

# Help with the cost of living - Local fact sheet of useful information

**Age UK** - Free money advice including maximising your benefits

Call 0800 019 1310 between 9am-2pm Monday-Friday

**Carewise** – expert information/advice on paying for care 0330 222 7000

## **Chichester District Council**

- Business support – [www.chichester.gov.uk/helpforbusinesses](http://www.chichester.gov.uk/helpforbusinesses)
- Council tax - in receipt of Universal Credit-apply for council tax help
- Social prescribing - 01243 521041 -  
Help with your housing/financial situation/support getting into work/caring for someone and needing a break/practical or emotional support to help a challenging situation/information on local groups, activities and courses
- Wellbeing support - 01243 521041

**Citizens Advice** – 0808 278 7901 / Chichester - 0344 477 1171

- Advice on everything!
- Energy telephone service - 01243 974063 (Mon-Fri 10am-4pm)  
Check you are on the best tariff/look at ways to save money/information on local & national schemes to keep warm & well/help find funding for energy saving & heating measurers/support with energy & household debts
- **Petersfield CAB** - in Petersfield Library 0808 278 7901

## **Debt advice**

- **Christians against poverty** – free debt counselling 0800 328 0006
- **Money Helper** – confidential and trusted debt advice supported by the government [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

## **Discretionary grants**

- **Rogate Vicar's discretionary fund** – contact Rev. Edward Doyle 821576
- **Rogate Combined Charity** – contact Laura Craven 01730 821392

**Domestic Abuse Helpline** – 0808 2000 247

## **Energy bills**

- If you are struggling to pay your energy bill **contact your provider**
- Citizens advice free energy telephone service - 01243 974063
- Ofgem [www.ofgem.gov.uk](http://www.ofgem.gov.uk) info if you can't afford your energy bills
- Priority service register –SSEN 0800 072 72 82
- WSCC Community hub - 033 022 27980

▪ **Warmer homes** - 0800 038 5737

- help you find funding for energy saving & heating measurers
- information on schemes to keep you warm & well
- support with energy and other household debts

## **Food and other household costs**

- Community hub/food vouchers (through WSCC as below)
- Liss Foodbank – text 07598 949379
- Midhurst Foodbank - 07826 397732
- Petersfield Foodbank – 07978 693142
- Petersfield Free Shop (food/school uniforms/coats & other items) - 07988 043870 – The Hub, Petersfield train station – open Wednesdays (1.30-3.00pm); Fridays (10-12pm) Saturdays (10-12pm).

**Government Information** - <https://helpforhouseholds.campaign.gov.uk>

**Hospital transport** – Tandem 0300 030 3962

**Universal credit** – **claim team** 0800 144 8 444 (Mon-Fri 8am-6pm)

## **West Sussex County Council**

- **Bus passes** for older persons
- **Community Hub** is open seven days a week offering information and advice about support available
  - **Urgent support** (if you are going to run out of food within two days) **phone 033 022 27980** between 9am-5pm seven days a week
  - Household support fund can help eligible residents who are struggling with costs of fuel or food bills. You don't have to be receiving benefits to access help - if you do receive benefits they won't be affected in making an application via this scheme.
  - **Midhurst Community hub** at the Grange is a one stop advice centre for surrounding areas - 07758 581208
- **Drop into a library**  
Info & advice/Internet access & help to get online/access to direct support from range of partners (including health & wellbeing & financial advice)
- **Holiday Activities & Food programme** for children who receive benefits-related free school meals holiday activities and £15 per week supermarket vouchers during school holidays.

***If in doubt – contact Midhurst Community hub in the Grange on 07758 581208***

Rogate Parish Council – July 2023

