



There is help for millions of households with the cost of living

With more than **40 schemes** to help with the cost of living, discover what **support is available** for you at **gov.uk/helpforhouseholds**

If you live in Scotland, Wales or Northern Ireland eligibility criteria may vary, and there may be different or additional help available.



Scan to find out more

Discover the support available

Find out more at gov.uk/helpforhouseholds

Cost of Living Payments

Households on certain means-tested benefits can get **Cost** of Living Payments. Those who are eligible for an automatic payment will be paid £300 in Autumn 2023 and they could also get another payment of £299 by Spring 2024. Pensioner households will also receive £300, which will be paid as a top up to those eligible for the Winter Fuel Payment. Those on certain disability benefits were also paid the Disability Cost of Living Payment over the summer.

Household costs

Many providers are offering **cheaper broadband** and **mobile phone packages** for people claiming certain benefits. Some deals are as low as £10 per month. The government-funded **Household Support Fund** can also help with the costs of essentials in England, and there's additional **financial support with Council Tax and Water bills.**

Solution Financial support

Those on a low income, out of work or unable to work, could be eligible for **Universal Credit to help with living costs**. People over the **State Pension Age** could get extra money through **Pension Credit**, even if they have savings or own their own home.

Childcare support is expanding

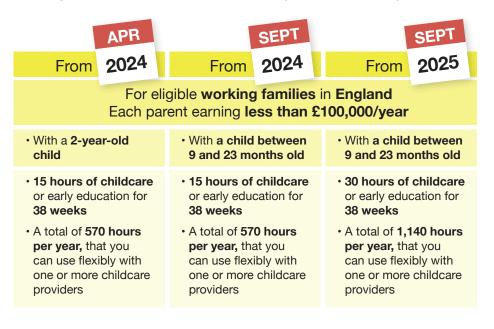
Parents can get affordable, high-quality childcare to ensure that children get a great start in life.

Support is already available through Tax-Free Childcare, which can be used to help pay for out-of-school clubs, as well as 15 or 30 hours of childcare* for nurseries or childminders.

Parents on Universal Credit can also claim back up to 85% of their childcare costs, with eligible parents now also able to get extra help with their costs upfront when they move into work or increase their hours. Working parents on Universal Credit can now get more for their monthly childcare costs. This could be up to £951 a month for 1 child, or up to £1,630 for 2 or more children.

Visit **childcarechoices.gov.uk** to find out more about childcare support you could be eligible for now and in the future.

And from **April 2024**, the government is **increasing childcare** and **early education support for working parents in England** as part of the biggest expansion to childcare ever. Eligible **working parents** with a **2-year-old** (who turns 2 before 31 March 2024) could get **15 hours a week** in the first phase of this expansion.



*Available in England only.

Get set to save on energy bills this winter

Go to gov.uk/saveenergy for more helpful tips

There are lots of things you can do to save money on your enerav bills.

Make sure your home is ready for the colder winter months by ensuring your heating system is running efficiently:



Reduce your boiler flow temperature and save up to £60 per year.



Bleeding your radiators could make your home warmer and reduce your energy bills.



Get your boiler serviced to help save you money on future costly repairs.

Follow our helpful tips on easy, effective ways to conserve energy in your household. These small, easy actions could add up to big savings on your energy bills:



Heat the rooms you're in and turn down the radiators in unused rooms and you could save up to £50 per year.



Install an energy efficient showerhead and save up to £40 per year.



Reduce your washing machine temperature and save up to £20 per year.



Warm Home Discount

This winter around 3 million low-income households will receive £150 directly off their energy bills.

For more information and to see if you are eligible, go on GOV.UK and search Warm Home Discount.