



Cost of living help

Help is available if you're struggling financially or just finding things difficult. Our Community Hub team is here to help you. Please get in touch whether it's for practical support or advice:

- call us on 01235 422600
- or email us communitysupport@southandvale.gov.uk

Our office hours are 8.30am–5pm Monday to Thursday, 8.30am–4.30pm on Fridays.

Free or affordable food support

If you or someone you know is struggling to afford food then food banks, food larders, community fridges may be able to help. You can find food support services in our districts using the interactive map at www.foodmap.goodfoodoxford.org

Housing support

Help with renting

If you rent a home and you're on a low income, you may be entitled to help with paying your rent. You may also be eligible to apply for a Discretionary Housing Payment. This is a short-term financial payment that can help with shortfalls in rent for residents receiving either Housing Benefit or Universal Credit housing support. Find out more about housing benefit on 0345 302 2313 or Universal Credit on 0800 328 5644.

Housing advice and homelessness

If you're at the risk of being homeless or have lost your accommodation, please contact your district councils' housing advice team on 01235 422452 to receive specialist advice and assistance.

Mortgage payment support

The government may be able to help towards the interest payments through Support for Mortgage Interest – head to www.gov.uk/support-for-mortgage-interest for further information.

Help with home improvements or utility bills

If you need financial support to help insulate or make adaptations to your home, please contact the councils' Housing team on 01235 422436 to see if you're eligible. For advice on saving energy and reducing utility bills, call the Better Housing, Better Health team on 0800 107 0044 for free impartial advice.

Household Support Fund

This fund is still open to new applicants from pensioners in South Oxfordshire and the Vale of White Horse. It's a voucher scheme for those struggling to afford household bills. Contact our Community Hub team on the telephone number above or for more information head to our website:

- South Oxfordshire – www.southoxon.gov.uk/household-support-fund
- Vale of White Horse – www.whitehorsedc.gov.uk/household-support-fund

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Council tax

If you have problems paying your council tax, please contact our Council Tax team to discuss:

- South Oxfordshire call us on 0345 302 2313 or email: sodc.counciltax@secure.capita.co.uk
- Vale of White Horse, call us on 0345 302 2315 or email: vowh.counciltax@secure.capita.co.uk

If you're currently not being paid, and are struggling to pay your bills, you can apply for a Council Tax Reduction by contacting our Council Tax team or head to our webpage:

- South Oxfordshire - www.southoxon.gov.uk/ctrs
- Vale of White Horse - www.whitehorsedc.gov.uk/ctrs

Free debt advice is available

- **National Debtline** on 0808 808 4000.
- **Citizens Advice Oxfordshire South and Vale** on 0300 330 9042.

Health and wellbeing

Here are some useful contacts offering mental health and wellbeing support, advice and help:

- **Buckinghamshire and Oxfordshire Mental Health Helpline** is a 24/7 mental health helpline, the number for adults is 01865 904997 and for children and young people, the number is 01865 904998.
- **Connection Support** provides a tailored support and advice to adults and families in Oxfordshire. You can contact them on 01865 711267.
- **Samaritans** - if you're having a hard time, they can provide you with advice and support. Call them anytime on 116 123.
- **Mind - National Mental Health Charity**. Call their information line on 0300 123 3393.
- **CALM (Campaign Against Living Miserably)** is a charity that supports men under 45 years old with mental health issues. You can call them on 0800 58 58 58.

Staying active

Regular activities and exercise can help improve your mood and mental health. Visit our Active Communities page for details on activities we run and support:

- South Oxfordshire - www.southoxon.gov.uk/activecommunities
- Vale of White Horse - www.whitehorsedc.gov.uk/activecommunities

Move Together is a local scheme focused on helping you to move more and feel better if you have been affected by Covid-19. Head to www.getoxfordshireactive.org/move-together for more information or contact your local coordinator:

- South Oxfordshire: 07717 836750
- Vale of White Horse: 07717 714477

Sport England has some great tips and advice that can help you and your family stay active - www.sportengland.org/jointhemovement

If you need this leaflet in a different format, please contact our Community Hub team using the contact details above.

You can find out more information, guidance and support available on our Cost of Living help website by scanning one of our QR codes.



South Oxfordshire



Vale of White Horse