

Cost of Living Support

East Herts District



With the cost of living on the rise, we have put together some key links for local people which offer advice and practical help to manage finances and make savings



[Help to manage the cost of living](#) : This Hertfordshire County Council webpage gives some very useful links to Hertfordshire's Money Advice Unit, advice on keeping energy costs lower, Council tax support, debt support, credit unions, budgeting and grants.

[East Herts District Council](#) have put together a one-stop source of information for local people, with links to local grants and support, along with other money saving tips.

[Citizens Advice East Herts](#) offers a wealth of information online and in person – from applying for Universal Credit for the first time, to budgeting and redundancy support. You can also **Check what you're entitled to** by using the **[online calculator](#)**

[Foodbanks in East Herts](#) : If you are facing a crisis situation and you need food and toiletries but can't afford to buy them, you can find out how to make contact with your local Foodbank by entering your postcode on this link.

[Check if you're eligible for free school meals](#) : If you're eligible for free school meals due to low income, you can also get vouchers from your school for the Summer holidays. Other help may be available via the **[Household Support Fund](#)**.

[Get help to buy food and milk \(Healthy Start\)](#) : You could be missing out on free fruit, vegetables, or milk worth at least £220 a year and free vitamins. If you are more than 10 weeks pregnant or have a child under four years old, and are in receipt of benefits, you could be entitled to a Healthy Start prepaid card worth £4.25 per child per week to spend on healthy food and milk



Other key support links

[The Families First Portal](#), includes links to a directory of local services supporting all Hertfordshire families.

The **[SEND Local Offer](#)** lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.

If you need further help, regardless of whether you qualify for benefits, call Herts Help on 0300 123 4044, email info@hertshelp.net or visit www.hertshelp.net

