

USEFUL CONTACTS



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Chichester • Midhurst & Petworth • Bognor
OBSERVER
NEWSPAPER SERIES



Supporting YOU

Chichester District Council

www.chichester.gov.uk
01243 785166

Chichester District Council – Supporting You Team

supportingyou@chichester.gov.uk
01243 534860

West Sussex County Council

www.westsussex.gov.uk
01243 777100

GOV.uk

www.gov.uk

Arun and Chichester Citizens Advice

www.arunchichestercab.org.uk
0808 278 7969

Chichester District 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

Age UK

www.ageuk.org.uk
0800 019 1310 (option 2)

Hyde Housing

www.hyde-housing.co.uk/tenants/
0800 328 2282

Clarion Housing

www.clarionhg.com/
social-landlord/our-residents/

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

Department for Work and Pensions

www.gov.uk/government/
organisations/department-for-
work-pensions

Samaritans

www.samaritans.org
116 123

Sussex Mental Healthline

www.
preventingsuicideinsussex.org
0800 030 9500

Please recycle when finished. Updated Jun2023

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

www.chichester.gov.uk/supportingyou

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 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-2022. You'll need to check with your provider to see if you are eligible.

Help with household bills

If you're worried about covering the cost of your household bills, you can find more advice at: www.chichester.gov.uk/helpwithhouseholdbills

NEW SUPPORT SERVICE

Supporting You Team

We've launched a new holistic service to support those who are struggling with the cost of living. This is delivered by a dedicated team of trained advisors who are able to support people with a range of challenging issues at once. You can contact the team using the online referral form at www.chichester.gov.uk/supportingyouteam, by email supportingyou@chichester.gov.uk or by calling **01243 534860**. Find out more at: www.chichester.gov.uk/supportingyou

KEEP IN TOUCH

Please also sign up to our regular email newsletter at www.chichester.gov.uk/newsalerts. You can also find more tips and information at 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

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 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

HELP WITH FINANCES

If you are struggling to pay your bills or rent, make sure you visit 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 and budgeting calculator

You can find a free benefits and budgeting calculator at www.chichester.gov.uk/supportingyou, which provides an estimate of your entitlement to benefits, as well as a budgeting tool that you can choose to share back to an advisor for further support or get tips on how to make savings in your budget.



Money advice service

The Government's money advice service – 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.