

Get help with the cost of living

The [Household Support Fund](#) can help you pay for food, energy, bills and other essentials. It's open to:

- Families where [children receive means-tested free school meals can get £20 per week](#) during the school holidays until Easter 2024
- [Anyone struggling to pay bills or buy food can apply for £240 or £120](#) depending on the size of their household

If you've already applied for the Household Support Fund you do not need to apply again.

Other cost of living help options

There's a range of help and support options you can use to help you this winter:

- Check the [cost of living help hub](#), including our guides
 - [Help for people with children](#)
 - [Help for single people](#)
 - [Help for pensioners](#)
 - [Help if you're in an emergency](#)
- SHARE Wokingham offers fresh produce, like bread and vegetables, for those who need it. These are surplus stock from local supermarkets. More than 2,000 people use it each week and it has saved more than 1,000 tonnes in food waste since it was launched a few years ago. [View the food map](#) to see SHARE's 15 locations and find your nearest.
- Follow these [top tips for households](#) on how to lower your energy bills this winter. Or you can try:
 - The [council's new home energy advice](#) service to see how to lower your bills
 - See if you're eligible [Great British Insulation Scheme](#) is offering free or cheaper insulation to reduce your home's energy bills
 - [Check if your home is eligible](#) for a Heat Pump Grant a part of the Boiler Upgrade Scheme – up to £7,500 on offer towards the costs
- We're encouraging people to [register with power, water and gas suppliers](#) if they are potentially vulnerable this winter. These are known as priority services, which mean you get help faster if you are cut off or additional warnings if there are outages like loss of water pressure or power cuts
- The [Winter Warmers scheme](#) can help you get free items, if you're struggling with the cost of living. This includes things like air fryers, slow cookers, heated airers and more. These will lower your energy usage and bills
- Contact Citizens Advice, Wokingham, to find the most appropriate support for your situation. Use the [online referral form](#) or call [0808 278 7958](#), Monday to Friday.