**Cost of Living Help and Advice**

*(please check as some information changes rapidly and some offers may not be available)*

**TRAVEL**

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| Fuel price comparison sites | You can find the cheapest petrol and diesel prices nearest to you on the following websites | www.confused.com  www.petrolprices.com  www.gocompare.com |
| MOTs | If your car is in need of an MOT, you will find a useful guide to cheaper MOTs here: | <https://www.moneysavingexpert.com/travel/cheap-mot/> |
| Hospital / community Transport | Check with your hospital if they provide transport, or your local Community Voluntary Support for their community bus scheme | Social Prescribing Link Worker – via surgery  [www.community360.org.uk](http://www.community360.org.uk)  [www.braintree.gov.uk/community](http://www.braintree.gov.uk/community)  [www.essexhighways.org/getting-around/bus/community-transport/demand-responsive-transport-dart](http://www.essexhighways.org/getting-around/bus/community-transport/demand-responsive-transport-dart) |

**FOOD**

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| Free kids’ meals: Asda Cafe | Every week, Monday - Friday from 4pm, kids under the age of 16 eat for FREE when you spend £4 in their cafe! | Nationwide |
| Free kids’ meals: Morrisons | Morrisons have FREE kids’ meals from 3pm on weekdays when an adult spends £4.50 in their restaurant. | Nationwide |
| Free kids’ meals: Dunelm Café | Kids eat free when adults spend £4 in Dunelm's Pausa Cafes. | Nationwide |
| Free kids’ meals when adults spend £10: Beefeater Grill Restaurant | Until 10.30am every day, if you buy yourself a Premier Inn Breakfast (£9.95) from a Beefeater Grill Restaurant, up to two under-16s eat for FREE! | Nationwide |
| Free kids’ meals when adults spend £10: Brewers Fayre | Kids eat breakfast for FREE any day of the week until 10.30am if you purchase breakfast (£9.50) at one of their restaurants | Nationwide |
| Too Good To Go | The Too Good to Go app helps to reduce food waste and save you money at the same time by buying 'end of the day' food from local cafés, bakeries and restaurants which have leftover, and lets you buy it at a discounted rate. | <https://toogoodtogo.ie/en-ie> |
| Low-Cost Cooking | Jack Monroe's Cooking on a Bootstrap website is filled with ideas and recipes for making the most out of the cheapest ingredients and discounted items in the shops. | <https://cookingonabootstrap.com/> |
| Local foodbanks | If you’re finding it hard to pay for food and basics, local Foodbanks can provide emergency supplies. To access support from a Foodbank, you will need to be referred for a Foodbank voucher by an agency like Citizens Advice, Housing Support, children’s centres, and social services. | <https://www.trusselltrust.org/get-help/> |
| Community Fridges | Similar to Foodbanks and too good too go. Local shops, residents and businesses donate food to the fridge for the community to access | Halstead – near the mill  Great Bardfield – town hall  To set up a Community Fridge [www.hubbub.org.uk/the-community-fridge](http://www.hubbub.org.uk/the-community-fridge) |

**HEALTH COSTS**

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| Pre Payment Certificate | PPC is a cost-effective way I you pay for medications and have them on a regular basis.  A prescription costs £9.35 per item, but prepaying for an unlimited number of prescriptions is:  £30.25 for 3 months  £108.10 for 12 months (or 10 Direct Debit instalments of £10.81) | <https://services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate/start> |
| Prescriptions | These have been frozen by the government at £9.35 per item |  |
| Dental | Many dentists are not taking on new patients, check in your area, or call yours to make sure you are on their register. | fees are banded and remain the same  Band 1: £23.80  Covers an examination, diagnosis and advice. If necessary, it also includes X-rays, a scale and polish, and planning for further treatment.  Band 2: £65.20  Covers all treatment included in Band 1, plus additional treatment, such as fillings, root canal treatment and removing teeth (extractions).  Band 3: £282.80  Covers all treatment included in Bands 1 and 2, plus more complex procedures, such as crowns, dentures and bridges. |

**FINANCE SUPPORT**

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| Money Saving Expert | Money Saving Expert Martin Lewis shares his Money Tips and the latest financial advice | cost of living crisis help at https://www.moneysavingexpert.com/ Free debt advice and help <https://www.citizensadvice.org.uk/> |
| Stepchange debt charity | Provide free, confidential and expert debt advice and money guidance, recommend the best solution or service for your circumstances | [www.stepchange.org](http://www.stepchange.org)  0800 138 1111 |
| Turn2us | Support to access welfare benefits, charitable grants and other financial help. Their website includes a benefits calculator, grants search database, information on welfare benefits, charitable grants and managing money | www.turn2us.org.uk |
| Citizens Advice | Give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem, offer confidential advice online, over the phone, and in person, for free. | [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  0808 278 7852 |
| Benefits | Apply online for benefits using the DWP links  Universal credit  Attendance Allowance  Personal Independence Payment  Child benefit  *(common benefits*) | www.gov.uk/browse/benefits |

**FINANCIAL HELP IN AN EMERGENCY**

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| Essex Essential Living Fund | In the event of an emergency, help can be provided through the Essex Essential Living Fund to pay for bills and essential household items.  The Essential Living Fund can help to pay for:   * furniture * clothing * fuel connection charges * daily living expenses such as food and toiletries   You must live in Essex and apply through Southend Borough Council. | [www.southend.gov.uk/extra-financial-help/essential-living-fund](http://www.southend.gov.uk/extra-financial-help/essential-living-fund) |
| Budgeting Loans | Budgeting Loans can help to pay for:   * furniture * rent * home maintenance * clothing * travel costs * other living expenses   They are only available to people who have been on certain benefits for at least 6 months. | [www.gov.uk/budgeting-help-benefits](http://www.gov.uk/budgeting-help-benefits) |

**MISCELLANEOUS**

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| Warm Homes Essex | Provide access to emergency fuel payments  Help you maximise your income  Ensure you are receiving all the benefits you are entitled to  Help you with fuel debt  Provide tips on saving energy around your home  Help select the best energy tariff  Provide access to grants for energy saving improvements  Provide free energy saving devices for your home | Phone: 0300 3033 789  Website: www.warmhomesessex.org.uk |
| Braintree Council | Support with applying for housing and council tax benefits | [www.braintree.gov.uk/benefits](http://www.braintree.gov.uk/benefits)  01376 552525. |
| Eastlight Community Homes | Support with all housing needs (tenant) and benefit advice and support for tenants.  Aids and adaptations team for equipment or minor alterations to your home | [www.eastlighthomes.co.uk](http://www.eastlighthomes.co.uk)  0330 128 0330  Text on 07860 024511 – no emojis or pictures. |
| UK Power Networks | Find your supplier, info on power cuts, scheduled or sudden in your area. Priority Services Register for vulnerable, sick and frail people | [www.ukpowernetworks.co.uk/power-cut/priority-services](http://www.ukpowernetworks.co.uk/power-cut/priority-services)  [www.ukpowernetworks.co.uk](http://www.ukpowernetworks.co.uk)  Power cut? [0800 31 63 105](tel:0800%2031%2063%20105)  or  [105](tel:105) |