

Advice and support on hand to help with cost of living this winter

Help and support is on hand for those who are worried about money or struggling with day to day living this winter.

Shropshire Council has been working with partners to bring together key resources into one place, to help residents across Shropshire affected by the cost of living crisis.

The [Cost of Living](#) Help website offers a wide range of information and advice on:

- Money
- Energy costs and advice
- Food • Information and support for those who care for others
- Help getting work
- Mental health and wellbeing
- What benefits/financial support you could claim from your council
- Warm welcome locations – nearly 60 locations where residents can just turn up for a chat and find out what support there is in their local area.

In addition to the above support, there is a handy 16 point [cost of living checklist](#) that can help you focus on the things that can help reduce costs and increase your income as well as supporting your mental health.

Gwilym Butler, Shropshire Council's Cabinet member for finance and corporate resources, said: "We know people across Shropshire are struggling and many are really worried about how they will cope with rising costs of energy, food, and fuel.

"This is a top priority for us, and we are working closely with our partners in the voluntary sector to ensure residents know how to access the help and support they need.

"Since 2021 the council has helped to get millions of pounds to those who need it most, and this targeted support will continue throughout this year and into 2023.

"If you or someone you know is worried about money or is struggling right now, you are not alone. It is important to know that; There may be simple steps you can take to cut costs or maximise your income; and if you are getting into debt or your mental health is suffering, do not wait to get help.

"Together with our Social Taskforce partners we have also created a [webpage](#) full of valuable advice, tips and guidance to help people keep warm, safe and well this winter."

Rachel Robinson, chair of the taskforce, and Shropshire Council's executive director of health, wellbeing, and prevention, added:

"If you or someone you know is worried about the cost of living, you are not alone. There is a wide range of support on offer. and through the taskforce we have been able to bring all that help and information together in one place for residents to access.

"Even if you've never needed support before, I really encourage everyone to look.

"We've put together a handy checklist of things everyone can do to maximise their incomes and reduce costs, whatever your circumstances; including what financial support is available. There is also expert advice and tips from our partners our Cost of Living Help webpage here. Further information: Since October 2021, Shropshire Co on things like the energy price cap/guarantee, pre-payment meters, protecting yourself against scams; and more, where you can get further specialist advice and support."

To find out what support is on offer, visit our Cost of Living Help Webpage [here](#)

Further information:

Since October 2021, Shropshire Council has helped to deliver more than £30 million to support residents with the rising cost of living.

The money has supported a wide range of people, including pensioners and families with young children, with food costs, fuel grants, energy bills and other essential living costs.

Thanks to Government grants, Shropshire Council has been able to identify and provide much needed financial support to those who need it most.

Grants have included:

- Three separate grants of £2.089m by the Department for Works and Pensions under the Household Support Fund (HSF) – a total of £6.266m. This has enabled the council to target low-income families, single parents, pensioners in receipt of council tax support and has also provided around 7,500 children meal vouchers for the school holidays. It has also seen the welfare support team help award around £789,000 to Shropshire households in crisis. More information on round 3 of the fund will soon be available.
- The £150 council tax rebate to support residents with their energy bills, totalling more than £16m; and the Holiday Activities and Food scheme, which saw more than 3,500 children and young people have access to free food and activities during the school holidays.
- Affordable Warm and Energy Efficiency support which has delivered a huge range of support to residents throughout the ongoing cost of living crisis. 300 households have received grants of up to £90,000 to carry out energy efficiency works totalling £1.65m.