

Financial/Benefits/Housing Support			
The Winter months can bring extra pressure and burdens for people when it comes to finances, particularly with increased energy costs. That's why any support during the Winter months can be crucial for people, making a big difference and there is a range of different support available from some of these organisations noted on a local level.			
Organisation	Email	Phone	Webpage
Citizens Advice Carlisle & Eden	https://www.cac-e.org.uk/make-a-referral/	0808 2787844	https://www.cac-e.org.uk/
Citizens Advice Copeland	advice@cacopeland.org	01946 693321	www.citizensadvicecopeland.org.uk/
Citizens Advice Allerdale	advice@citizensadviceallerdale.org.uk	01900 604735	www.citizensadviceallerdale.org.uk
South Lakes Citizens Advice	advice@southlakesca.org.uk	0808 278 7984	https://www.southlakescab.org.uk
Cost of Living support links from Cumberland Council	N/A	N/A	https://www.cumberland.gov.uk/health-and-social-care/cost-living-support
Cost of Living support links from Westmorland and Furness Council	N/A	N/A	https://www.westmorlandandfurness.gov.uk/health-and-social-care/cost-living-support
Cumberland Council benefit and financial support	Allerdale Team: benefits1@cumberland.gov.uk Carlisle Team: benefits2@cumberland.gov.uk Copeland Team: benefits3@cumberland.gov.uk	0300 373 3730	https://www.cumberland.gov.uk/benefits-and-financial-help
Westmorland and Furness Council benefit and financial support	Eden Team: benefits2@westmorlandandfurness.gov.uk Barrow Team: benefits1@westmorlandandfurness.gov.uk South Lakeland Benefits Team: benefits3@westmorlandandfurness.gov.uk	0300 373 3300	https://www.westmorlandandfurness.gov.uk/benefits-and-financial-help
Broadband/Mobile Phone Social Tariffs	Social tariffs are discounted broadband and mobile plans for people on certain benefits like Universal Credit or Pension Credit, offered by major providers to help with affordability. These plans provide the same quality of service as standard packages but at a		

	lower price and they often allow free switching and have no exit fees. It is worth checking to see if who provides this and maybe switching over to a social tariff.
Pension Credit	Pension Credit is a means-tested benefit for people over State Pension age who have a low income. It comes in 2 parts: Guarantee Credit and Savings Credit. It's separate from a person's state pension. To check eligibility or apply, this can be done online: https://apply-for-pension-credit.service.gov.uk/start or over the phone, 0800 99 1234.