

Help with the rising costs of living – older people's guide

There are many reasons why you may be finding it difficult to cope financially.



We are here to help

We have a range of grants to help if you are of state pension age and struggling financially, and we can help you access national support for the rising cost of living.

Call our friendly team for advice or help to apply for immediate support to help with essential outgoings such as:



water



food



energy



housing



fuel

Emergency and long term financial support is available

To apply for support you must:

- live in South Gloucestershire
- be over the age of 18



How to apply

Complete the form online at:

 [www.southglos.gov.uk/
financial-support-for-residents](http://www.southglos.gov.uk/financial-support-for-residents)

Email:  OSSAppointments@southglos.gov.uk

Phone:  01454 868009

Visit:  South Gloucestershire Council One Stop Shop in Kingswood, Yate or Patchway, see www.southglos.gov.uk/contactus for details or call the number above.

If you would like this information in any other format, such as Braille or languages other than English, please contact us on any of the above details. We are happy to help.