

# Support with the Cost of Living

If you're worried about the cost of living rise there's help and support available locally.

This leaflet has information about some of the key support available across Derbyshire.

You can also find more advice and information at [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving) and also at [www.ruralactionderbyshire.org.uk/foodbanks](http://www.ruralactionderbyshire.org.uk/foodbanks)



Don't miss out. Visit:  
[www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)

HELPING YOU TO  
CLAIM YOUR ENTITLEMENT



## Free school meals

If you have children then they might be eligible for free school meals up to the age of 18 .To find out more visit [www.derbyshire.gov.uk/freeschoolmeals](http://www.derbyshire.gov.uk/freeschoolmeals)

## Healthy Start Scheme

If you're more than 10 weeks pregnant - or have a child aged under four- you may be able to get help to buy healthy food and milk with the NHS Healthy Start Scheme. Find out more here: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Funded childcare for two, three and four-year-olds

If you have younger children then you might be eligible for up to 30 hours of funded childcare a week dependant on your circumstances.

Find out more here: [www.derbyshire.gov.uk/childcarecosts](http://www.derbyshire.gov.uk/childcarecosts)

## Lowering energy use

Energy costs are rising rapidly. While we can't reduce the price of energy we can help you reduce the amount you use, to help lower your bills. Find out more here: [www.derbyshire.gov.uk/energygrants](http://www.derbyshire.gov.uk/energygrants). For support with energy bills you can call Marches Energy Agency on **0800 677 1332**.

## Cost of Living support

Find out about national support at: [costoflivingsupport.campaign.gov.uk](http://costoflivingsupport.campaign.gov.uk)

## Borrowing and saving

You can get information about lower cost alternatives to pay day loans, savings and community banks at [www.derbyshire.gov.uk/savingsandcredit](http://www.derbyshire.gov.uk/savingsandcredit)

## Household Support Fund

The household support fund (HSF) is available to help Derbyshire residents facing financial hardship. Find out more about the HSF and other support at [www.derbyshire.gov.uk/householdsupportfund](http://www.derbyshire.gov.uk/householdsupportfund) or call **01629 533399**.

## Benefits check up

You could be missing out on benefits that you're entitled to. We can carry out a benefits check for you. Find out more at: [www.derbyshire.gov.uk/welfarebenefits](http://www.derbyshire.gov.uk/welfarebenefits)



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# Support with the Cost of Living

If you're worried about the cost of living rise there's lots of support available locally.

This leaflet has information about some of the key support available for parents, carers and families in Derbyshire.

You can also find more advice and information at [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)



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## Free school meals

Your child could be eligible for free school meals aged up to 18 if you're on certain benefits. Find out more at: [www.derbyshire.gov.uk/freeschoolmeals](http://www.derbyshire.gov.uk/freeschoolmeals)

## Holiday activities and food programme

This programme offers school holiday activities and healthy food for children across Derbyshire. The sessions are free for families who claim benefit related free school meals. Find out more at: [www.derbyshire.gov.uk/haf](http://www.derbyshire.gov.uk/haf)

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Find out more here: [www.derbyshire.gov.uk/childcarecosts](http://www.derbyshire.gov.uk/childcarecosts)

## Tax-free childcare

Families who are in work and who pay for Ofsted-registered childcare may be eligible for the tax-free childcare scheme. Find out more at

[www.gov.uk/taxfreechildcare](http://www.gov.uk/taxfreechildcare)

## Mental health and wellbeing

Looking after your emotional and mental health is really important in worrying and stressful times. Get support here: [www.derbyshire.gov.uk/mentalhealth](http://www.derbyshire.gov.uk/mentalhealth)

## Free healthy lifestyles support

Derbyshire residents can get FREE support to stop smoking, lose weight and get more active with [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)

## Benefits check up

You could be missing out on benefits that you're entitled to. Our Welfare Rights Team can do a benefits check for you.

Find out more at: [www.derbyshire.gov.uk/welfarebenefits](http://www.derbyshire.gov.uk/welfarebenefits)



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