

[Cost of Living Support](#)

Find out below what support is available to help you and your family get through the cost-of-living crisis.

Directory of support in Surrey:

<https://www.surreycc.gov.uk/health-and-welfare/support>

Contact your local Citizens Advice Bureau or Family Hub:

<https://www.citizensadvice.org.uk/>

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or organising other financial support
- Accessing support for essential costs (food, bills, rent)

Check you've received all the government's cost-of-living payments:

The government's cost of living payment is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

[Cost of Living Payment 2022 - GOV.UK \(www.gov.uk\)](#)

<https://helpforhouseholds.campaign.gov.uk/>

Be aware of scams! If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, do not talk to them or send a reply. Get more information on cost of living scams on the Money Saving Expert's website.

[Warning: Three cost of living scams to watch out for as fraudsters try to exploit the crisis \(moneysavingexpert.com\)](#)

Find out what help you can get with your energy bills:

Take a look at these resources from the British Gas Energy Trust and the Money Saving Expert for energy:

[Bounce Back Checklist - British Gas Energy Trust](#)

<https://www.moneysavingexpert.com/utilities/energy-saving-myths/>

School Uniform

The Park School encourages families to donate uniform back to the school so that we can support other families who may be struggling with uniform costs.

Free hygiene products

The Park School offers free period products to students, these can be requested from the main office.

Find a warm hub to beat the chill

Some community spaces open their doors to provide a safe and warm space for a few hours. Many also offer hot drinks and Wi-Fi.

Find a warm hub here:

<https://www.surreycc.gov.uk/health-and-welfare/support/welfare-support/everyday-living/warm-hubs/list-of-warm-hubs-in-surrey>

Further information:

Contact StepChange for debt advice:

<https://www.stepchange.org/>

Contact Shelter if you're having issues related to housing:

<https://england.shelter.org.uk/>

Contact the Salvation Army for emergency assistance:

<https://www.salvationarmy.org.uk/>

See if you're eligible for grants from Turn2us:

<https://www.turn2us.org.uk/>

Single parents can get support from Gingerbread:

<https://www.gingerbread.org.uk/>