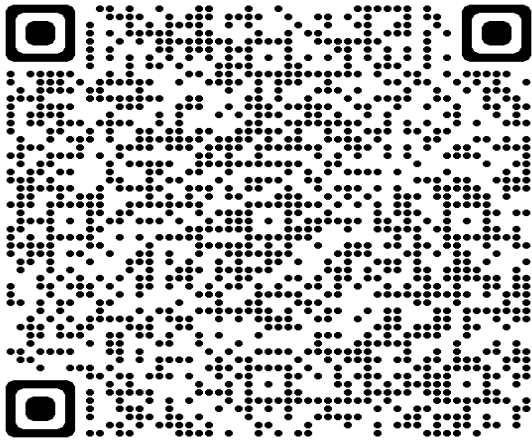




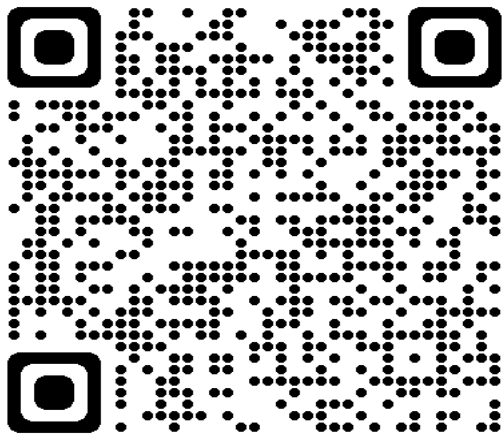
ASDA

Children aged 16 and under can get a hot or cold meal for £1 at any time of day in Asda cafés across the UK, 7 days a week, with no minimum adult spend. Asda are extending this offer to the end of 2022.



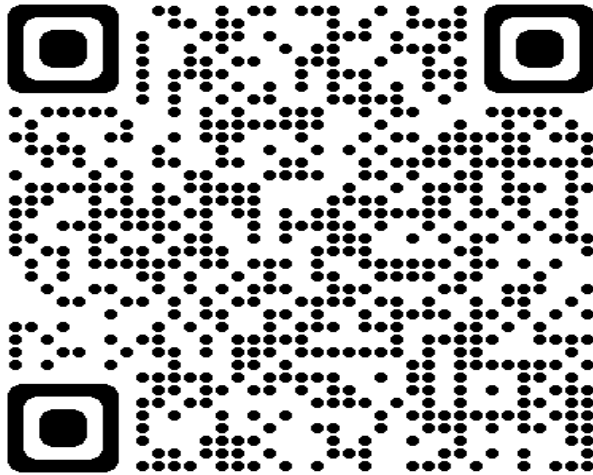

Morrisons

Morrisons are offering a free meal for 1 child under 16 when buying an adult meal with a value of £4.99 or over at in-store cafés.



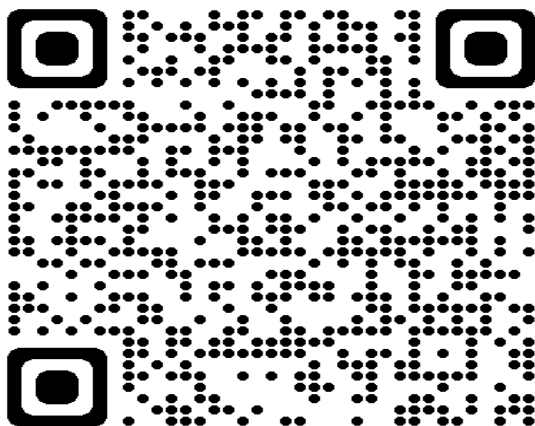
Sainsbury's

Sainsbury's have introduced budget-friendly meal ideas to feed a family of four for less than £5. The recipes are available on the [Recipe Scrapbook at Sainsburys.co.uk](https://www.sainsburys.co.uk/recipe-scrapbook).



