

## Not confident with technology? We're here to help.

If you have friends or family who might be able to help you understand what support is available with the cost of living, please ask them to look at our web page, [northyorks.gov.uk/costoflivingNY](https://northyorks.gov.uk/costoflivingNY), with you.

You can also go into any North Yorkshire library or North Yorkshire Council office.

If you're not sure who to turn to, you can call our customer service centre on **0300 131 2 131** Monday, Tuesday and Thursday 9am to 5pm, Wednesday 9:30am to 5pm and Friday 9am to 4:30pm asking for 'cost of living help' when prompted.



## Looking to learn something new?

Adult Learning North Yorkshire offers a wide range of courses designed to fit around your life and goals.

Whether you're aiming to boost your career, prepare for employment, manage your money better, or turn a hobby into extra income, there's something for everyone.

You can gain formal qualifications or pick up practical skills like cooking on a budget, starting your own business, or even making handmade gifts.

**92% of learners don't pay anything for their course.**

Explore online and in-person courses at [northyorks.gov.uk/adultlearning](https://northyorks.gov.uk/adultlearning)



## Contact us

Online: [northyorks.gov.uk/contact-us](https://northyorks.gov.uk/contact-us)  
By telephone: **0300 131 2 131** asking for '**cost of living help**' when prompted.

North Yorkshire Council, County Hall,  
Northallerton, North Yorkshire, DL7 8AD

You can request this information in another language or format at [northyorks.gov.uk/accessibility](https://northyorks.gov.uk/accessibility)

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# Worried about the cost of living?

We can help you find the right support.



[northyorks.gov.uk/costoflivingNY](https://northyorks.gov.uk/costoflivingNY)

## Lots of people are still worried about the cost of living, so you're not alone if you are too.

There are local schemes and organisations in North Yorkshire which may be able to help or point you in the right direction **if you're struggling to pay for food and other essentials.**

You'll find information about emergency support with everyday living costs, benefits, energy bills, food and managing debt all in one place at [northyorks.gov.uk/costoflivingNY](https://northyorks.gov.uk/costoflivingNY)

Our cost of living web page also has information about schemes to help families with children and local community-based support including Warm Welcome spaces as well as advice on staying safe and well.



**If you have a smartphone, you can use your camera to scan the QR code.**  
You don't need to download an app.



## Could you or someone you know be missing out on Pension Credit?

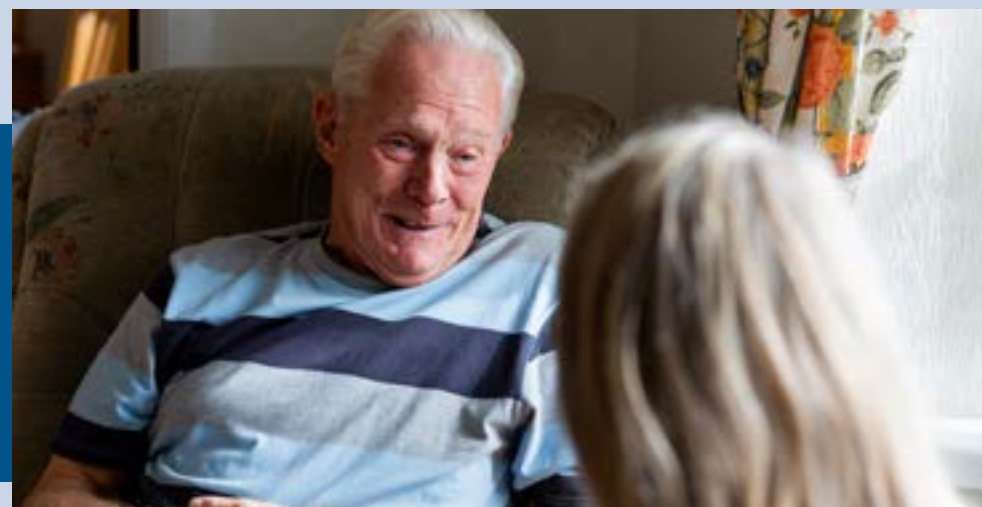
**If you're aged 66 or over you could be eligible for Pension Credit**, which tops up pension income and can help with everyday living costs. Even if you own your home or have savings, you might still qualify.

As well as extra money every week to make sure pensioners have a minimum income, people who are entitled to Pension Credit can also get other benefits like:

- the Winter Fuel Payment;
- help to pay for NHS dental treatment;
- vouchers for glasses or contact lenses; and
- a free TV licence if they're over 75.

**Not everyone who qualifies for Pension Credit is currently claiming it, so lots of people are missing out.**

You can find out more about Pension Credit at [northyorks.gov.uk/costoflivingNY](https://northyorks.gov.uk/costoflivingNY)



## Need some extra help with a Pension Credit claim?

**To speak with someone in North Yorkshire about checking your eligibility you can call us on 0300 131 2 131 asking for 'Pension Credit' when prompted.**

**Our friendly team is here to help and can complete your online claim with you over the phone, explaining it in a way that's easy to understand.**

**You don't need to worry about lots of complicated forms.**

We can also check if you're entitled to other benefits including a blue badge parking permit, bus pass and the 25% single person council tax discount for households where only one adult is living in the property.

Don't just take it from us, our customers regularly tell us how patient, supportive and reassuring our staff are and how they go above and beyond to make sure people get the benefits they're entitled to.

*"We wouldn't hesitate to recommend this service to others."*

