



# Get help with bills and other costs

As the cost of living rises, many people are struggling to find the extra money for essentials. **Help is available.** It's best to ask for help early before you get far into debt. Follow these tips and find contact details for the council at [www.milton-keynes.gov.uk/cost-living-support](http://www.milton-keynes.gov.uk/cost-living-support)

## 1. Get what you're entitled to

Up to 7 million people in the UK are missing out on income-related benefits.

Visit [www.milton-keynes.gov.uk/benefits](http://www.milton-keynes.gov.uk/benefits) to check if you're eligible for Housing Benefits or a reduction in Council Tax.

Visit [www.gov.uk](http://www.gov.uk) to check eligibility for:

- Universal Credit
- Job Seekers Allowance
- Pension Credit
- Tax Credits

Check your bank account to make sure you've also received these national payments:

- **Winter Fuel Payment** up to £300 for people born on or before 26 September 1955.
- **Cold Weather Payment** – £25 payment for people on certain benefits every week of very cold weather between November and March.
- **Warm Home Discount** – £140 discount for some people who get Pension Credit or are on a low-income.
- **£150 Disability Cost-of-Living Payment** – if you are entitled, you should receive this by end October

## 2. Help with childcare costs

Use [www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator) to check if you could receive free childcare for children aged between 2 and 4 or help if your child is under 16 (or under 17 with a disability).

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Find out at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Crisis support from your council

Apply for these current schemes at:

[www.milton-keynes.gov.uk/cost-living-support](http://www.milton-keynes.gov.uk/cost-living-support)

- Emergency funds for essential living costs eg food, repairs, school uniform (apply under **Household Support Fund**)
- Essential household goods, crisis food vouchers and fuel (apply under **Local Welfare Provision**)
- Extra help if you're on Housing Benefit and behind on your rent (apply under **Discretionary Housing Payments**)

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 Milton Keynes  
City Council