Iceland

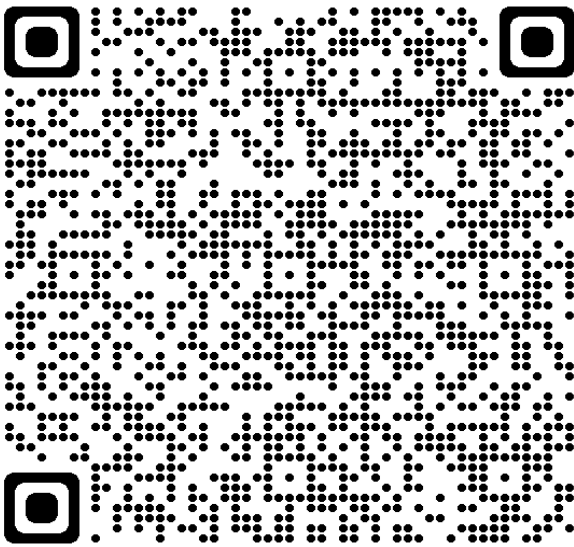
Iceland are offering a number of cost saving initiative's, including weekly discounts, product deals and frozen prices which are available in store, including £1 price freezes across 100s of lines for 2022, a weekly discount offering over 60s 10% off on Tuesdays & most recently The Iceland Food club, a partnership launch with Fair For You, to help families manage rising costs. There is also more to come in Autumn and into Christmas! Find out more here: www.iceland.co.uk/doing-it-right



The co-operative

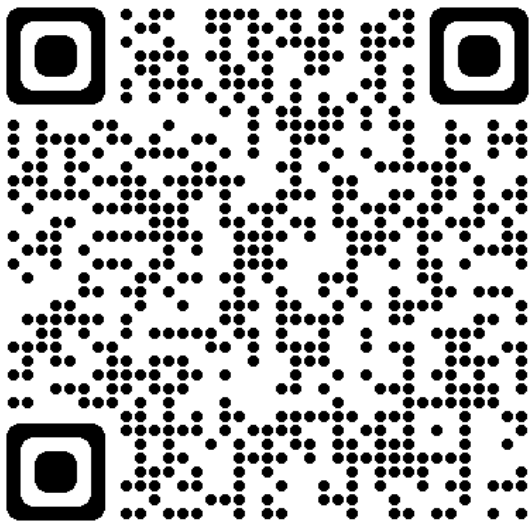
Central England Co-operative

Central England Co-op are helping members and customers in their communities shop locally for less. With offers for members including discounted lunchtime meal deals and exclusive pricing on everyday essentials. As well as budget friendly recipe ideas available as a playlist here: <https://bit.ly/3Csd76B>.
For more in-store deals visit <https://bit.ly/3SBTb6T>



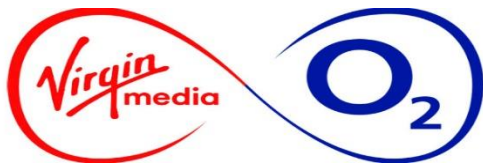
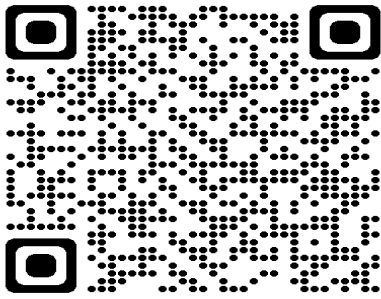


Octopus Energy recently doubled its [OctoAssist Fund](#), for customers struggling with their bills, to over £5 million.

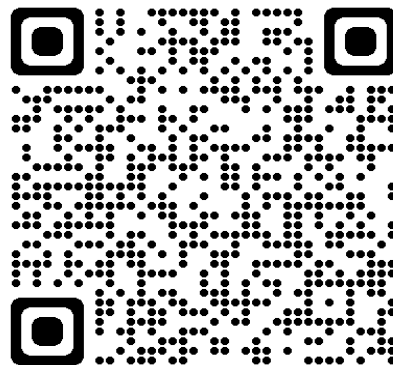




Vodafone offers [VOXI for Now](#) which is the only mobile social tariff to help those experiencing financial hardship stay connected. The £10 per month plan supports anyone claiming Job Seeker's Allowance, Universal Credit or Employment and Support Allowance, and includes unlimited 5G data, as well as unlimited calls and texts. There is no contract or credit check and customers can pause or cancel anytime.



