

Help and information from

**Richard Foord MP**

# COST OF LIVING



**Richard Foord**

Member of Parliament for Tiverton & Honiton

*Many families across the UK are now struggling to cope with the cost of living. I have been contacted by lots of residents here in Tiverton & Honiton who are finding it difficult to pay the bills.*

*In Parliament, I supported moves to freeze the energy price cap to prevent residents being hit with even higher bills.*

*My team and I have now put together this document with details of organisations that can provide help, advice and information. If you have any further questions, please call or email my office.*

*I do hope you find this helpful.*

*Richard Foord MP*

**Richard Foord MP**

*Liberal Democrat Member of Parliament for  
Tiverton & Honiton*



**Richard  
Foord MP**



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## You're not alone

Financial problems are some of the most difficult things to talk about or ask for help with. Thankfully, there are lots of organisations that can provide help, advice and someone to talk to.

## Someone to talk to

These organisations can provide one-to-one advice and guidance, whether you're already in debt or worrying about how you'll manage:

**Age UK Devon – 0333 241 2340**

**Citizens Advice debt helpline – 0800 240 4420**

**Citizens Advice Universal Credit helpline – 0800 144 8444**

**Debt Advice Foundation – 0800 622 6151**

**Financial Wellness Group – 0161 518 8285**

**National Debtline – 0808 808 4000**

**StepChange Debt Charity – 0800 138 1111**

## Council Tax Reduction

You may be entitled to a Council Tax reduction or exemption, visit:  
**[eastdevon.gov.uk/council-tax/council-tax-reduction](http://eastdevon.gov.uk/council-tax/council-tax-reduction)**  
**[middevon.gov.uk/residents/benefits/council-tax-reduction](http://middevon.gov.uk/residents/benefits/council-tax-reduction)**

## Government assistance

The government's Help for Households website has information about benefits and other financial support you may be entitled to. Visit: **[helpforhouseholds.campaign.gov.uk](http://helpforhouseholds.campaign.gov.uk)**

## More support and advice online

These organisations provide lots of support and advice online:

**Citizens Advice Devon – [cabdevon.org.uk](http://cabdevon.org.uk)**

**Energy Saving Trust – [energysavingtrust.org.uk](http://energysavingtrust.org.uk)**

**Grants from energy companies – [charisgrants.com/individuals](http://charisgrants.com/individuals)**

**Money Helper – [moneyhelper.org.uk](http://moneyhelper.org.uk)**

**Step Change – [stepchange.org](http://stepchange.org)**

**Turn to Us – [turn2us.org.uk](http://turn2us.org.uk)**

**Which? – [which.co.uk/topic/cost-of-living](http://which.co.uk/topic/cost-of-living)**

## Food banks

There are food banks throughout Mid & East Devon. To find out where your nearest one is, contact Richard, or visit: **[givefood.org.uk/needs/in/constituency/tiverton-and-honiton](http://givefood.org.uk/needs/in/constituency/tiverton-and-honiton)**