

Resources

-   **Cost of Living Resources** 
-   **Energy Cost** 
-   **Budgeting, Families and Hardship grants** 
-   **Food, clothes and crisis** 
-   **Councils Advice** 
-   **Challenge Poverty** 

Cost of Living resources

1

[City of Edinburgh Council Cost of Living Information](#)

Information on the range of cost of living help and resources available for people in Edinburgh (Energy Bills, Money worries, Benefits, grants etc)

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL



2

[Turn2Us](#) helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through partner organisations.



3

[Martin Lewis Money Saving Expert](#) For advice on entitlements and ways to save money



Energy Cost

1 [Home Energy Scotland](#) provide advice and information on how to reduce energy bills. This can include grants for heating and insulation.

Check out the website and/or phone **0808 808 2282** (open 8-8 Mon-Sat) to see what help you may be able to get.



2 **Register as a priority household** If you a Priority Household e.g. elderly, with young children, have a disability or serious health condition you can register to ensure that you get swift assistance if there's a problem with energy supply. Call 0330 10 10 167 or email customercare@spenergynetworks.com



3 **Warm Home Discount Schemes** These are for people on low incomes and in receipt of certain benefits. Each energy supplier opens its scheme at different times so keep checking your supplier's website to see.

Lots of information and advice for people struggling with fuel bills can be found on the [Martin Lewis money Saving Expert website](#)



4 **Housing Associations** can also help with fuel poverty – check their websites.

Budgeting, Families and Hardship grants

1

Budgeting

This is a helpful tool for you to see what money you have coming in and what you need to pay out

[Budget Planner](#)



2

Families

In addition to the resources above, Child Poverty Action Group also has a factsheet that explains what families with younger children may be entitled to [Financial Help Early Years](#)



3

Hardship grants

The Action Group can make hardship grants for people supported by HAACS, CAATS and their carers who are in need of essentials. It can also administer grants for Edinburgh Parent Carers who need essentials or need a short break from caring. Email advice@actiongroup.org.uk or call **0131 475 2315** and ask for an adviser to call you back.



Food, clothes and crisis

1

Foodbanks are available across Edinburgh and the Lothians. Many require you to be referred. Help to get clothes is also available for adults and children - again, you need to be referred to many of them. You can apply to the Scottish Welfare Fund for a Crisis Grant. This [Crisis guide](#) provides information on some of the help available in Edinburgh.



2

Remember: If you are struggling to make ends meet and you receive any service from The Action Group or you are a parent carer (Parent caring for a child or adult with a disability), contact our advice team for tailored help and advice on how to maximise your income. Our advisers can also assist by making applications for grants and trusts and refer you to foodbanks and for clothes. Email advice@actiongroup.org.uk or call **0131 475 2315** and ask for an adviser to call you back.



3

If you are a staff member who is struggling with costs, use the resources above or book an appointment with an **adviser at a Council advice service, Citizens Advice Bureau** or other local advice agency to see what help you might be able to get. (*See crisis guide for contact details of advice agencies in Edinburgh*)

Councils Advice

1

Midlothian Council Advice

- ❑ [Stay warm and well this winter | Support coping with rising living costs](#) | [Midlothian Council](#)
- ❑ [Welfare Rights Service](#) | [Benefits advice](#) | [Midlothian Council](#)



2

East Lothian Council Advice

- ❑ [How our Financial Inclusion team can help](#) | [Welfare rights and advice](#) | [East Lothian Council](#)



3

West Lothian Council Advice

- ❑ [Advice Shop - West Lothian Council](#)



4

Falkirk Council Advice

- ❑ [Benefits & support - Help with welfare benefits](#) | [Falkirk Council](#)



Challenge Poverty

1

If you feel angry about the cost of living crisis and want to have your voice heard, you can join campaigns or write directly to your MP/MSP/Local Councillor



WriteToThem



2

[End Poverty Edinburgh:](#) This brilliant group shares their experiences and works towards Edinburgh being an inclusive city for all.



Edinburgh
Poverty
Commission



3

Campaigns

Together we can redesign the economy so it works for everyone. Take action to end poverty in Scotland.



the
**POVERTY
ALLIANCE**

WORKING TOGETHER TO COMBAT POVERTY



CHALLENGE
POVERTY
WEEK

Challenge Poverty Week

3 - 9 October 2022