Essential Broadband is Virgin Media O2's broadband social tariff for customers in receipt of Universal Credit. The tariff provides 15Mbps at a fixed price of £12.50/month on a 30 day rolling contract. The company waives early termination fees for customers who move to Essential Broadband from other tariffs.



[Further details can be found here](#)

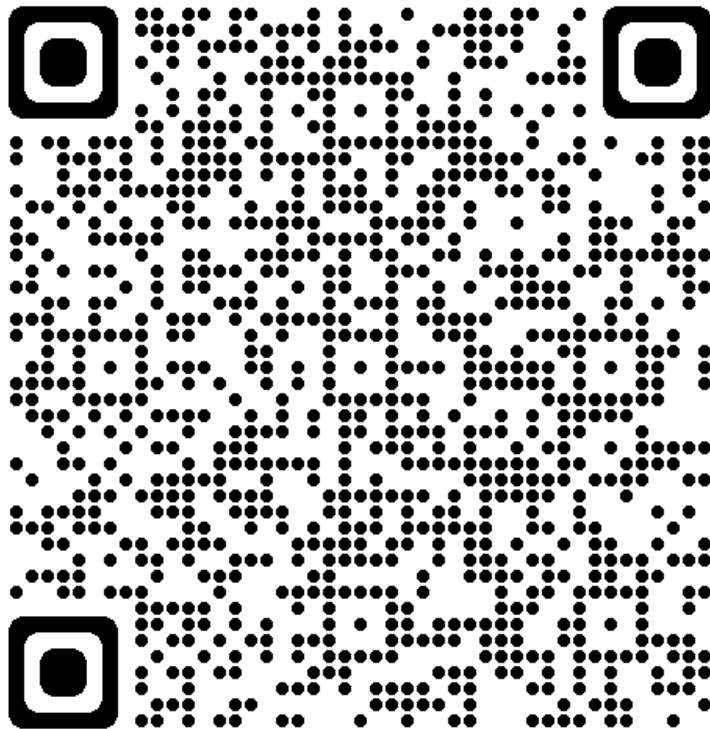


making communications work
for everyone

Cheaper broadband and phone packages

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. Some providers call them 'essential' or 'basic' broadband.

They're delivered in the same way as normal packages, just at a lower price. Amid rising living costs, Ofcom is encouraging companies to offer social tariffs to help customers on low incomes. [Cheaper broadband and phone packages - Ofcom](#)





Big Difference Scheme (BDS) – for those with low disposable income

Any Severn Trent customer can apply for this (they do not need to be on benefit) whether in debt or not.

An applicant remains on the scheme for 12 months and before the 12 month anniversary they will be contacted to reapply.

Who can apply

The Big Difference Scheme can offer a reduction of water bills to any Severn Trent customer with a **household income below £18,278**.

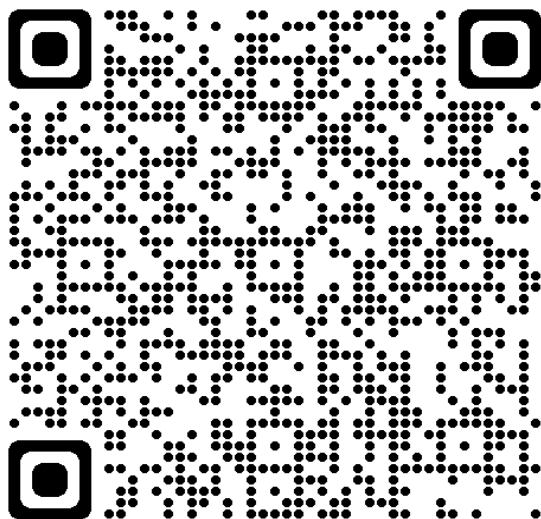
Households with child dependants may be eligible for an additional income allowance in excess of this amount.

The support you could get

You could get up to 90% off the average Severn Trent bill.

The Big Difference Scheme will assess your household income when you apply.

That assessment determines how big a reduction you're able to get.





