

The cost of living is affecting us all. Rising inflation and energy prices are hitting households hard, adding substantial amounts to our annual bills. The Council has no facility for providing advice or assistance to those who are hardest hit in these times but can at least highlight places which may offer help.

The government has said that its £200 energy rebate in October 2022 will be doubled to £400, and will no longer have to be repaid. And that a £650, paid in two lump sums, will be available to support the country's most vulnerable people in receipt of means-tested benefits. [More information is available on the Government's website.](#)

The Money Saving Expert has published a [helpful guide](#) to surviving the cost of living increases on his website, which signposts links to available support.

Devon County Council has published some [helpful information and guidance](#) to help people in Devon who are struggling to meet the rising costs of living, including details on how to access their Household Support Fund scheme, which runs until September 2022.

Families are encouraged to [check their eligibility](#) and apply for free school meals.

NHS is operating its [Healthy Start scheme](#), offering those who are more than 10 weeks pregnant or have a child under 4 and in receipt of certain benefits a Healthy Start card which can be used to buy healthy foods and milk.

The [Cosy Homes](#) scheme is offering qualifying households free energy efficiency improvements.

[Citizens Advice Devon](#) have created a page on their website where you can find information and guidance if you are struggling to pay utility bills.