

# Support with the cost of living



Dedicated helplines  
to support you and  
your family



Local support  
directory



Government support  
schemes



Help with energy  
costs

[www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)



# Support with the cost of living

[www.simonfell.org/costofliving](http://www.simonfell.org/costofliving)



*Dear resident,*

The rising cost of global energy, prompted by the COVID-19 pandemic and the war in Ukraine, has created unprecedented price rises.

The government are providing support to help people with the costs of their bills.

It's important that local people know what help is available if they're struggling to meet these rising costs.

That's why I've created this guide, so that you're aware of what support may be available to you, and how you can apply for it.

I hope that you find it useful, along with the government support that you may be entitled to. It is not an exhaustive list, so please do check my website for updates.

My office and I are based in Barrow, and we stand by to help you in any way that we can - please just get in touch.

Yours sincerely,  
*Simon Fell*  
Simon Fell

Member of Parliament, Barrow & Furness

# Help for Households

Families and businesses continue to receive government support this autumn to help them manage rising costs, including heating bills.

- Households will have £400 automatically deducted from their energy bills: £66 in October and November; and £67 in each of December, January, February and March.
- The second Cost of Living instalment of £324 will be automatically paid between 8 and 23 November to millions of people who receive a qualifying benefit.
- The one-off Winter Fuel Payment will be made automatically, either this month or in December, to help pensioners.

These payments are automatic – please do not fall for scammers who may approach you for your bank details. The DWP never asks for personal details by SMS or email.

The Help for Households site has details of a range of deals for consumers. Highlights include:

- Discounts and offers on groceries, clothes, transport, utilities and entertainment;
- Help with income support;
- Help with childcare costs;
- Help with household costs;
- Help with transport costs; and
- Help finding work.



[www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)

# Mental Health & Wellbeing Support

The Samaritans.....116 123  
 Mind in Furness.....01229 82 70 94  
 South Lakeland Mind.....01539 74 05 91

You can find a directory of all *local mental health and wellbeing support* available on my website at [www.simonfell.org/mentalhealth](http://www.simonfell.org/mentalhealth)

## Domestic Abuse Support

Womens Community Matters.....01229 31 11 02  
 National Domestic Abuse Helpline.....0808 2000 247  
 Men's Advice Line.....0808 801 0327  
 National LGBT+ Dom. Abuse Helpline.....0800 999 5428  
 The Mix.....0808 808 4994  
 Springfield.....01539 726 171

## Homeless and housing support

Barrow Borough Council.....01229 87 65 99  
 Barrow BC emergency/out of hours.....01229 83 33 11  
 South Lakeland District Council.....01539 793 199  
 SLDC emergency/out of hours.....0870 428 6905

## Local Councils

Barrow Borough Council.....01229 87 65 43  
 South Lakeland District Council.....01539 733 333  
 Cumbria County Council.....01229 407 312



# My team and I are here to help you

I understand that many households and businesses from across Furness are experiencing a very challenging time at the moment.

My team and I are here to help you and your family with the issues that matter the most to you.

To help as many people as possible, I am opening my Barrow office up every Tuesday from 2:30 pm to 4:30 pm. You will be able to meet with my experienced casework team to discuss any issues or concerns you may have.

### WE CAN HELP YOU WITH:

- Benefits and other matters dealt with by the DWP
- Immigration and visas
- Tax issues involving HMRC
- Problems with the NHS
- Problems with Child Maintenance Service or Child Support Agency
- Complaints about the Local authorities
- And much more besides

The drop ins take place every **Tuesday from 2:30 pm to 4:30 pm** at my Barrow office: 132 Cavendish Street, Barrow in Furness, LA14 1DJ.

No appointment is necessary - just drop in!

I also continue to hold weekly constituency surgeries. Please get in touch to make an appointment.

T: 01229 314 220 E: [simon.fell.mp@parliament.uk](mailto:simon.fell.mp@parliament.uk)  
 Member of Parliament, Barrow & Furness



# Local Support Directory

Across Furness there are amazing organisations who are equipped to help you and your family when you need it most. Here's a directory of some of the help available.

## Help with food & community support

- Barrow Foodbank.....01229 34 34 36
- Springmount.....07989 58 19 24
- Ormsgill Stronger Together:  
ormsgill.stronger.together@outlook.com
- Salvation Army.....01229 43 35 50
- Love Barrow Families.....01229 82 30 20
- Bram Longstaffe.....01229 81 49 00
- Sacred Heart Community Hub.....01229 84 09 40
- Barrow Community Kitchen:  
communitykitchen1@outlook.com
- Abbots Vale Community Centre.....01229 83 09 00

## Utilities and Broadband

- Springmount.....07989 58 19 24
- Cold to Cosy Homes.....cafs.org.uk
- Help with Broadband costs.....ofcom.org.uk

British Gas Energy Trust: Customers of any energy supplier can apply for grants toward the cost of their energy bills.

Apply online at: [www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk)



## Debt help and advice

- Cumbria Law Centre.....cumbrialawcentre.org.uk
- Citizens Advice, Barrow.....0808 278 78 17
- Citizens Advice, South Lakes.....015394 46 464
- Step Change.....0800 138 1111
- PCCU Credit Union.....01282 69 13 33

## Warm welcome space, and clothing

Wrap Up Cumbria South Cumbria.....07917 640025

Spring Mount Walney Community Trust.....01229 471676

St James' Church.....northbarrowchurches.org.uk

Ulverston Warm Space, at Ulverston leisure centre on Monday afternoons and at Ulverston Parish church on Thursday afternoons from 2pm to 4.30pm

Emmanuel Church (opposite Morrisons), Fridays 1pm- 4 pm

Comprehensive list of warm spaces across Cumbria: <https://new.cumbria.gov.uk/warm-spots>, and in Barrow Borough: <https://www.barrowbc.gov.uk/news/warm-welcome-spaces-start-to-open-up-in-the-borough/>

You might be able to get free NHS prescriptions, dental treatment, eye tests and help with other NHS costs. Check your eligibility online at: [gov.uk/help-nhs-costs](http://gov.uk/help-nhs-costs)

## Help with transport

Half price bus travel for job seekers is available on Stagecoach buses. Check with your job coach, the Job Centre Plus or by contacting Stagecoach locally to apply for a pass.

## Government support: Help for Households

[www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)