

# Winter advice



We're all feeling the impact of the cost of living crisis at the moment. The Council and organisations across Lewisham are offering help and advice including:

## Financial support

### Warm Home Discount Scheme

You could get £150 off your electricity bill for winter 2022–23. Find out more at [gov.uk/the-warm-home-discount-scheme](https://gov.uk/the-warm-home-discount-scheme).

### Cold weather payments

If you are receiving certain benefits, you may qualify to get a payment when the average temperature in your area gets to zero degrees or lower for seven consecutive days. You'll get £25 for each day of very cold weather.

### Grants from energy suppliers

Some energy suppliers are offering grants to their customers to help them pay off their bills. Contact your supplier if you are struggling to pay – they may be able to help.

### Useful websites

Visit [turn2us.org.uk](https://turn2us.org.uk) to find out about charitable grants that you might be eligible for.

Are you claiming everything you're entitled to? Check the benefits calculators on [gov.uk/benefits-calculators](https://gov.uk/benefits-calculators).

For more local financial support visit [worryingaboutmoney.co.uk/lewisham](https://worryingaboutmoney.co.uk/lewisham).

### Check your contracts!

If you've not renewed your contracts for things like broadband, mobile phones or insurance for over a year, you may be able to save a significant amount! Speak to your provider.

## Coping with debt

Contact Advice Lewisham for enquiries about benefits, housing, debt, employment, immigration, family and consumer issues. They can be reached on 0800 231 5453 or [advicewewisham.org.uk](https://advicewewisham.org.uk).

You can also speak to the independent organisation MoneyHelper for free, confidential advice. Call 0800 138 7777 or visit [moneyhelper.org.uk](https://moneyhelper.org.uk).

## Foodbanks

If you are struggling to buy food you can find a list of community projects offering free or low-cost food on [lewisham.gov.uk/foodsupportservices](https://www.lewisham.gov.uk/foodsupportservices) or call 0330 058 3464 for more information. You may need a referral from a support service, your children's school or a charity, but some offer a drop-in service.

## Mental health and wellbeing advice

Community Connections Lewisham provide options for help and can link you up to support services. Call 0330 058 3464 (9.30am-4pm Monday to Friday), or visit [communityconnectionslewisham.org](https://www.communityconnectionslewisham.org).

## Help with employment and training

See if you're entitled to reduced fees on Lewisham's Adult Education courses by visiting [lewisham.gov.uk/adultlearning](https://www.lewisham.gov.uk/adultlearning).

Lewisham Works is a free service to support unemployed residents into good jobs. Speak to them by emailing [JobsAndSkills@lewisham.gov.uk](mailto:JobsAndSkills@lewisham.gov.uk) and find out more at [lewisham.gov.uk/lewishamworks](https://www.lewisham.gov.uk/lewishamworks).



## Warm community spaces for all the family

We want to extend a warm welcome to anyone who needs a warm, inviting space this winter. This includes our libraries – for opening times and more info about our libraries go to [lewisham.gov.uk/libraries](https://www.lewisham.gov.uk/libraries).

All spaces are currently different, some may be providing hot drinks, others may be providing hot food, others may be providing social activities and additional support. Please check each listing for an overview of opening times and services provided.  
[lewishamlocal.com/lewisham-warm-spaces](https://www.lewishamlocal.com/lewisham-warm-spaces).

Visit [lewisham.gov.uk/support](https://www.lewisham.gov.uk/support)  
or call our helpline 020 8314 6000  
if you need further support.

