**

To find out what you could be eligible for, visit:

[nhsbsa.nhs.uk/check](https://nhsbsa.nhs.uk/check)

## Need help getting to appointments?

Sussex Patient Transport Service: **0300 123 9841**

East Sussex Flexibus: **01273 078 203**

For other local community bus service or transport schemes: [eastsussex.gov.uk/transport](https://eastsussex.gov.uk/transport)

## Mental health and physical health

Financial pressures can impact mental health and it's important to seek help if you are struggling.

Call **NHS 111** and select the mental health option for 24/7 confidential support. Or visit:

[eastsussex.gov.uk/mental-health-directory](https://eastsussex.gov.uk/mental-health-directory)

If you are disabled, or have a long-term health condition, contact **Possability People** for benefits advice or other cost-of-living support:

**01424 234 460** or visit [esussexadvice@possabilitypeople.org.uk](mailto:esussexadvice@possabilitypeople.org.uk)

## Support for older people

If you or someone you care for is 50+ and need money information and advice, contact:

**Age UK East Sussex 01273 476 704** or visit:

[ageuk.org.uk/eastsussex](https://ageuk.org.uk/eastsussex)

**Age Concern Eastbourne 01323 638 474** or visit:

[ageconcerneastbourne.org.uk](https://ageconcerneastbourne.org.uk)

## Information in one place

The East Sussex County Council cost-of-living webpages contain all the information in this leaflet, including emergency financial support, and much more:

[eastsussex.gov.uk/costofliving](https://eastsussex.gov.uk/costofliving)



Scan QR code

## National money guidance

The **Money and Pension Service** provides free money and pension guidance, tools and calculators to help improve finances:

**0800 138 7777** or visit [moneyhelper.org.uk](https://moneyhelper.org.uk)

## Local general advice and support

**Local Citizens Advice** provides advice and support on a wide range of topics, including the cost-of-living. Contact a local office:

<b>Eastbourne:</b>	<b>0800 144 8848</b>
<b>Hastings and Rother:</b>	<b>01424 869 352</b>
<b>Lewes District:</b>	<b>0808 278 7892</b>
<b>Wealden:</b>	<b>0808 278 7811</b>

For opening times and further information visit: [citizensadviceeastsussex.org.uk](https://citizensadviceeastsussex.org.uk)

## Support for families

If you have children you may be eligible for financial support to help with the cost-of-living, visit:

[gov.uk/browse/benefits/families](https://gov.uk/browse/benefits/families)

If you need advice on claiming disability benefits for your child or young person, plus family benefits and financial support, contact:

**Amaze** on **01273 772 289** or visit [amazesussex.org.uk/benefits-and-money](https://amazesussex.org.uk/benefits-and-money)

# NEED HELP?



# Help with the cost-of-living

## Information and support to improve your financial wellbeing

This leaflet has been developed by voluntary and statutory sector partners



East Sussex  
County Council

## Need help getting online?

Visit your nearest library for support to use the internet, free wifi and free access to computers:

0345 608 0196

[eastsussex.gov.uk/librarycomputers](http://eastsussex.gov.uk/librarycomputers)

## Access to employment

Do you need support to find work or access training?

Contact **Sussex Community Development Association** to find out about the **ESTAR Moving on Up** scheme:

01273 517 250 or visit

[eastsussex.gov.uk/employment](http://eastsussex.gov.uk/employment)

## Welfare benefits

The **East Sussex Welfare Benefits Helpline** provides confidential, specialist welfare benefits advice and support:

0333 344 0681

[benefitseastsussex@harcuk.com](mailto:benefitseastsussex@harcuk.com)

A **benefits calculator** can help you check that you are receiving all the welfare benefits you are entitled to, visit:

[moneyhelper.org.uk/en/benefits/benefits-calculator](http://moneyhelper.org.uk/en/benefits/benefits-calculator)

## Household bills

You could be eligible for cheaper broadband, phone packages, energy and water. To find out more about social tariffs, discounts, and priority registers, visit:

[eastsussex.gov.uk/yourhome](http://eastsussex.gov.uk/yourhome)

To find out about water pay schemes and to check eligibility:

**Southern Water**

0800 027 0363 or visit [southernwater.co.uk](http://southernwater.co.uk)

**South East Water**

0800 952 4000 or visit [southeastwater.co.uk](http://southeastwater.co.uk)

## Debts and bills to pay first!

It is important to deal with priority debts and bills first. These include, things like:

- rent and mortgage
- gas and electricity
- council tax
- court fines

Other debt and bills that have less risk if you miss a payment, but you should not ignore, are:

credit card and store card debts, payday loans and other unsecured personal loans, and catalogue debts.

## Debt advice

If you have debt, we know it can be overwhelming. It's important to know you're not alone, and there are organisations that can help:

**StepChange Debt Charity**

0800 138 1111

[stepchange.org](http://stepchange.org)

**Citizens Advice Debt Helpline**

0800 240 4420

[citizensadvice.org.uk/debt-and-money](http://citizensadvice.org.uk/debt-and-money)

## Budget planning

A **bill prioritiser** can help you to put bills and payments in the right order and tell you what to do if you are about to miss a payment or struggling to pay.

For more information, visit:

[moneyhelper.org.uk/way-forward/bill-prioritiser](http://moneyhelper.org.uk/way-forward/bill-prioritiser)

If you are on a low-income or your money varies each month a **budget planner** can help you save, get out of debt or plan for retirement. Try one out:

[moneyhelper.org.uk/budget-planner](http://moneyhelper.org.uk/budget-planner)

## Housing

Contact your **local housing office** for housing services and advice and to discuss housing options if you are homeless or facing homelessness:

[eastsussex.gov.uk/housing](http://eastsussex.gov.uk/housing)

**BHT Advice** provides free legal advice to those who are homeless, have received a notice or possession papers to leave their property or have severe disrepair that affects their health and safety:

**Eastbourne:** 01323 642 615

**Hastings:** 01424 452 618

[bht.org.uk/services/legal-advice](http://bht.org.uk/services/legal-advice)

For information about **BHT Housing Support Services** visit:

[bht.org.uk/services/homelessness/east-sussex-floating-support](http://bht.org.uk/services/homelessness/east-sussex-floating-support)

## Keeping warm and well

Anyone struggling to keep warm at home can get advice year-round through the **Warm Home Check Service**.

Text **WARM** to **80011** or phone **0800 464 7307**. If you're on a low income you may be eligible for a home check, visit:

[eastsussex.gov.uk/keepwarm](http://eastsussex.gov.uk/keepwarm)

**Warm Welcome Spaces** are free, inclusive and warm spaces. They offer community activities and cost-of-living information and advice:

[warmwelcome.uk/find-a-space](http://warmwelcome.uk/find-a-space)

## Food

If you are finding it difficult to meet your weekly food needs, community supermarkets, fridges and pantries, as well as food banks, can provide food and other support to people in financial crisis.

To check what is available in your local area and find out about schemes like Healthy Start and Free Schools Meals, visit:

[eastsussex.gov.uk/food](http://eastsussex.gov.uk/food)