

ENERGY AND BILLS

LEAP

LEAP is a free service that is helping people keep warm and reduce their energy bills. There is currently high demand for this service.

Tel: 0800 060 7567

Website: www.applyforleap.org.uk

West Sussex Affordable Energy

Advice on heating your home more efficiently from West Sussex Affordable Energy.

Website: www.westsussexenergy.co.uk

Home Energy Support

Home Energy Support can help you with tailor made home energy advice.

Tel: 01243 974063

Email: energy@arunchichestercab.org.uk

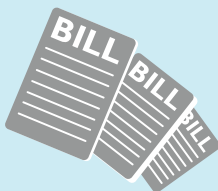
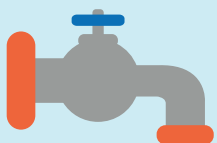
Southern Water

Struggling to pay your water bill? You may be entitled to help from one of our payment schemes.

Tel: 0800 027 0363

Email: payless@southernwater.co.uk

Website: www.southernwater.co.uk



Are you affected
by the rising cost
of living?

Advice and support is available if you are struggling to make ends meet.

This leaflet tells you about some key schemes, there is also more information online at:

www.adur-worthing.gov.uk/cost-of-living-support

MANAGING MONEY

Adur & Worthing Councils' resources

Find out for yourself what benefits or short-term grants you may be eligible for. Access the Councils' website for a range of self-help guidance.

Website: www.adur-worthing.gov.uk/cost-of-living-support

UK Government

'Help for Households' has information about all the UK Government's cost of living financial support.

Website: www.helpforhouseholds.campaign.gov.uk

West Sussex County Council

Eligible state pensioners can apply to the WSCC Community Hub Household Support Fund for help with energy, food and water bills.

Tel: 033 022 27980

Website: www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-information/advice-and-support/community-hub

Citizens Advice

Free general advice and guidance on debt and benefits, consumer rights and hardship payments.

Tel: 0808 278 7969

Website: www.advicewestsussex.org.uk/worthing

Stepchange

Free debt charity offering free online debt advice and money management.

Tel: 0800 138 1111

Website: www.stepchange.org



Need help with benefits?

Our website has a benefits calculator to help you check how much you may be entitled to.

Website:

www.adur-worthing.gov.uk/cost-of-living-support/benefits

OneStop Junction

Access a range of free services under one roof. Gives advice on benefits, debt, maximising your income as well as budgeting advice and hardship payments.

Email: enquiries.onestop@adur-worthing.gov.uk

Website: www.onestopjunction.org.uk

FOOD AND HOUSING

Food banks

Find your nearest foodbank through the council website.

Website:

www.adur-worthing.gov.uk/community-wellbeing/foodbanks

Adur & Worthing Food Partnership also offers advice and support.

Website: www.awfood.org.uk/support

Healthy Start

Prepaid cash card for food and milk for pregnant women and parents with children under 4.

Website: www.healthystart.nhs.uk

Turning Tides

Help, advice and support on homelessness issues.

Tel: 01903 680745

Website: www.turning-tides.org.uk/get-help

