

# Get help if you're struggling

Help and support is available if you're struggling with money or the cost of living this winter:

- Pension credits
- Winter Fuel Payments
- Warm spaces open this winter
- Discounts on household bills
- Energy bills advice
- Healthy food vouchers
- Low income NHS help
- Grants for food and energy bills
- Mental health support
- What to do if you're in debt



SCAN TO GET HELP  
WITH COST OF LIVING

Keep up to date with  
new support on offer



[www.wokingham.gov.uk/cost-of-living](http://www.wokingham.gov.uk/cost-of-living)

## Can't get help online?

Call the Citizens Advice Wokingham One Front Door. Open to all residents in Wokingham borough



**0808 278 7958**

Open 9am to 5pm, Monday to Friday

[citizensadvicewokingham.org.uk/onefrontdoor](http://citizensadvicewokingham.org.uk/onefrontdoor)

