



Help and information from
Helen Morgan MP

COST OF LIVING



HELEN MORGAN

Member of Parliament for North Shropshire

Many families across the UK are now struggling to cope with the cost of living. I have been contacted by lots of residents here in North Shropshire who are finding it difficult to pay the bills.

In Parliament, I supported moves to freeze the energy price cap to prevent residents being hit with even higher bills. Locally, I've been urging Shropshire Council to set up 'community heating hubs' this winter. These would be located in existing public buildings, like leisure centres and libraries, for people who find they can no longer afford to keep their homes warm. This scheme shouldn't have been necessary, but sadly it is.

My team and I have now put together this leaflet with details of organisations that can provide help, advice and information. If you have difficulty accessing any of these, please call or email my office (details on the back).

I do hope you find this helpful.

Helen Morgan

Helen Morgan

Member of Parliament for North Shropshire

You're not alone

Financial problems are some of the most difficult things to talk about or ask for help with. Whether you're worried about future bills, already struggling to pay the bills or struggling with debt, you're not alone. Thankfully, there are lots of organisations that can provide help, advice and quite often, someone to talk to.

Someone to talk to

These organisations can provide one-to-one advice and guidance, whether you're already in debt or worrying about how you'll manage:

Citizens Advice debt team - 01743 280019

National Debtline - 0808 808 4000

Financial Wellness Group - 0161 518 8285

Age UK Shropshire - 01743 233 123

StepChange Debt Charity - 0800 138 1111

Debt Advice Foundation - 0800 622 6151

Citizens Advice Universal Credit helpline - 0800 144 8444

Don't miss out

Make sure you are claiming all the support you're eligible for such as tax credits, benefits, Council Tax discounts and energy bill rebates. The organisations listed in this leaflet will be able to advise you on these and other ways of maximising your income.

Shropshire Council

Shropshire Council has lots of useful information on their website, from food banks and mental health services to Council Tax and Housing Benefit support. Visit **www.shropshire.gov.uk/cost-of-living-help**.

Government assistance

The Government's Help for Households website has information about benefits and other financial support you may not be aware of. Visit **helpforhouseholds.campaign.gov.uk**

More support and advice online

These organisations provide lots of support and advice online:

Citizens Advice Shropshire - www.cabshropshire.org.uk

Step Change - www.stepchange.org

Which? - www.which.co.uk/topic/cost-of-living

Turn to Us - www.turn2us.org.uk

Money Helper - www.moneyhelper.org.uk

Energy Saving Trust - www.energysavingtrust.org.uk

Grants from energy companies - www.charisgrants.com/individuals



Food banks

There are a number of food banks in North Shropshire. To find out where your nearest one is, call Helen's office (see below) or visit: www.shropshirelarder.org.uk

Welfare support

If you are struggling with basic needs like food, gas, electricity, essential furniture items or white goods, please get in touch with **Shropshire's Welfare Support Team on 0345 678 9078.**



**Helen
Morgan** MP



020 7219 6104



helen.morgan.mp@parliament.uk



HelenMorganMP

Get in touch with Helen Morgan

If you'd like to get in touch with Helen Morgan, please use the phone number or email address above. Alternatively, fill in this form and send it to **Helen Morgan MP, 1st Floor, Maypole Court, 2 High Street, Wem, Shropshire, SY4 5AA.**

NAME:

ADDRESS:

POSTCODE:

PHONE:

Problem or issue I'd like Helen's help with: