

What is the cost of living crisis and how it might impact you

Easy
Read

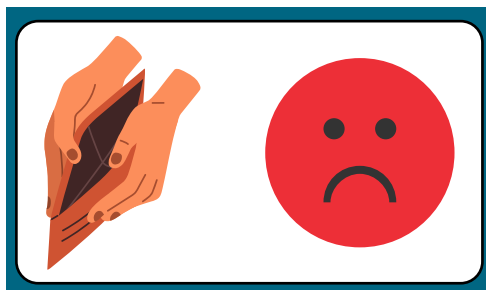


WOKINGHAM
BOROUGH COUNCIL

Contents

This guide is made up of 6 sections. It tells you what the cost of living crisis is and how to get help.

1



What is the cost of living crisis?

Page 4

2



How cost of living going up might change things for you

Page 5

3



Get help with the cost of living crisis

Page 8

4



The Household Support Fund

Page 9

Contents

5



Who the Household Support Fund is for

Page 11

6



How to apply to the Household Support Fund

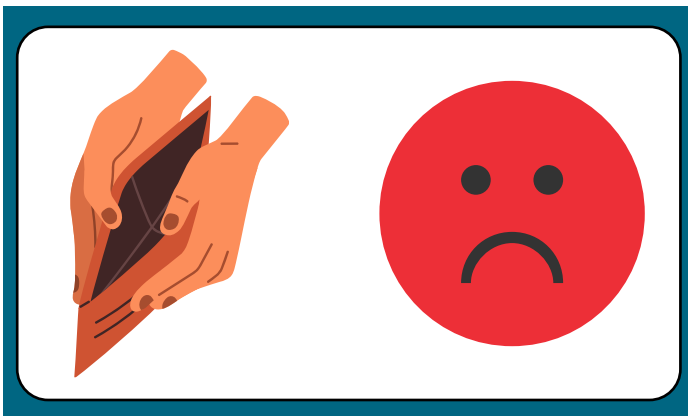
Page 12

1

What is the cost of living crisis?



The cost of things people need, like food, gas, electricity and petrol is going up quickly.

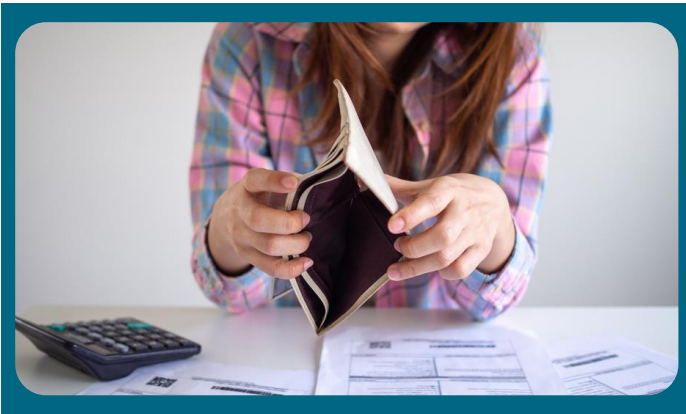


Wages and benefits are not going up as quickly.

It might be more difficult for people to pay for things.

2

How the cost of living going up might change things for you



You might find it harder to pay for food and other things you need.



The price of fresh and healthy food might make it difficult to eat a healthy diet.



Your weekly shopping might cost more than usual.



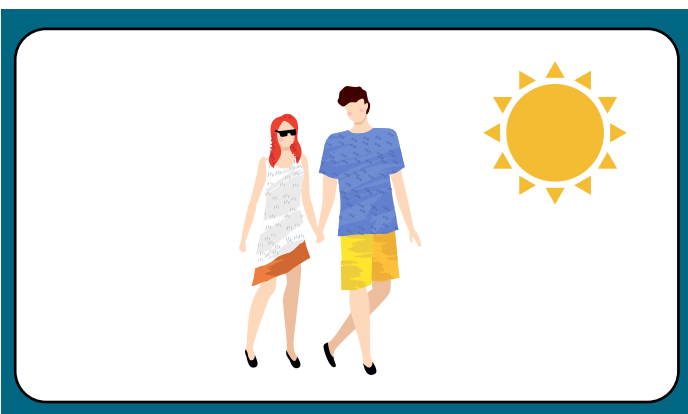
This means you might have to buy less.



