

Invoice Address

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Job ID	Description	Nett	VAT	Total
8431045	50 Flyers & Leaflets, A4 210mm x 297mm, 150gsm Silk, Single Sided, No Lamination, N/A, N/A, N/A	19.06	0.00	19.06
8431046	300 12pp Saddle Stitch Stapled Booklets, A5 148mm x 210mm, 150gsm Silk, Classic Silk 250gsm, Double Sided, No Lamination, Saddle Stitched, 12pp, N/A, Long Edge Bound	181.52	36.30	217.82
Sub Total		200.58	36.30	236.88
Shipping & Handling		0.00	0.00	0.00
Total		200.58	36.30	236.88

COST OF LIVING GUIDE

*Written and provided by Liam Byrne, Member of
Parliament for Birmingham Hodge Hill*

**Liam
Byrne** MP
BIRMINGHAM
HODGE HILL

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LIAM BYRNE COST OF LIVING GUIDE

The UK is amid a cost of living crisis. Prices are rising at rates we haven't seen since the 1970s – energy, broadband, water, food, fuel and more. This guide sets out some of the help available within Birmingham.

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Crisis Support

If you are in need of immediate cash support for food or essentials Birmingham City Council does Crisis Payments. There are 2 types of payment made from this provision:

Crisis payments are made to citizens to meet their needs for subsistence in terms of essential food and/or clothing.

Community support grants are paid to residents to meet their immediate needs for essential furniture or white goods to sustain their housing needs and to gain greater independence within the community.

Apply - https://www.birmingham.gov.uk/info/20017/benefits_and_support/308/help_in_a_short-term_crisis/5

More information can be found at:

https://www.birmingham.gov.uk/info/20017/benefits_and_support/308/help_in_a_short-term_crisis

Energy Costs

Due to high demand for the following LEAP schemes, you will need to be referred by an organisation such as Citizens Advice, your energy supplier, your Health Clinic, or a Council advice centre. You can check if you are eligible for the LEAP programs here: <https://applyforleap.org.uk/eligibility/>

Locations of Citizens Advice centres (check opening hours online):

Citizens' Advice Birmingham City Centre:

Ground Floor Gazette Buildings, 168 Corporation Street,
BIRMINGHAM, West Midlands, B4 6TF

Citizens' Advice Solihull (located in Chelmsley Wood):

176 Bosworth Drive, Chelmsley Wood, SOLIHULL, West Midlands,
B37 5DZ

Please see below for contact details for energy suppliers:

LEAP - (Local Energy Advice Partnership) can provide help and advice with energy switching, free energy saving measures and

money advice. They sometimes perform home visits to identify ways for you to easily make large energy savings in your home. LEAP can also check if you're eligible for insulation, a new appliance or even a new boiler.

LEAP Boiler Scheme, sometimes called **ECHO - (Emergency Central Heating Offer)**, is a scheme that offers emergency assistance to fuel poor or vulnerable households (owner occupiers only) to repair or replace broken or condemned boilers.

LEAP Appliances, sometimes called **HEART**, is an initiative to support fuel poor and vulnerable households through the replacement of old, inefficient fridges, fridge/freezers, washing machines and electric cookers with modern, efficient alternatives.

ECO FLEX – (Energy Company Obligation Flexible Eligibility) is a government scheme which provides funding for energy efficiency improvements in the home such as a new central heating system, upgrades to the existing heating system and/or insulation.

For enquiries about Eco Flex please contact AgilityEco at birminghamsoi@agilityeco.co.uk

Energy Company Obligation (ECO) requires energy suppliers to set aside a fund to install energy saving measures. These help households cut their energy bills and reduce carbon emissions.

Primarily aimed at owner occupiers and private rented tenure households, the scheme may support those who are not eligible for some of the other means-tested schemes but are vulnerable to the effects of living in a cold home.

Councils can set the eligibility criteria for which households are supported by the scheme and must publish a statement of intent that outlines these criteria.

Birmingham's criteria can be found in their Statement of Intent:
https://www.birmingham.gov.uk/downloads/file/19411/local_authority_flexible_eligibility_statement_of_intent

You can also find local 'Warm Welcome Spaces' that are free to visit throughout the day. You can read more information and find your nearest Warm Welcome here: https://www.birmingham.gov.uk/directory/73/warm_welcome_spaces_in_birmingham

It is often cheaper to heat yourself rather than your home with items like electric blankets instead of using your central heating.

Your energy company may have a scheme in place themselves so it is worth contacting them directly. Contact details for the six biggest firms are below:



BRITISH GAS/SCOTTISH GAS

New and existing customers: 0333 202 9532

www.britishgas.co.uk

Services Customer Relations

PO Box 699

Winchester

SO23 5AR



NPOWER

Existing customers (monthly direct debit):
0845 070 4851

Existing customers (bill and quarterly direct
debit): 0845 070 4850

New customers: 0800 073 3000

www.npower.com



E.ON NEXT

New customers to Eon: 0345 301 4905

Existing customers (for moving home):
0345 303 3020

Existing customers (to query a bill): 0345
052 0000

Existing customers (for prepayment): 0345
303 3010

www.eonenergy.com



SCOTTISHPOWER

SCOTTISH POWER

New and existing customers (online): 0845 270 6543

New and existing customers (domestic): 0845 270 0700

www.scottishpower.co.uk



SSE

New and existing customers: 0800 975 0485

www.sse.co.uk



EDF Energy

Existing customers: 0800 096 9000

New customers: 0800 056 5927

www.edfenergy.com

Universal Credit

If you do not have enough to live on while you wait for your first payment you can ask for an advance payment after you've made a claim. More information can be found at <https://www.gov.uk/universal-credit/get-an-advance-first-payment>

You can also ask for a hardship payment if you cannot pay for rent, heating, food or hygiene needs because you got a sanction.

