

#HullTogether – where to get support during the cost of living crisis



Food support

- **Hull Food Bank (Trussell Trust)** - food banks are community organisations that can help if you can't afford the food you need. You'll usually need to get a referral to a food bank before you can use it. Self-referral can be done via Trussell Trust/CAB 'Help through Hardship' Helpline (Monday – Friday, 9am – 5pm). Call: 0808 208 2138.

[Citizen Advice](#) - advisors will provide financial assessment/signposting. If needed, they send a voucher code to the persons mobile phone for them to collect a food parcel from their local food bank.

- **Nurture Hull** – amongst other offers Nurture Hull has a list of community food aid and access points plus eligibility criteria is available on their website.
[Community Food Aid Providers | Nurture Hull](#)
- **Free school meals** - you can apply for free school meals if your child attends a Hull school or sixth form on a full-time basis and you are in receipt of benefits. If you usually receive free school meals you may also receive £15 per week food vouchers during school holidays.
[Free school meals | Hull City Council](#)
- **Healthy Start vouchers**
If you're more than 10 weeks pregnant or have a child under four years, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

[Discover more about Healthy Start vouchers on the NHS website](#)



Benefits and tax allowance

- **Council Tax Support** - You may be eligible for Council Tax support in the form of discount or exemption:
[Help to pay your Council Tax | Hull City Council](#)
- **Community Support Grant** – these are primarily intended to help vulnerable applicants live as independent a life as possible in the community: [Community Support Grants \(CSGs\) | Hull City Council](#)
- **Tax allowances** - if you're working, there are some tax allowances which reduce the amount of income tax you must pay. For example, the married couple's allowance and the marriage allowance provide a tax credit that can reduce the amount of income tax you pay.

People earning less than £50,000 - £60,000 a year can claim Child Benefit, which helps with the costs of your children. It's usually paid every four weeks. If you're eligible, you'll get £21.80 a week for your first child and £14.45 a week for any children after that.

Check out other tax allowances relating to your income and circumstances at www.gov.uk/browse/tax

- **Welfare benefits** - check the benefits you may be eligible to claim by using the [council's benefits calculator](#)

The free and anonymous calculator will quickly tell you which state benefits you can claim, including those if you are of working age and on a low income; sick or disabled, have reached state benefit age, or are a carer and/or responsible for children, or of pension age and qualify for Pension Credit. Contact the Department of Work and Pensions (DWP) if you have any benefit queries on 0800 169 0190.





Fuel, energy, and utilities

- **Hull Warm Homes Team** - provide an impartial fuel poverty advice service for householders, which includes Hull residents and those who are vulnerable (such as young families, those with disabilities or older people) or low income. The team can provide information about grants, advice and support to help reduce the costs of keeping warm and well at home.
[Warm Homes Team | Hull City Council](#)
- **Warm Spaces** - some council-supported venues across Hull are now open for people to keep warm and spend time and enjoy company for free. Some may even offer drinks free of charge. Current buildings include: Jubilee Church (city centre), libraries, St. Michael's Youth Project (Orchard Park) and the Community Trust (within the Freedom Centre). Other churches and community spaces across the city are also in operation.
[View the interactive Warm Spaces map](#)
- **Energy price guarantee** - from 1 October, the new 'Energy Price Guarantee' will reduce the unit cost of electricity and gas for UK households. This is automatic and applies to all households. Beware of scams – there is no need to apply and you will never be asked for bank details (*source gov.uk*).
[Get more information about energy support from gov.uk](#)
- **Energy bills support** - £400 off energy bills for households in Great Britain from this October. This automatic, non-repayable discount will be applied in six instalments between October 2022 and March 2023 to help households through winter. There is no need to apply for the scheme and you will not be asked for your bank details (*source gov.uk*).
[Get more information about the Energy Bills Support Scheme discount from gov.uk](#)
- **British Gas Energy Trust** - working with the Post Office and British Gas to offer independent advice.
[Learn more about the support available from British Gas Energy Trust](#)
- **Energy Saving Trust** - lots of guidance about how to make your home more energy efficient, reduce your carbon emissions and lower your energy bills.
[Visit the Energy Saving Trust website](#)
- **Environmental and Management Solutions (EMS)** - a charity that covers Hull, East Yorkshire, North and North East Lincolnshire and offers support and advice on food and energy.
[Visit the EMS website](#)
- **KCOM** - low-cost package called Flex for people who are on low income or an in receipt of benefit.
[Discover more about what support is available with KCOM](#)
- **Yorkshire Water** - lots of ongoing help schemes people can apply for if they're struggling to pay.
[Visit Yorkshire Water help paying your bill webpage](#)



Other general support

- **Learning** - National Energy Action has courses available for people who work with households in or at risk of fuel debt.
[Find out what the course covers](#)
- **Support on health, employment, and travel**
There are lots of organisations that offer help on health, employment, and travel. Full details are available on the council's Cost of Living webpage: [Cost of Living | Hull City Council](#)

For detailed information check the council's website: [Cost of Living | Hull City Council](#)

Information correct at time of sharing.

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