South Staffs Water

Assure Assist

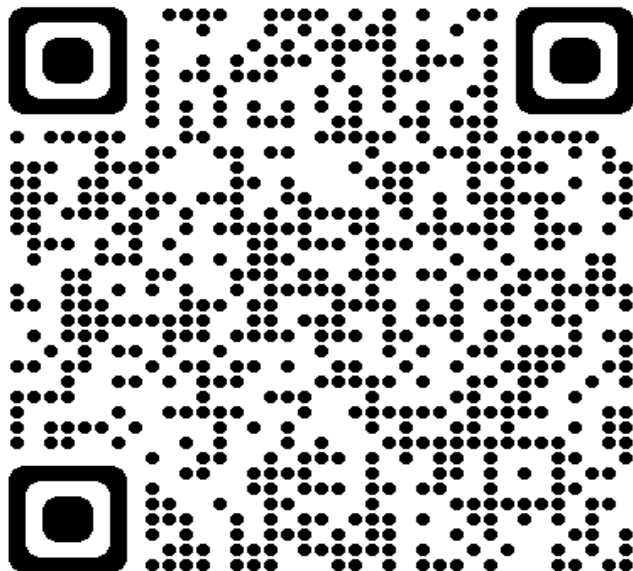
This is for customers who have NO income at all due to starting their UC journey (Excluding CB, PIP, DLA, AA, Carers Allowance, HB, Severely Disabled element of CTC, Council Tax reduction – not single occupancy)

Standard Assure

This is for customers whose total household income is less than £16480 per annum from 1 April 2021 plus £1500 per dependent child in the household but also excludes the above benefits as income too.

Debt support

If you're struggling to manage your debt and require extra support, help is available.





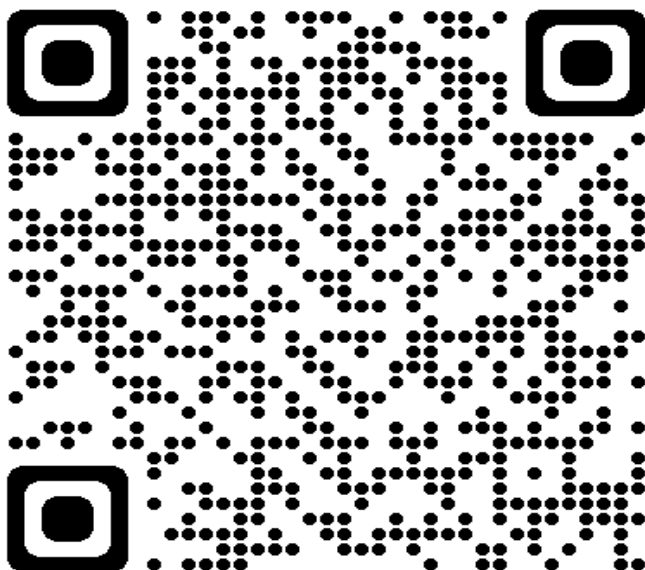
We can get your finances back on track

Get free debt advice online and we'll support you for as long as you need us.



Worried about rising food and energy prices? If the cost of food and heating is causing you concern, you're not alone.

