

## Scotland Services - Cost of Living Resources

Last updated November 2022

### Scottish Government

Webpage: <https://costofliving.campaign.gov.scot/>

### Food Banks/Larders/Pantry's

Trussell Trust: <https://www.trusselltrust.org/get-help/emergency-food/>

Free My Meal: <https://freemymeal.co.uk/>

Food Aid Network: <https://www.foodaidnetwork.org.uk/our-members>

Scottish Pantry Network: <https://www.scottishpantrynetwork.org.uk/locations/>

### Warm Spaces

Warm Welcome: <https://www.warmwelcome.uk/>

### Energy Costs

Winter fuel payment DWP: <https://www.gov.uk/winter-fuel-payment>

Child Winter Heating Assistance: A payment of £200 for children and young people up to the age of 18 who get the highest rate care component of Disability Living Allowance/Child Disability Payment for children. This is paid automatically if you meet the criteria and are claiming qualifying benefits

Webpage: <https://www.mygov.scot/child-winter-heating-assistance>

British Gas Energy Trust: is an independent charitable trust set up to support families and individuals who are struggling to pay their bills across England, Wales and Scotland, no matter which energy company you are with.

How they help:

- Free resources to help make sure you're getting the support and benefits you may be entitled to
- We fund frontline advice services in local communities providing free 1-2-1 money, benefits, and energy efficiency advice
- We also run a direct access energy debt programme – awarding grants to households that remove energy debt, fund emergency fuel credit and provide boiler replacements

Webpage: <https://britishgasenergytrust.org.uk/>

Warm Home Discount: <https://www.gov.uk/the-warm-home-discount-scheme>

Home Heating Support Fund: <https://homeheatingadvice.scot/>

Warmer Homes Scotland <https://www.homeenergyscotland.org/find-funding-grants-and-loans/warmer-homes-scotland/>

Energy Saving Trust: <https://energysavingtrust.org.uk/?loc=scotland>

Fuel Bank Foundation: <https://www.fuelbankfoundation.org/individuals/>

Greener Scotland: <https://www.netzeronation.scot/>

### **Energy Company Grants and Funds**

Scottish Power Hardship Fund: <https://community.scottishpower.co.uk/t5/Extra-Help/Hardship-Fund/ta-p/53>

Ovo Energy Fund: <https://www.ovoenergy.com/help/debt-and-energy-assistance>

E.ON Energy Fund: <https://www.eonnext.com/policies/extra-help>

E.ON Next Energy Fund: <https://www.eonnextenergyfund.com/>

EDF Energy Customer Support Fund: <https://www.edfenergy.com/PSR>

Bulb Energy Fund: <https://citizensadviceplymouth.org.uk/bulb-energy/>

Octopus Octo Assist Fund: <https://octopus.energy/blog/struggling-to-pay/>

Shell Energy Support Fund:

<https://help.shellenergy.co.uk/hc/en-us/articles/360001044218-I-m-struggling-to-pay-my-bill-What-should-I-do->

### **Age UK**

Older people in Scotland are missing out on millions of pounds in social security every year. Age UK can help make sure you get everything you are entitled to with free benefits checks, information guides, workshops, and an online benefits calculator.

Webpage: <https://www.ageuk.org.uk/scotland/>

### **Housing**

Changeworks: is a Scottish environmental charity delivering solutions for low carbon living.

Webpage: <https://www.changeworks.org.uk/>

Home Energy Scotland: has expert advisors offering free, impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more.

Webpage: <https://www.homeenergyscotland.org/>

### **One Parent Families Scotland**

Phone: 0808 801 0323

Webpage: [www.opfs.org.uk](http://www.opfs.org.uk)

### **Benefit Advice**

Voice Ability: <https://www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland>

Citizens Advice Scotland: <https://www.cas.org.uk/>

### **Free Period Products**

Download the PickUpMyPeriod app so you will never be far from access to period products at:

Apple Store here <https://apps.apple.com/gb/app/pickupmyperiod/id1500403938>

Google Store here <https://play.google.com/store/apps/details?id=com.myperiodapp>