



**Our name is Places for People.  
We care about you and where you live.**

## **Help with the cost of living**

**Help for people who are worried about  
having enough money to pay for things.**



**This is an easy read guide.**

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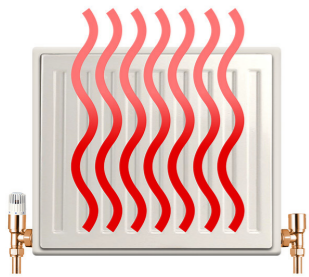
# About the cost of living



The cost of living is the everyday things we need to spend money on. Such as:



- electricity



- gas and heating



- food.



The cost of these things is going up.



This means people have to pay more for these things.



You might be worried about the costs going up.



We want you to know that we can give you help and support with this.

# Support we can give you



## We can help:



- teach you how to manage your money



- tell you what help you can get with your money and what benefits you can get



- get you the support you need.



Visit our website for information  
[www.placesforpeople.co.uk/costofliving](http://www.placesforpeople.co.uk/costofliving)



## If you are from England or Wales:

- you can also call our Money Advice Team on 01772 666 446



- or email us at [moneyadvice@placesforpeople.co.uk](mailto:moneyadvice@placesforpeople.co.uk)



## If you are from Scotland:

- please call our Financial Inclusion Team on 0131 657 0600



- or email us at [financialinclusion@placesforpeople.co.uk](mailto:financialinclusion@placesforpeople.co.uk)



# Local and national community projects



We support more than 200 projects across the UK to help people:



- find food banks



- find warm spaces such as libraries and community centres that are open during the day to keep you warm



- find training to improve your skills



- keep fit



- get out and have fun.



Visit our website for more information:

[www.placesforpeople.co.uk/  
communityprojects](http://www.placesforpeople.co.uk/communityprojects)

# Helping you with your digital skills



**We can help you learn or get better with your digital skills.**



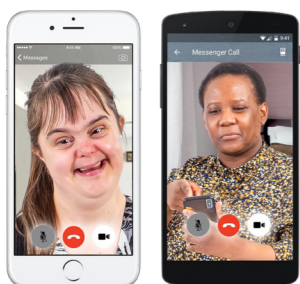
This will help you to get online so you can:



- find cheaper deals such as shopping and insurance



- find information



- keep in touch with friends and family if you cannot travel to see them.

We can also help you:



- to get training



- get the right devices such as iPads, tablets and laptops



- connect to the internet.

# Helping you with skills and support to get a job



A paid job can help you manage the cost of living.



If you want to work, we can help you:



- with one-to-one advice for free



- find training



- find work or volunteering. Volunteering is when you help someone for free.



Visit our website to see what help is available:

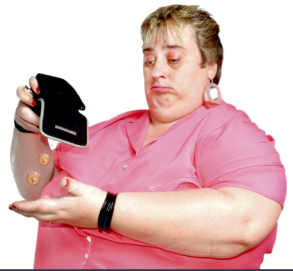
[www.placesforpeople.co.uk/communityprojects](http://www.placesforpeople.co.uk/communityprojects)



You can find jobs at Places for People on our website:

[www.placesforpeople.co.uk/careers](http://www.placesforpeople.co.uk/careers)

# Helping you feel better



You might be upset about the price of things going up.  
We can:



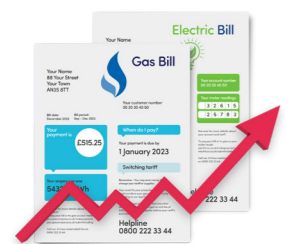
- help you find sports or activities near you



- give you a call to see how you are.



- food



- paying for gas and electric bills.



For more information, please visit our website:

[www.placesforpeople.co.uk/  
communityprojects](http://www.placesforpeople.co.uk/communityprojects)



You can call us on  
01772 667 002.



Or email us at  
[inclusion@placesforpeople.co.uk](mailto:inclusion@placesforpeople.co.uk)



