

# Support with the Cost of Living

If you're worried about the cost of living rise there's lots of support available locally.

This leaflet has information about some of the key support available for parents, carers and families in Derbyshire.

You can also find more advice and information at [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)



**HELPING YOU WITH  
THE COST OF LIVING**

Don't miss out. Visit:  
[www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)

## Free school meals

All children receive free school meals in reception and years 1 and 2. But your child may also be eligible up to age 18 if you're on certain benefits. Find out more at [www.derbyshire.gov.uk/freeschoolmeals](http://www.derbyshire.gov.uk/freeschoolmeals)

## Healthy Start Scheme

You may be able to get help to buy healthy food and milk with the NHS Healthy Start Scheme. Find out more: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Funded childcare - two, three and four-year-olds

The cost of childcare can seem daunting, but there are a number of schemes available to parents and carers to help with childcare costs. Find out more: [www.derbyshire.gov.uk/childcarecosts](http://www.derbyshire.gov.uk/childcarecosts)

## Tax-free childcare

Families who are in work and who pay for Ofsted-registered childcare may be eligible for the tax-free childcare scheme. Find out more at: [www.gov.uk/taxfreechildcare](http://www.gov.uk/taxfreechildcare)

## Holiday activities and food programme

This programme offers school holiday activities and healthy food for children across Derbyshire. The sessions are free for families who claim benefit related free school meals. Find out more: [www.derbyshire.gov.uk/haf](http://www.derbyshire.gov.uk/haf)

## Borrowing and saving

You can get information about lower cost alternatives to pay day loans, savings and community banks at [www.derbyshire.gov.uk/savingsandcredit](http://www.derbyshire.gov.uk/savingsandcredit)

## Benefits check-up

You could be missing out on benefits that you're entitled to. We can do a benefits check for you. Find out more at: [www.derbyshire.gov.uk/welfarebenefits](http://www.derbyshire.gov.uk/welfarebenefits)

## Council Tax Support

More people could be eligible for support with Council Tax than realise it. Visit: [www.derbyshire.gov.uk/counciltaxhelp](http://www.derbyshire.gov.uk/counciltaxhelp)



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