

The Mencap logo consists of a blue speech bubble containing the word "mencap" in white lowercase letters. The background of the slide is a vibrant purple with abstract, organic shapes in shades of blue and teal.

mencap

Cost of living crisis update

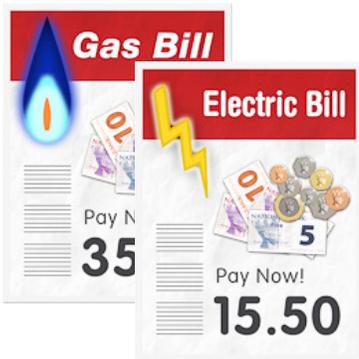
Friday 9 December 2022

About Mencap



- Mencap is a charity that works in England, Wales and Northern Ireland.
- We want the UK to be the best place in the world for people with a learning disability to live happy and healthy lives.
- One of the ways we do that is by campaigning for change.

What Mencap thinks about the cost of living crisis



- The cost of things we need to live are rising, but wages and benefits have stayed the same.
- We have spoken to people with a learning disability to understand how they are affected.
- We have also spoken to gas and electricity companies.

What Mencap thinks about the cost of living crisis



- The people we have spoken are very worried about the cost of energy and food.
- There are differences in how people think about money.
- There is not much accessible information available, which makes things much harder for people.

How Mencap is helping by campaigning



- We are running a campaign called **Priced Out and Forgotten**.

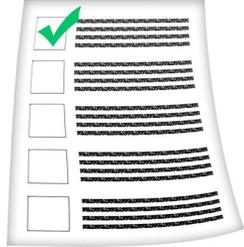


- We got a law passed that meant councils could not take cost of living payments to pay for social care.



- We also helped make sure that benefits will increase in line with **inflation** in April 2023.

How Mencap is helping by campaigning



- We think that there is more we can do to help people.
- We would like to see the increase to benefits paid more quickly. We think April 2023 is too late.
- We also want to make sure that the money people are left with after paying for social care goes up too.

How Mencap is helping by providing information



- We have developed a cost of living hub on our website.
- It includes information in accessible formats.
- https://www.mencap.org.uk/help-with-food-energy-and-money?utm_source=Main%20Nav&utm_medium=Main%20Nav&utm_campaign=Cost%20of%20Living&utm_id=Cost%20of%20Living

How Mencap is helping by providing information

Easy read guides



Cost of living crisis



What is the cost of living crisis?

The cost of things people need, like food, gas, electricity and petrol is going up quickly.



Some people are being asked to pay more for their care as well.



Wages and benefits are not going up as quickly, so it might get more difficult for people to pay for the things they need.

Accessible information

COST OF LIVING PAYMENTS TIMELINE

| | 2022 | | | | | | 2023 | | |
|--|--------------------------|--------|--------------------|--|--------------------|----------|---------|----------|-------|
| | July | August | September | October | November | December | January | February | March |
| £400 Energy Bill Support Scheme | | | | £400 in total spread over six months (credit on your electricity bill or vouchers if you have a meter) | | | | | |
| £650 Cost of Living payment | First payment of £326 | | | Second payment of £324 | | | | | |
| £300 Pensioner Cost of Living payment | | | | | Payment of £300 | | | | |
| £150 Disability Cost of Living payment | | | Payment of £150 | | | | | | |



How Mencap is helping by providing information



- Our learning disability helpline team can give you information about energy, money and benefits.



- Email helpline@mencap.org.uk – they will arrange to get in touch with you over the phone or by email

How you can help Mencap



- We have received some money to help us create accessible information about energy and money.
- What kinds of information do you think we should create?
- What else can Mencap do to help people with a learning disability?