

Support with the Cost of Living

If you're worried about the cost of living rise there's lots of support available locally.

This leaflet has information about some of the key support available for parents, carers and families in Derbyshire.

You can also find more advice and information at www.derbyshire.gov.uk/costofliving



Don't miss out. Visit:
www.derbyshire.gov.uk/costofliving

**HELPING YOU WITH
THE COST OF LIVING**

Free school meals

Your child could be eligible for free school meals aged up to 18 if you're on certain benefits. Find out more at: www.derbyshire.gov.uk/freeschoolmeals

Holiday activities and food programme

This programme offers school holiday activities and healthy food for children across Derbyshire. Sessions are free for families who claim benefit related free school meals. Find out more at: www.derbyshire.gov.uk/haf

Funded childcare

If you have younger children then you might be eligible for up to 30 hours of funded childcare. Find out more here: www.derbyshire.gov.uk/childcarecosts

Council Tax Support

More people could be eligible for support with their Council Tax than realise it. Visit: www.derbyshire.gov.uk/counciltaxhelp

Mental health and wellbeing

Looking after your emotional and mental health is really important. Get support here: www.derbyshire.gov.uk/mentalhealth

Free healthy lifestyles support

Derbyshire residents can get FREE support to stop smoking, lose weight and get more active with www.livelifebetterderbyshire.org.uk

Benefits check up

You could be missing out on benefits that you're entitled to. Find out more at: www.derbyshire.gov.uk/welfarebenefits

Borrowing and saving

You can get information about lower cost alternatives to pay day loans, savings and community banks at www.derbyshire.gov.uk/savingsandcredit



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