

Cost of living resources and support



Marine by One Dance UK, Dani Bower

We know that things may feel uncertain with the cost of living rising. We've rounded up a list of resources, support, apps, discount sites, and further reading for you to help.

[Click here for Easy Read information and advice to support with food, energy, and money for people with learning disabilities.](#)

GOVERNMENT RESOURCES

Click through to find out about Government provided Cost of Living Support for individuals per nation.

Remember, if you are struggling with bills or payments, reaching out to the provider to discuss your options could help you work towards a solution. For example, energy companies are required to offer affordable payment plans, or provide emergency credit to prepayment customers who are unable to top up.

[England](#)

[Scotland](#)

[Wales](#)

[Northern Ireland](#)

If you represent an organisation, or are working for a business in need of support you can find useful information below. We will update this list as more verified resources become available.

[England](#)

[Scotland](#)

HELP AND ADVICE

The following links are non-government organisations working to provide support be that long or short-term, financially, or with utilities such as food and heat.

Please note: when accessing the Citizens Advice website, at the top of the page, you will need to select which nation you are visiting from to access relevant information.

[Citizens Advice Bureau](#)

[Dance Professional Fund](#)
Apply for grants and financial aid

[NCVO](#)

Support for charitable organisations

[Step Change](#)

Debt help

[Save The Student](#)

Support for students

[Age UK](#)

[Search a list of available grants](#)

[Locate a foodbank](#)

[Locate a local 'Warm Space'](#)

SUPPORT IN A CRISIS

FOOD AND HEATING

If you're experiencing hardship and struggling to afford essentials like food, heating and toiletries, you're not alone. The Trussell Trust are providing a free helpline, and can work with you to help you find a way forward.

Call the free, confidential helpline on 0808 2082138 to speak to a friendly adviser.

Please ask the adviser if you need an interpreter, this will be provided via Language Line. If you can't hear or speak on the phone you can use Relay UK. [Find out how to use Relay UK.](#)

Open Monday to Friday 9am-5pm. Closed on public holidays.

MENTAL HEALTH

If you are feeling overwhelmed or have noted a decline in your mental health, our friends at MIND have created a brilliant array of practical tools to use right now, by yourself, wherever you are. If you're feeling like you may be in crisis, this resource is for you.

[Visit Mind](#)

You can also search for support local to you, using Hub of Hope, the UK's leading mental health support database. Provided by national mental health charity, Chasing the Stigma, it brings local, national, peer, community, charity, private and NHS mental health support and services together in a searchable database. The service is not only for when things become unbearable but also if you feel you are starting to struggle, or need extra support.

[Visit Hub of Hope](#)

If you are feeling that you may be suicidal PLEASE don't delay in reaching out – you are not alone and help is out there. In an emergency:

- **Call 999** for an ambulance
- If you are able to, head straight to your local A&E
- Call your local crisis team – you can [find an urgent mental health helpline](#) on the NHS website

Don't wait to reach out. You're not wasting anyone's time – you matter.

BUDGETING AND DISCOUNTING

Please note – any apps or sites we have represented below offer a free version of their services and can be used to help you find discounts, budget and more. Additional costs may be applicable for optional premium features.

Honey

Find discounts online when shopping

Charity worker discounts for popular retailers

Too good to go

Find discount food from major retailers

Forbes

Best budgeting apps of 2022

BUDGETING AND DISCOUNTING

If you feel that you are able to, there are many ways you help support others through this difficult time.

DONATE YOUR TIME

Support doesn't have to be financial. If you feel able, you can:

- Google local services in your area that need volunteers. This could include food banks, warm spaces, libraries/theatres/venues holding free events for communities.
- Reach out to friends, family and colleagues and ask if they'd like a cup of tea and an ear – together, we are stronger.
- Set up a safe secure place at your venue or in your community and promote that is a way for people to drop off food, toys, or other donations which you can pass along to a local food bank.
- Worried that someone you know is struggling? Visit the Samaritans to find out about ways you can support them.

DONATE FINANCIALLY

There are many ways you can contribute – as much or as little as you feel that you are able to afford.

- Find a local foodbank collection point and drop off some items – they may be in a local supermarket, or set up by a colleague or neighbor. A quick Google search will find one local to you. Not sure what to donate? find the most commonly needed items [HERE](#).
- There are many fantastic charities working towards a better future at these testing times. For example, The Trussell Trust are working to provide emergency food and support to people – find out more [HERE](#). Crisis help people facing or struggling with homelessness. Find out more [HERE](#). You can find many local charities working in similar ways too, who may appreciate support.
- Support your local theatre, dance school or venue with a donation towards their work.