

Cost of Living Support in Barnet

The rising cost of living is affecting many people in the London Borough of Barnet. To support residents who may be feeling the financial pressures of these rises Barnet Council and other local organisations are here to provide guidance on the financial support available to you. ***We want you to know that you are not alone, and help is available.***

What support is available?

Inside you'll find information on:



Finances and housing



Employment services



Children and adult social care



Mental health and wellbeing



NEED HELP?

For further assistance on what support is available to you, please contact:



Citizens Advice Barnet

Phone: 0808 250 5708

Website: <https://barnetcab.org.uk>

BOOST

Phone: 0208 359 2442

Website: <https://boostbarnet.org>



Support services



Who can access support?

Services listed in this flyer are available to all residents who currently receive a qualifying benefit which includes:

Universal Credit

If you are not currently receiving any benefits you can apply for Universal Credit online.

Website: <https://www.gov.uk/apply-universal-credit>

Phone: 0800 328 5644

Pension Credit

Provides extra money to help with your living costs if you're of State Pension age and on a low income. It also provides assistance for housing costs such as ground rent or service charges.

Website: <https://www.gov.uk/pension-credit>

Phone: 0800 731 0469

Personal Independence Payment

Personal Independence Payment is gradually replacing the Disability Living Allowance for adults with long-term ill health or a disability.

Website: <https://www.gov.uk/pip>

Phone: 0800 917 2222

Jobseeker's Allowance

Provides support to residents while they are looking for work.

Website: <https://www.gov.uk/jobseekers-allowance>

Phone: 0800 169 0310

SPEAK TO SOMEONE ABOUT EMPLOYMENT AND BENEFIT ADVICE

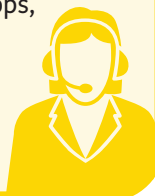


Boost provides personalised benefit advice, skills and employment services to Barnet residents.

This support includes a team committed to helping residents get back on their feet, and includes services such as CV writing, interview workshops, and weekly updates on new jobs and apprenticeship opportunities.

To learn more visit www.boostbarnet.org

Or call us on **0208 359 2442**





Finances and housing

Council Tax and Housing Benefits

Support services for residents having difficulty paying Council Tax. Housing benefits that are available to help you pay your rent if you're on a low income and not eligible for Universal Credit.

Email: Benefits@Barnet.gov.uk

Phone: 0208 359 2000 – Extension: 2

Local Welfare Assistance Fund

Supporting residents who need emergency financial assistance due to unexpected circumstances, as well as immediate support to get back on your feet after prison or after a stay in hospital.

Email: LocalWelfareAssistance@Barnet.gov.uk

Phone: 0208 359 4242

Discretionary Housing Payments

Further support for residents who are currently in receipt of Housing Benefit or Universal Credit who require more help with housing costs.

Email: boost@Barnet.gov.uk

Phone: 0208 359 2442

Free Broadband Subscription

This scheme has been set up to support eligible Barnet borough residents who do not have access to broadband in their home with a free 12-month subscription.

Email: boost@Barnet.gov.uk

Phone: 0208 359 2442

Cost of Living Payments

You may be able to get a payment to help with the cost of living if you're getting certain benefits or tax credits. The first instalment of these payments will go directly into residents' bank accounts from 14 July 2022, continuing to the end of the month. You do not need to apply, if you're eligible, you'll be paid automatically.

To learn more visit

<https://www.gov.uk/guidance/cost-of-living-payment>



Children and adult social care

School Uniform Fund

One-off grants available to residents to support the cost of school uniforms.

Email: MBF@Barnet.gov.uk

Phone: 0208 359 2000 – Extension: 2

Free childcare and early education

If you're receiving the qualifying benefits, your two-year-old can access 15 hours of early education for free each week. There are also benefits available for three and four-year-olds.

Email: earlyyears@Barnet.gov.uk

Phone: 0208 359 3052

Age UK Barnet

Later life planning service (over 55's), free and confidential information and advice on welfare and benefits, housing or support services as well as how to keep healthy and active.

Email: info@ageukbarnet.org.uk

Phone: 0208 203 5040

Pensioner Winter Fuel Payments

In the winter months pensioners can get between £100 and £300 to help pay heating bills.

Website: <https://www.gov.uk/winter-fuel-payment/>

Phone: 0800 731 0160



Mental health and wellbeing

Financial pressures can affect everyone differently. Talking to someone can help you deal with the anxiety and worry that financial stress can cause. Below is a list of numbers that can support your wellbeing during this time.



MIND Barnet

Mind provides advice and support to anyone experiencing a difficult time.

Email: barnetcounselling@mindeb.org.uk

Phone: 0208 343 5703

Let's Talk IAPT - Barnet

Let's Talk IAPT is a free NHS, psychological therapy service available to residents.

Email: lets-talk-barnet@nhs.net

Phone: 0208 702 5309

Barnet Wellbeing Hub

There are a number of local and national sources of support and advice to help you maintain good mental health and wellbeing, to find the service suitable for your need please visit:

Website: <https://www.barnet.gov.uk/mental-health-and-wellbeing>

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ACCESS SUPPORT SERVICES ONLINE

There are number of other support services available to residents, including food and meal support, debt management, care services and more.

We will continue to update available services on our website:

www.barnet.gov.uk/costofliving



If you would like to talk to someone about these services, please call us on 0208 359 2000