

Unpaid Caring Costs: Help with the Cost-of-Living (Winter 2022/23)

Marches Energy Agency offers **free and impartial advice** around energy bills, heating your home and energy efficiency



0800 677 1332
wdd@mea.org.uk



The **Financial Checklist for Carers** could help you to claim or increase your welfare benefits.

Mobilise Financial Checklist



**citizens
advice**

Call **0808 223 1133** for free energy advice and support
Citizens Advice Energy Grants and Benefits

Offers & Discounts

£1 meals for children under 16 at Asda, no minimum adult meal spend until end of 2022

A free meal for one child under 16, minimum adult meal spend of £4.99 at **Morrisons**

Weekly discount of **10% off for people over 60** at **Iceland** on Tuesdays

Support from your water or energy company

Severn Trent Water can set up a payment plan or may offer a reduction. Call **0345 7500 500** (Monday to Friday, 8am to 8pm) and ask about the Big Difference Scheme

United Utilities can support customers in North West Derbyshire - call **0800 072 6765**

South Staffs Water cover some areas of South Derbyshire - call **0800 093 0610**

Speak to your energy provider if you're struggling - they have a duty to offer an affordable payment plan or provide emergency credit if you use a prepay meter

Government Funding paid automatically

Energy Bills Support Scheme

Every household will receive £400 off their electricity bill, in six instalments, starting October 2022

Winter Fuel Payment

You should receive this at state pension age, but sometimes you need to apply. Call 0800 731 0160 if you are eligible and not in receipt

Warm Home Discount

You are eligible for a one-off payment, added as credit to your bill, if you receive the 'Guarantee Credit' portion of 'Pension Credit'

Cold Weather Payment

Paid if the average temperature in your area is recorded as, or forecast to be 0°C or below over seven consecutive days

Cost of Living Payment

You may be eligible if you're getting certain benefits or tax credits and will be paid automatically

If you live in Derbyshire...



If you are struggling to eat due to the rise in the cost of food, consider using a food bank. You may need to be referred or make a small donation fee. For more information on food bank locations or eligibility call **01629 592970**

If you want to discuss how you're feeling or need support to continue caring, contact Derbyshire Carers Association on **01773 833833**

Welfare Benefits

If you're not sure if you're missing out on benefits, the welfare rights team can help. Call **01629 531535** from 11am - 4pm on Monday, Tuesday, Thursday & Friday or email: welfarebenefits@derbyshire.gov.uk

For more details of support available, [Derbyshire Carers Association Cost of Living Crisis](#)



If you live in Derby City...



Food 4 Thought support people who are experiencing food poverty in Derby. Call **01332 346266** or email df4ta@communityactionderby.org.uk

The **Energy Advice Team** at Derby Homes can give advice on how to save energy and make your home warmer. Call **01332 888 777** Mon to Fri 9am - 3pm or email contactus@derbyhomes.org

If you want to discuss how you're feeling or need support to continue caring, contact **Universal Services for Carers** on **01332 228777** or email carers@citizensadvicemidmercia.org.uk

For more details of support available, [Community Action Derby Cost of Living Help Guide](#)

Warm Hubs & Spaces

There are many warm, welcoming and free spaces opening up around the county.

To find your nearest Warm Space and what it can offer...

Chesterfield - call 01246 345345

Bolsover - call 01909 476118

If you live in Derbyshire Dales or High Peak, you can attend warm spaces at...

The Whitworth, Darley Dale, DE4 2EQ every Wednesday 9:30am to 4:30pm (until February 2023)

Derbyshire Record Office, New Street, Matlock DE4 3FE Tuesday to Friday, 9.30am to 5pm

Buxton Museum and Art Gallery, Terrace Road SK17 6DA Tuesday to Saturday, 10am to 5pm

Libraries, sports centres & supermarkets also offer seating areas and cafés where people can go to be warm