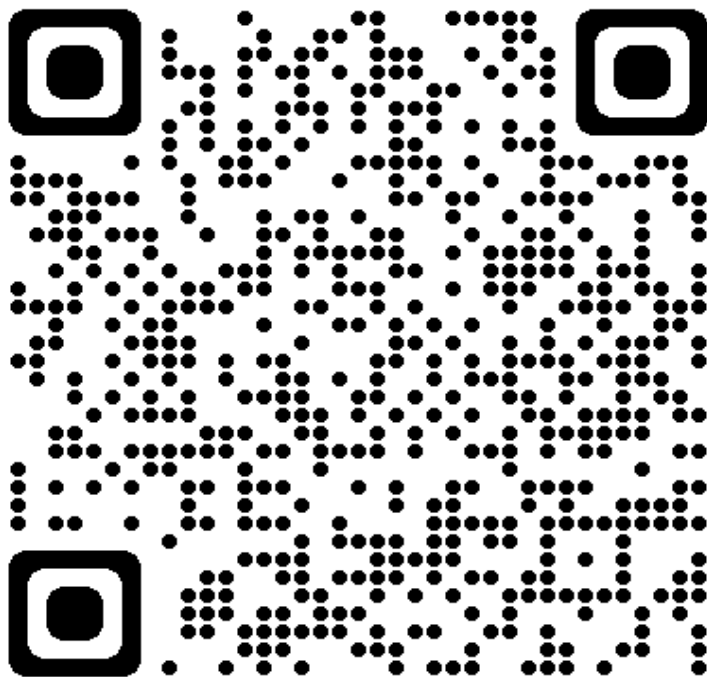
Get debt help now



MoneySavingExpert

Cutting your costs, fighting your corner

The current cost of living crisis means more and more people are struggling with debt. But even if you're struggling to make ends meet, it doesn't mean your debt problem is unsolvable. It might not be easy or quick to resolve, but there's always a route. And the earlier you tackle your debts, the easier they are to deal with. Our guide shows you where to start and how to get free one-on-one help.





Worried about debt? [Get free, confidential help](#)

[Benefits](#)

[Everyday money](#)

[Family & care](#)

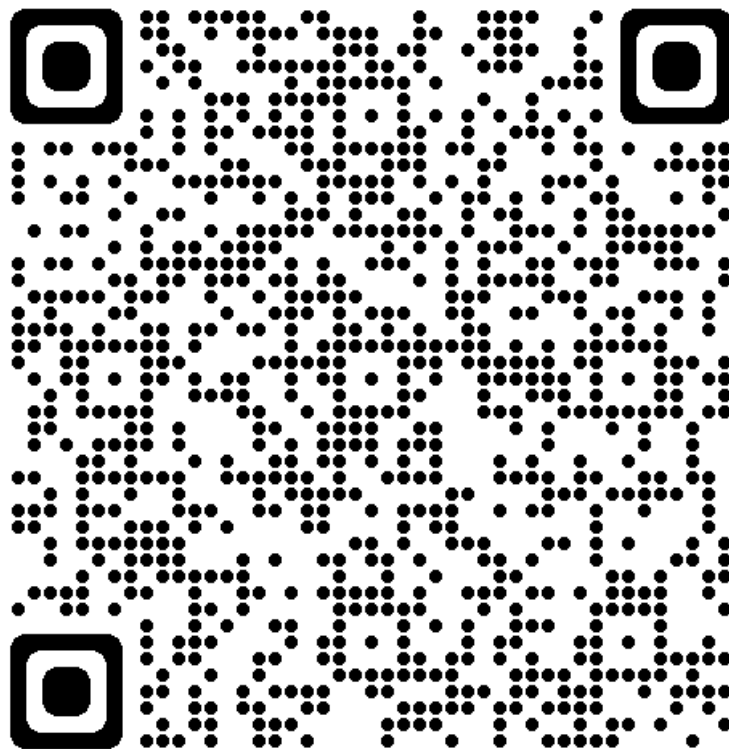
[Homes](#)

[Money troubles](#)

[Pensions & retirement](#)

[Savings](#)

[Work](#)



