

Cost of Living Support Leaflet

SUPPORT, ADVICE, AND RESOURCES TO HELP YOU THROUGH THE COST OF LIVING CRISIS.

IAN LAVERY



MEMBER OF PARLIAMENT FOR WANSBECK



FOREWORD

Dear Constituent

Over the past few weeks I have been organising and holding a number of cost of living support sessions across the constituency to help people understand what support and advice is available to them throughout this difficult time.

This short leaflet is designed to advise and direct you to what support is on offer if you are struggling to pay your bills, put food on the table, or are struggling with your mental or physical health.

This is not an exhaustive list but is hopefully a starting point to getting the help you need should you find yourself in a difficult situation.

Should you need anymore information please do not hesitate to contact my office at ian.lavery.mp@parliament.uk and we will do whatever we can to help.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'Ian Lavery', with a stylized, cursive script.

Ian Lavery
Member of Parliament for Wansbeck

ENERGY



Energy prices have increased rapidly compounding the cost of living crisis.

There are grants and support schemes to help pay your energy bills this winter that you should know about:

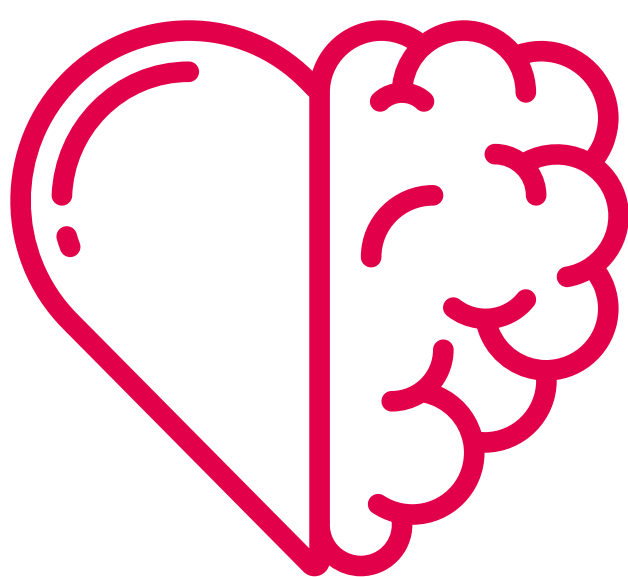
Energy Bills Support Scheme - £400 for all households. You do not need to apply for this.

Winter Fuel Allowance - Eligible for up to £600 if born before September 25 1956.

Warm Home Discount Scheme - Currently under review by the government.

Cold Weather Payment - You may be eligible for this if you are on certain benefits. £25 each 7 day period of very cold weather over winter.

MENTAL HEALTH



The cost of living crisis may result in a decline in both your mental and physical health.

it is crucial that if you are struggling to speak out. Here are some resources and organisations who could help:

Mind Charity - Charity deidcated to mental health support. Useful resources and emergency hotlines on their website.

Samaritans - Free to call 24/7 hotline to speak to someone and have a chance to talk.

Be you - Mental health support website developed by Northumberland County Council.

Your local GP is also a valuable resource to go to see if you are struggling with your mental health.

PENSIONER SUPPORT



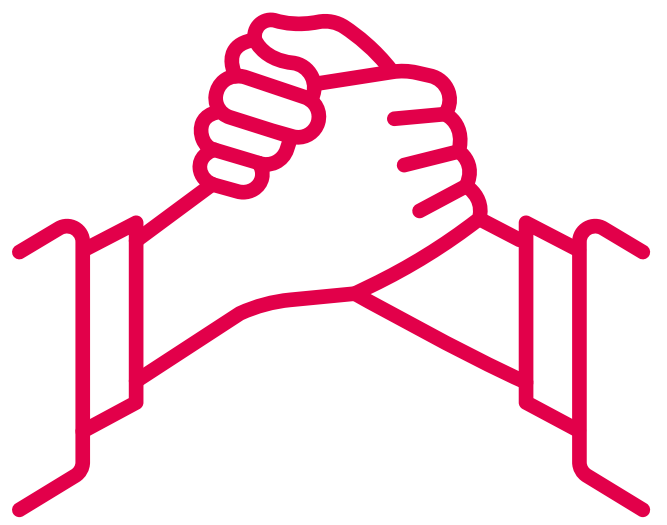
There may be support you are entitled to if you are a pensioner that you may not be aware of. Pensioners will be disproportionately affected by the cost of living crisis so it is important you know what you can claim:

You may be entitled to pension credit if you are over state pension age and on a low income. Check the government website or contact my office and we will help you check.

You may also qualify for attendance allowance. Again please contact my office if you think you or anyone you know may be eligible and we will help find out.

Pensioners will get £300 extra to help with the cost of living on top of the winter fuel allowance. Again please contact my office if you are having any issues with this.

GENERAL & LOCAL SUPPORT



There is support from a range of community organisations committed to helping and supporting the local area:

Wansbeck Valley Foodbank - Food parcels available across Wansbeck free of charge.

Full Circle Food - Cooking classes and food education sessions located in Ashington.

Northumberland Communities together - Branch of NCC comitted to community support.

Citizens advice - Offer a wealth of advice and support on anything from benefits, tax, grants, and much more.

Wansbeck Labour Party - The WLP are a committed group of activists who will support you in any way possible. Contact them on their social media.

USEFUL WEBSITES AND LINKS



Click on the text to go to the website:

[Citizens Advice](#)

[AgeUK](#)

[Shelter](#)

[Government Website](#)

[Mind](#)

[Samartians](#)

[Wansbeck Valley Food Bank](#)

[N'land County Council](#)

[N'land Communities Together](#)

[Alzheimer's Society](#)

[N'land Domestic Abuse Services](#)

[N'land Libraries](#)

[Advance N'land](#)

[Reading for Wellbeing N'land](#)

GET IN TOUCH

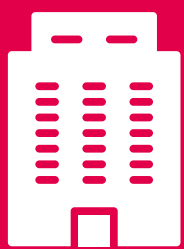
CONTACT ME



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FOLLOW ME

To keep up to date with my work in Wansbeck visit my Website or follow my Facebook, Twitter and Instagram accounts by clicking on the icons below.

You can also sign up to my weekly newsletter on my website providing an update in your inbox every Friday.



IAN LAVERY MP
WORKING FOR WANSBECK



Labour