

## USEFUL CONTACTS

### Chichester District Council

www.chichester.gov.uk  
01243 785166

### West Sussex County Council

www.westsussex.gov.uk  
01243 777100

### GOV.uk

www.gov.uk/coronavirus

### Arun and Chichester Citizens Advice

www.citizensadvice.org.uk  
0344 477 1171

### Chichester Foodbank

chichesterdistrict.foodbank.org.uk  
01243 773687

### Understanding Universal Credit

www.understandinguniversalcredit.gov.uk/  
employment-and-benefits-support  
0800 328 5644

### NHS free prescription delivery service

www.pharmacy2u.co.uk  
0113 265 0222

### National Domestic Abuse Helpline

www.nationaldahelpline.org.uk  
0808 2000 247

### Voluntary Action Arun and Chichester

www.vaac.org.uk  
Tel: 01243 840305

### British Gas

www.britishgas.co.uk  
0333 202 9802

### Scottish Power

www.scottishpower.co.uk  
0800 027 0072

### E.ON

www.eonenergy.com  
0345 052 0000

### EDF Energy

www.edfenergy.com  
0333 200 5100

### SSE-S

www.sse.co.uk  
0345 070 7373

### Southern Water

www.southernwater.co.uk  
0330 303 0368

### Portsmouth Water

www.portsmouthwater.co.uk  
023 9249 9888

### National Grid

www.nationalgrid.com  
105

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# Supporting YOU



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**Many people are finding things tough at the moment due to rising goods and energy prices, inflation, and cost of living pressures.**

We know that people are worried and so we want to make sure that you are aware of the help that is available to you. This leaflet aims to highlight some of the key schemes you can access and you can also access more tips and information at:

[www.chichester.gov.uk/supportingyou](http://www.chichester.gov.uk/supportingyou)



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## ENERGY TIPS

### Chichester Warm Homes

This scheme helps residents on a low income who are living in a property with poor energy efficiency. It can contribute towards the installation of an efficient heating system, as well as loft and wall insulation. To find out more, please get in touch with our delivery partners by calling **01243 974063**.

### Warm Home Discount

If you're on a low income, the Government's Warm Home Discount could save you £140 off your electricity bill. You can find out more about the scheme at [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme) and you can get help applying from Arun and Chichester Citizens Advice by calling **01243 974063** or visiting [www.arunchichestercab.org.uk/contact-us/energy-2021](http://www.arunchichestercab.org.uk/contact-us/energy-2021). You'll need to check with your provider to see if you are eligible.

### Tips for saving money on your energy bills

Many of us are experiencing an increase in energy bills. If you're worried about rising costs and would like to know how to reduce your energy usage, you can find lots of tips and advice on making your home more energy efficient at [www.chichester.gov.uk/climatechange](http://www.chichester.gov.uk/climatechange)

### Council Tax Energy Rebate

This year, most council taxpayers living in properties in bands A to D will receive a one-off £150 payment to help with energy bills. There's also support for people who aren't eligible for the rebate but need help with energy costs. Find out more at [www.chichester.gov.uk/helpwithfinances](http://www.chichester.gov.uk/helpwithfinances)

KEEP  
IN  
TOUCH

Please also sign up to our regular email newsletter at [www.chichester.gov.uk/newsalerts](http://www.chichester.gov.uk/newsalerts) which provides constant updates and the support available to you. You can also find more tips and information at [www.chichester.gov.uk/supportingyou](http://www.chichester.gov.uk/supportingyou)



## SUPPORT FOR THE VULNERABLE

We are continuing to support West Sussex County Council with the Community Hub. This important service is available to those who are struggling to access food, medicine and essential supplies. The team can be contacted by calling **033 022 27980** or visiting [www.westsussex.gov.uk/covid19communityhub](http://www.westsussex.gov.uk/covid19communityhub)

If you're living alone and feeling isolated, remember that our Chichester Wellbeing and Social Prescribing services are also available to help. They can be reached online at [www.chichester.westsussexwellbeing.org.uk](http://www.chichester.westsussexwellbeing.org.uk) or by calling **01243 521041**.

If you're an older person and are feeling isolated, you may also wish to contact Age UK's local community contact on: **07821 787440** or [maryse.stanton@ageukwsbh.org.uk](mailto:maryse.stanton@ageukwsbh.org.uk)

## HELP WITH FINANCES

If you are struggling to pay your bills or rent, make sure you visit [www.chichester.gov.uk/helpwithfinances](http://www.chichester.gov.uk/helpwithfinances), where you can find details of a range of support that is available to you.

Whether you need help to pay a Council Tax bill or, are struggling to pay your rent or need debt advice, there are a number of ways in which we can help people who are experiencing financial difficulty.

### Benefits calculator

You can find a free benefits calculator at [www.entitledto.co.uk/benefits-calculator](http://www.entitledto.co.uk/benefits-calculator), which provides you with an estimate of your entitlement to benefits, tax credits and Universal Credit.

### Money advice service

The Government's money advice service – [adviser.moneyhelper.org.uk/en](http://adviser.moneyhelper.org.uk/en) – can also help you find financial support. It includes a tool that provides specific guidance for customers whose income has been impacted by coronavirus as well as advice for people whose incomes are stretched due to rising costs.