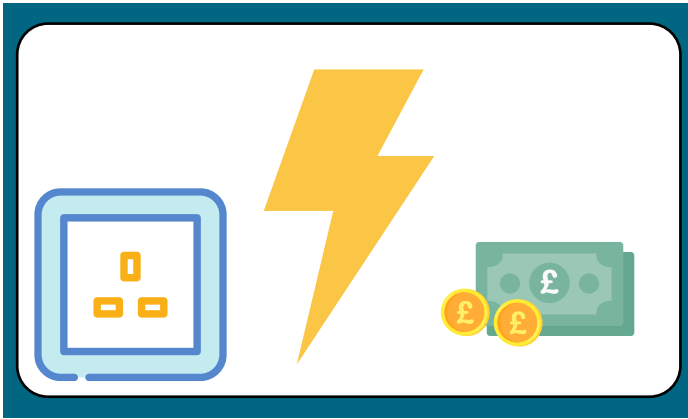
You might have to spend less on things you like, but are not things you need.



It might cost more money to pay for gas and electricity for your home.



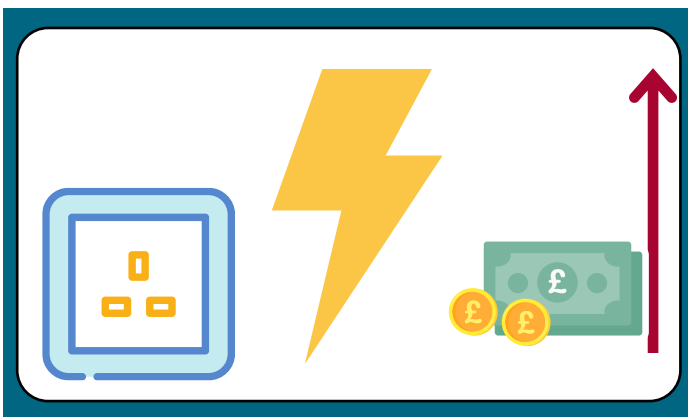
You might not notice this in the summer. This is because the weather is warmer and the sun stays out for longer



The energy price cap is how much money energy companies can charge for gas and electricity.



It changes four times a year. The most recent change was in July.



It will go down a little bit in July but is still a lot higher than it used to be.



You might notice energy being more expensive in winter. People use more gas and electric to keep their house warm and cook food.

3

Get help with the cost of living crisis



citizens
advice

You can get help or advice from the Citizens Advice Wokingham.



citizens
advice

Call Citizens Advice Wokingham on
0808 278 7958



citizens
advice

Get help online, go to website at:
**[www.citizensadvice
wokingham.org.uk](https://www.citizensadvicewokingham.org.uk)**

4

The Household Support Fund

England



The Household Support Fund is available to people living in England.



It could help you get £100 if you are struggling to pay for:



- Energy and water bills



- Food



- Keeping your house warm



- Other essential items

5

Who the Household Support fund is for



You could get help from the Household Support Fund if you:

- Are vulnerable
- Cannot pay for essential items.



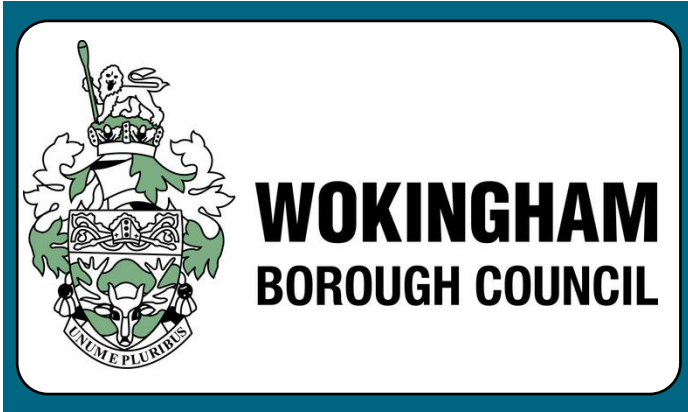
You do not have to be getting benefits to get the money



If you do get benefits, they will not be changed by the Household Support Fund

6

How to apply



The council has chosen how to use the funds in the area



You can get £100 voucher to help with food or energy



You can apply through Citizens Advice Wokingham or Age UK Berkshire



Call Citizens Advice
Wokingham on
0808 278 7958



Apply online, go to the
website at:
**www.citizensadvice
wokingham.org.uk/hsf**



Call Age UK Berkshire on
(0118) 959 4242



Email Age UK Berkshire by
sending a message to
**info@ageukberkshire.org.
uk**



Go to the Wokingham Borough Council website for more information. Type in www.wokingham.gov.uk/cost-of-living