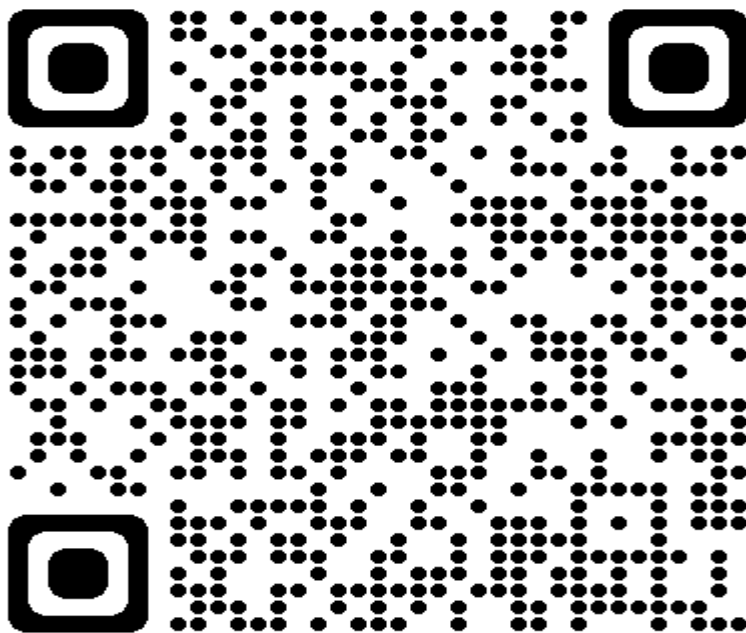


Support and guidance with your energy bills and supplier

We're the energy regulator for Great Britain. Here you can find our guides about home gas and electricity supply.

We understand that in the current climate there are many challenges faced by consumers with the cost of living and high energy prices. We have provided guidance and support for you to understand what help you are entitled to and how to deal with these challenging times.

Check your energy rights. Find advice if you need extra help, have difficulties with your energy supply or want to complain. Save money and get greener with your energy use with our tips on switching, government grants, benefits and energy efficiency schemes.

