

Cost of living support



Local support available

Supporting
you with rising living costs



Kingston Stronger Together

Supporting one another with the rising cost of living



www.kingston.gov.uk/costoflivingsupport

RBK: Household Support Fund

- Thanks to fantastic partnership working, we were able to successfully support **over 2500 households in the previous rounds of this scheme as well as provide over 12000 vouchers to families with children on Free School Meals**. We would like to continue to reach as many households as possible, who are need of support.
- Kingston has been granted up to £860,000 from the Department of Work and Pensions in a third round of funding to support low income households in Kingston, who are struggling to afford food, utility bills and other essentials.
- This funding runs from **1 October 2022 - 31 March 23**.
- Applications can be made by professionals on behalf of a resident or residents can apply directly via [RBK's website](#) and is a short Google Form.
- Any enquiries: householdsupportfund@kingston.gov.uk or telephone RBK's contact centre of 0208 547 5000 requesting a call back from the Household Support Fund team.

Voluntary & Community Sector grants

- We are inviting Voluntary and Community Sector organisations to apply for projects that will help people stay warm and well, and access meals and equipment and support.
- The funding retains flexibility in how this money can be spent and we are hoping to include the following:
 - Nutritional meals for residents, especially clinically vulnerable residents
 - Warm Spaces for residents to attend
 - Support with food; energy/utility bills, essentials e.g. bedding, boiler repairs, clothing
 - Provision of household equipment to help with keeping warm, eg. electric blankets, hot water bottles and thermos flasks
- For more information is available on the [RBK website](#) or [email the team](#).

RBK: Cost of Living

<https://www.kingston.gov.uk/costoflivingsupport>



Financial support

Household Support Fund

The Government have made additional funding available for low-income households in Kingston who meet the criteria and who are struggling to afford food, fuel, utility bills and other essentials. You can apply yourself or ask a professional/someone who supports you to apply on your behalf using this form. For more information, including the eligibility criteria, please go to the [Household Support Fund pages on the RBK Website](#).

Help to increase your monthly income

- [Turn2Us](#) - a national charity providing practical help to people who are struggling financially. Try out their [benefits calculator](#) or call the helpline on 0808 802 2000
- [Universal Credit](#) - if you are working, but on a low income, you may qualify for Universal Credit, you can [apply online](#).

If you need help applying for Universal Credit then contact [Kingston Citizens Advice](#) who offer help to claim - 0800 1448444

Disability and carers benefits

- Find out if you're eligible for [Disability Living Allowance \(DLA\)](#). This is for people living with a disability or long term health condition and who are under 16 years of age. More information can be [online](#) or call 0800 121 4600
- [Personal Independence Payment \(PIP\)](#) for those working-age people living with a disability or long term health condition. [Find out more online](#) or call 0800 917 2222
- [Attendance Allowance \(AA\)](#) is available if you are state pension age or over, and you have a disability severe enough that you need help from someone to look after you. Find out more [online](#) or call 0800 731 0122
- [Carer's Allowance \(CA\)](#) is available if you care for someone 35 hours per week and they receive certain disability benefits. Find out whether you're eligible and [how to claim online](#).

CAK: Cost of Living Toolkit

<https://www.citizensadvicekingston.org.uk/?portfolio=cost-of-living-crisis-2>

Information and advice to help local people cope with the cost of living increases. Find out more information by calling 020 3166 0953.



Are you worried about how to cope with cost of living increases? We have information and advice to help you. However bleak things seem, it is never too late to ask for help and whilst there are no magic wands, there are some things you can do to help make things a bit better... [click here for more detailed help](#)

16th February 2022

[debts & money](#)

[fuel poverty](#)

[benefits](#)

Worrying About Money

Leaflet PDF: <https://ifanuk.org/kingston-leaflet>

Digital Version:

<https://www.worryingaboutmoney.co.uk/kingston>

Worrying about money?

Support is available in Kingston



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 6)

See options 1 2 6

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See options 1 2

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 3


I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 1 4

Connected Kingston: Money Matters

<https://www.connectedkingston.uk/results?category=9857fe1c-17dc-4994-819d-1977ea416633>

Results for 

Money Matters
The following resources will help you get the best advice to help you deal with your financial issues.

Cost Free


View As

Financial Inclusion Team
The [Financial Inclusion Team](#) at Kingston Council can help you to manage your money. They're available to help you make the most of your money and avoid rent arrears, council tax arrears and all those other debts that can so easily build up.


Benefits and Work
Get the [Benefits you're entitled to](#). Are you worried that the forms are complex and unclear, the medicals may be rushed and inaccurate and the decisions unfair? If so, use our expert, step-by-step guides and give yourself the best possible chance of getting your legal entitlement.

Turn 2 Us
Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track. Check benefit entitlement, search for a grant and find information and help.


Over 25 services found

Turn2us
Turn2us 

Turn2us is a national charity providing practical help to people who are struggling financially.
[View More >](#)

Welfare Benefits Advice
Citizens Advice Kingston 

We can help you to find out what benefit entitlement you have, to make a claim and to challenge a decision if you have been turned down.
[View More >](#)

Freedom Pass
Freedom Pass 

Guildhall 2
A Freedom Pass gives free travel across London and free local bus journeys nationally.
[View More >](#)

GLA Cost of Living Toolkit

<https://www.london.gov.uk/what-we-do/communities/help-cost-living>


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Help with the cost of living


We are living in difficult times, where the price of energy, food and bills are all rising steeply. Many Londoners are struggling to keep up with the cost of living. If you're struggling with money, it's important to remember that you're not alone and there are people and organisations that can support you.

This Hub contains information about benefits, grants and discounts you can get if you're in financial difficulty, from the Mayor of London, the government, your local council, charities and advice centres. The information might be relevant for you, or you might want to share it with someone you know.




Help with your income

Find out how to claim the full range of benefits you're owed, and other ways to increase your income



Help paying your bills

Find out more about help to pay for energy and water bills, rent, childcare, TV, broadband, Council Tax and other costs.



Support near you

Search for benefits and advice available in your borough

Mental Health Links - emotional support

GLA Cost of Living Toolkit - money worries and mental health

- Struggling with money and debt can be a stressful & lonely experience.
- Whether you would like to feel more in control of your finances, or would like specific support for your mental health, there are options available to help you feel better.
- Support helplines are available for those in need of emotional support.
 - Samaritans - confidential support service for anyone experiencing distress or despair
 - Papyrus - helpline service to under 35s experiencing thoughts of self-harm or suicide
 - CALM (Campaign Against Living Miserably) - helpline for anyone who needs help.
 - The Silverline - anyone over 55 to provide friendship, conversation and support

Mental Health support

Connected Kingston (www.connectedkingston.uk/)

Connected Kingston lists a range of services and support available across Kingston (bit.ly/staying_mentally_well).

Mental Health First Aid

- Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.
- Online 20 minute suicide prevention training: <https://www.zerosuicidealliance.com/training>
- For details of future MHFA training contact Niza.ravi@kingston.gov.uk



Please get in touch

New services

In this presentation we have looked at the importance of signposting people to information that will support them in the community. If you would like more information or to provide us with more services to add to Connected Kingston, please get in touch.

Holiday offers

As we go into a holiday period for many, are there schemes to support people that the Council can help promote? Whether this be amongst staff or through resident and social media communications. Please do let us know.

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