

**At a Glance Guide to Cost of Living Support 2022/ 23**  
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<b>Name of payment</b>	<b>How much? (all are grants)</b>	<b>Who is eligible?</b>	<b>When and how?</b>
<b>Energy Bills Support Scheme</b>	£400 per household	Households with a domestic electricity meter(most households).	Via energy suppliers over 6 months from October 2022. Direct debit and credit customers- money credited to their account. Pre-payment meter customers- provided with redeemable vouchers or Special Action Messages (SAMs) from the first week of each month, issued via SMS text, email or post. (note!) customers will need to take action to redeem these at their usual top-up point
<b>+ Pensioner Cost of Living Payment</b>	£300 per household	Must be over State Pension age (aged 66 or above) between 19 – 25/9/2022 and be receiving the Winter Fuel Payment. (8 million pensioners)	Automatically as a top-up to their annual Winter Fuel Payment in November/ December 2022. For most pensioner households, this will be paid by direct debit.
<b>+ Cost of Living Payment</b>	£650 per household (paid in 2 instalments of £326 and £324)	Households on certain means tested benefits as at 25/5/2022 for the first instalment, (another entitlement date for the second instalment will be announced)- Universal Credit or 5 Legacy Benefits(JSA(IB), ESA(IR)/ IS/ WTC/ CTC) or Pension Credit (8 million households)	Automatically paid by the DWP in 2 instalments , the first in July 2022 and the second in Autumn 2022. HMRC will pay a little after this to avoid duplicate payments.
<b>+ Disability Cost of Living Payment</b>	£150 per claimant	Claimants on DLA/ PIP/ AA/ Scottish Disability Benefits/ Armed Forces Independence Payment/ Constant Attendance Allowance/ War	Automatically in September 2022.

Pension Mobility Supplement at 25/5/2022 (6 million claimants)

<p><b>+ Council Tax Rebate</b></p>	<p>£150 per household</p>	<p>For households in England in Council Tax bands A-D. (most households)</p>	<p>Those who pay Council Tax by direct debit will be paid automatically into their bank accounts from April 2022. Those who do not pay by direct debit will be contacted by their council and invited to make a claim.</p>
<p><b>+ Household Support Fund payments</b></p>	<p>Variable amounts-discretionary</p>	<p>An extra £500 million of local support, via the Household Support Fund, will be extended from this October to March 2023. In Wales, the fund includes a £200 payment to those on universal credit, legacy means-tested benefit and working tax credits ...but also those on child tax credits, pension credits, disability benefits, carers allowance, contributory benefits and those receiving help from the Council Tax Reduction Scheme.'</p>	<p>Contact Local Authority for details and how to apply.</p>
<p><b>+ Warm Home Discount</b></p>	<p>£140 per household</p>	<p>Either-get the Guarantee Credit element of Pension Credit or on a low income-check with your supplier</p>	<p>A one-off discount of the electricity bill, between October and March.</p>

Want to help clients get their entitlement to the £billions per year of Welfare Benefits that are unclaimed?

Consider our courses –  
Benefit Updater Cost of Living Crisis 2022 2023  
Introduction to Welfare Benefits 2022  
And other Benefit Courses

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