You need to pay it back through your Universal Credit payments - they'll lower your payments until you pay it back.

If you need advice on Universal Credit, Citizens Advice have a very comprehensive list of common questions and answers at <https://citizensadvice.org.uk/benefits/universal-credit/>

Ensure you are claiming everything you are entitled to

Here in Birmingham we have one of the highest levels of underclaiming in the country. Check what you are entitled to and how to claim everything here - <https://www.gov.uk/benefits-calculators>

Many people are unaware of what they are entitled to: there is lots out there for pensioners and young families.

Benefits you may not have heard of

There is help to pay for NHS services such as dentists and glasses. This help is on offer to those on certain benefits, under 19 or over 60 years of age, are pregnant and more: <https://www.nhsbsa.nhs.uk/check-if-youre-eligible-help>.

Healthy Start supports pregnant women and their families to eat well and get the vitamins they need for healthy development. If you are 10+ weeks pregnant or have a family with children under 4 years old, you might be able to get help to buy healthy food and milk. <https://www.healthystart.nhs.uk/how-to-apply/>

Water firms give out free water-saving gadgets via water efficiency site Save Water Save Money. These include shower heads, tap inserts and garden hose nozzles. As well as saving money for those on water meters, as much of the water we use is heated, it reduces energy bills too. <https://www.savewatersavemoney.co.uk/>

Over one million people in England from April 2020 to April 2021 would've been better off using an NHS prescription prepayment certificate, a kind of season ticket. They allow you to pay a one-off fee that covers the costs of all prescriptions for a period of three months or one year. If you use more than one prescription a month on average, it's worth it. More information can be found here - <https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-prescription-prepayment-certificates-ppcs>

Other Help

If you need help covering the cost of school uniform, contact your child's school. There may be some help available

General Advice

It may sound obvious, but with the cost of fuel at near-record highs, think before you get behind the wheel. Could you walk or cycle instead? Many employers offer a 'Cycle to Work' scheme to help towards the cost of a bike and cheap ways to hire a bike short-term.

Have you checked you are paying the lowest tariff on your bills, price comparison sites such as <https://www.moneysavingexpert.com/compare-broadband-deals/> are good ways to see if you can lower your bills

Money Saving Boiler Challenge will save you money and energy by changing a single setting on your boiler. Many UK combi boilers burn more gas, generate more carbon emissions and cost more in energy bills than they need to. Research shows that by adjusting the boiler flow temperature to 60 degrees or below, households will save money off their bill and an average of 172kg in carbon emissions. <http://www.moneysavingboilerchallenge.com/>

Join a Trade Union, not only do Unions protect you if there is an issue at work but on average unionised work places earn 6.5% more than non-unionised work places. Also many unions have member discounts on things like insurance. Find the right Union for you here: <https://www.tuc.org.uk/joinunion>

If you are already in Debt

If you are in debt the key is not to panic; help is available. Avoid any debt help or loan consolidation companies that advertise on TV or in some newspapers. Their job is to make money out of you, plain and simple. There are two national charities that offer debt support and Birmingham City Council can also offer advice.

StepChange Debt Charity

A full debt help service is available across the UK. Online support is also available via its debt advice tool (<https://www.stepchange.org/start>) where you can create a budget and get a personal action plan with practical next steps.

Tel: 0800 138 1111

Opening times: Monday to Friday, 8am to 8pm, Saturday, 8am to 4pm (closed on Sundays and bank holidays)

<http://www.stepchange.org/>

National Debtline

National Debtline provides free advice and resources to help people deal with their debts. Advice is available over the phone, online and via webchat.

Tel: 0808 808 4000

Opening times: Monday to Friday, 9am to 8pm, Saturday, 9.30am to 1pm

<http://www.nationaldebtline.org/>

Places to go for advice_____

Liam Byrne MP

My office and I are always here to help, contact me at:

liam.byrne.mp@parliament.uk or on **0121 789 7287**.

Nearest Council Advice Centre

The **Erdington Advice Centre**, 67 Sutton New Road, Erdington, B23 6QT is doing extended hours for cost of living related support from **4.30pm to 7pm on Tuesdays**, and from **10am-1pm on Saturdays**. Alternatively, they can be contacted on **0121 303 1116**.

Citizens Advice

Ground Floor Gazette Buildings 168 Corporation Street, B4 6TF

03444 77 1010 (Information Helpline) **9.30 - 16.30 Monday to Friday**

Hard Hearing Textphone Adviceline Number: **18001 03444 111445**

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