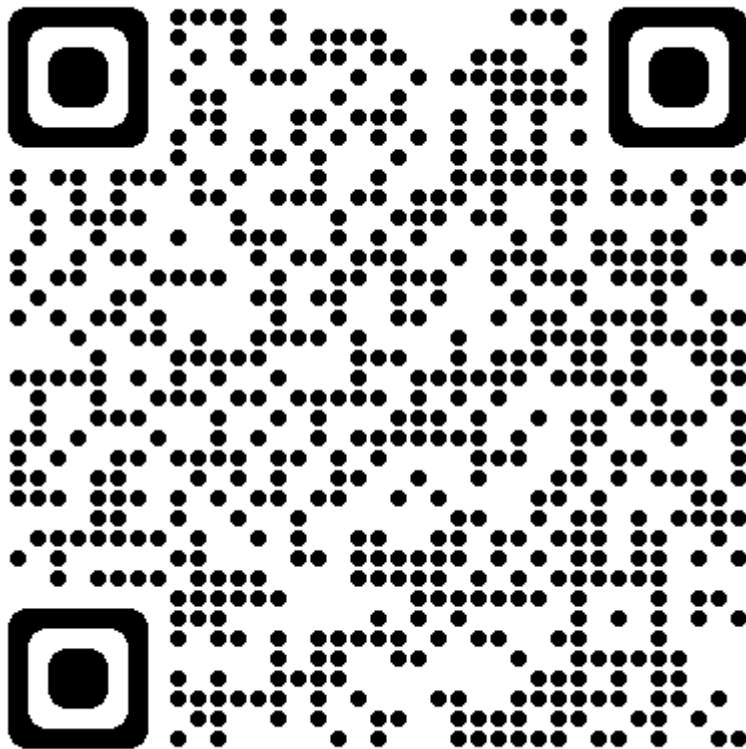


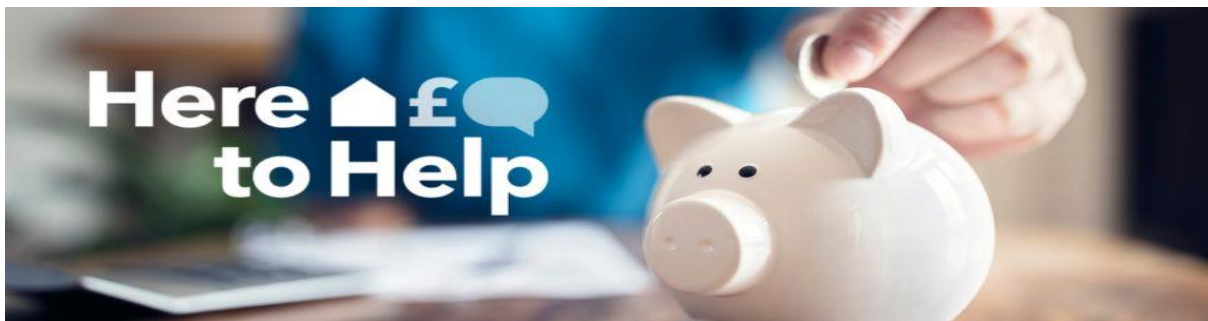
HELP PAYING FOR YOUR CHILDCARE



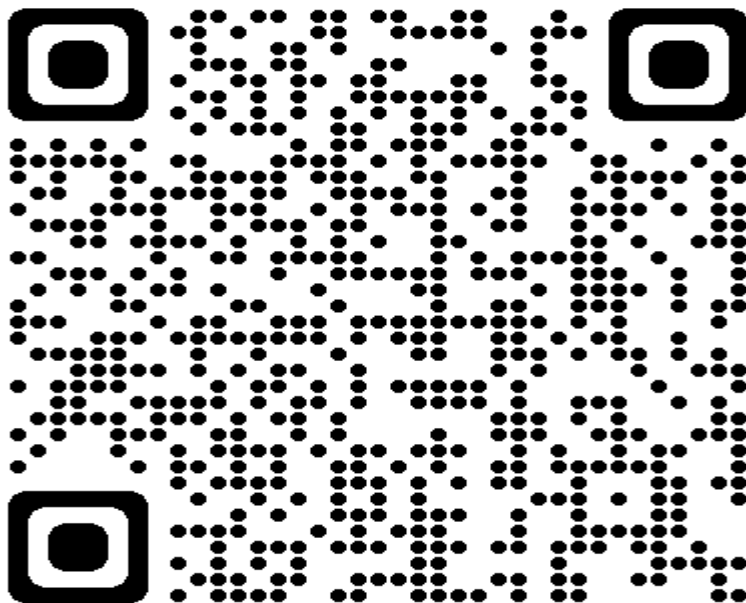
Government help with childcare costs for parents.

Whether you have toddlers or teens, you could get support



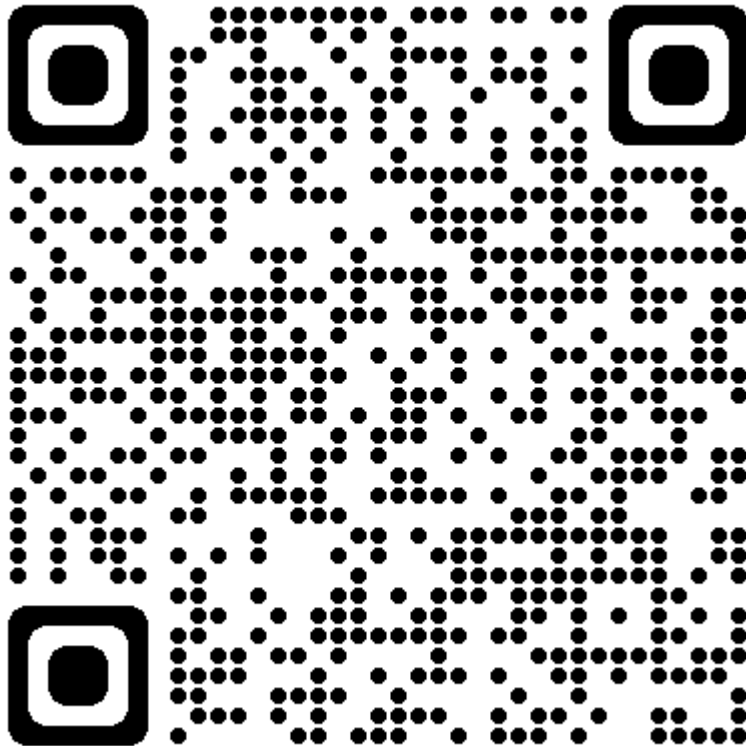


Across Staffordshire many people are feeling the pressure from increasing cost of living. If you're struggling financially or concerned about the future, getting help early can make a big difference. Lots of support is available from many different organisations, and it is often closer than people think.





