

Not confident with technology? We're here to help.

If you have friends or family who might be able to help you understand what support is available with the cost of living, please ask them to look at our web page www.northyorks.gov.uk/costoflivingNY with you.

You can also go into any North Yorkshire library or North Yorkshire Council office.

If you're not sure who to turn to, you can call our customer service centre on 0300 131 2 131 Monday to Friday from 9:30am to 4:30pm asking for 'cost of living help' when prompted.



With Adult Learning North Yorkshire, there's something for everyone!

From part-time courses that will help you progress your career to getting ready for employment, you can even learn how to manage your money or turn a hobby into extra income. As well as formal qualifications, you could learn how to cook on a budget, upcycle and make your own gifts.

92% of learners don't pay anything for their course thanks to the many funding opportunities we have on offer.

Explore online and in-person courses at www.northyorks.gov.uk/adultlearning



Contact us

Online: northyorks.gov.uk/contact-us
By telephone: **0300 131 2 131** asking for 'cost of living help' when prompted.

North Yorkshire Council, County Hall,
Northallerton, North Yorkshire, DL7 8AD

You can request this information in another language or format at northyorks.gov.uk/accessibility

654489921 10/24



Worried about the cost of living?

We can help you find the right support, including information about Pension Credit.



www.northyorks.gov.uk/costoflivingNY

Lots of people are still worried about the cost of living, so you're not alone if you are too.

There are local schemes and organisations in North Yorkshire which may be able to help or point you in the right direction **if you're struggling to pay for food and other essentials.**

You'll find information about emergency support with everyday living costs, benefits, energy bills, food and managing debt all in one place at www.northyorks.gov.uk/costoflivingNY

Our cost of living web page also has information about schemes to help families with children and local community-based support including Warm Welcome spaces as well as advice on staying safe and well.



If you have a smartphone, you can use your camera to scan the QR code.
You don't need to download an App.



Could you or someone you know be missing out on Pension Credit?

Pension Credit tops up pension income and can help with everyday living costs. Not everyone who qualifies for Pension Credit is currently claiming it, so **there are lots of people missing out.**

You could be entitled to Pension Credit if you're over state pension age and on a low income, **even if you own your home or have savings.**

As well as extra money every week, **people who qualify for Pension Credit can also get other benefits** like the Winter Fuel Payment, help to pay for NHS dental treatment, vouchers for glasses or contact lenses and a free TV licence if they're over 75.



Find out about Pension Credit eligibility

Use the calculator to check how much you could get and apply online at www.gov.uk/pension-credit

People can also call the Pension Service helpline for free on **0800 99 1234.**

If you have a family member, friend or neighbour that you think might benefit from Pension Credit, please share this information with them.

Need some extra help with a Pension Credit claim?

Organisations like Age UK, Independent Age and North Yorkshire Citizen's Advice and Law Centre can offer support to people who need help understanding the eligibility criteria or application process.

Age UK

Online: www.ageuk.org.uk
Telephone: **0800 169 65 65**

Independent Age

Online: www.independentage.org
Telephone: **0800 319 6789**

North Yorkshire Citizen's Advice and Law Centre

Online: www.cany.org.uk
Telephone: **0808 278 7900**