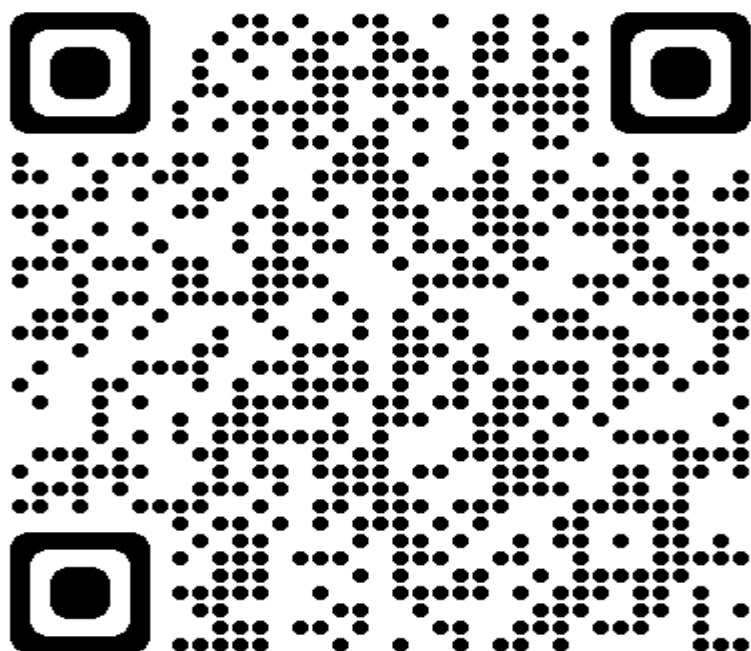
Get help with the cost of living If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments.

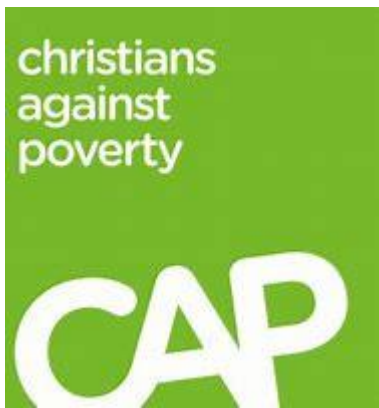




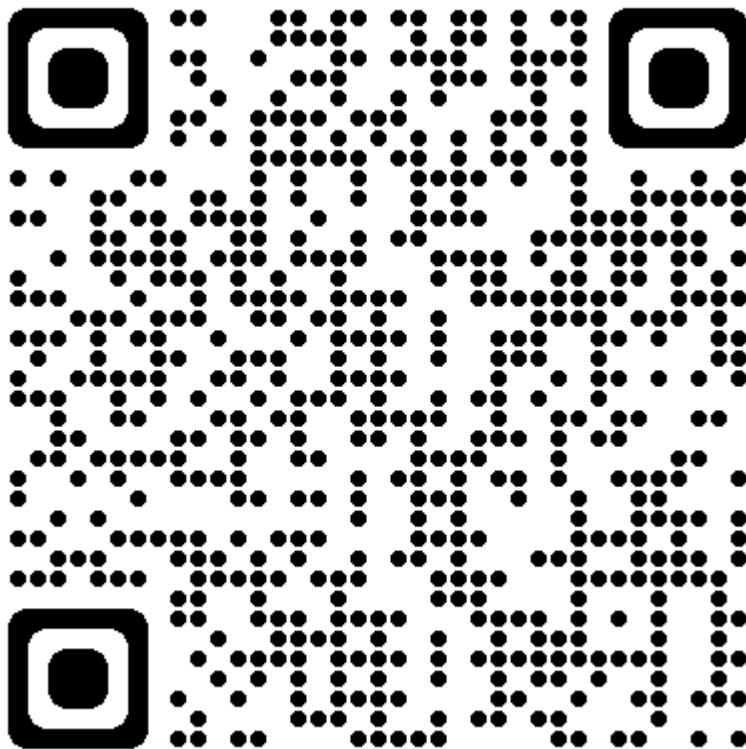
Help with the cost of living

See what government support is available to help you with your energy bills, as well as advice on how to stay on top of your finances.





If you're looking for help, whether that's help to get out of debt, find a job or gain vital life skills, Christians Against Poverty provides a range of free professional services across the UK through local churches.





Find a Food Bank

Find your local Trussell Trust food bank, their contact details and opening times.

If you're struggling to afford the essentials or need advice and support

