

## Cost of living payments

### You may like to read this information sheet alongside:

Age UK Information Guide 43: More money in your pocket

<https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>

### What are cost of living payments?

These are payments from the Government to help people budget for the increase in energy prices. They are aimed at particular groups of people and most of them are paid automatically – this means they will appear in the same bank account that your state pension or benefits get paid into. They are grants, so do *not* need to be paid back and you can be eligible for more than one payment.

Payments that require you to be getting means-tested benefits are in grey. If your circumstances are complex, please get specific advice.

### What if I have an issue or don't think I've been paid?

Firstly, check the grid to see if the payment period has passed and then check your bank statement for any additional payments. If it has been some time since the payment should have arrived with you and you cannot see it on your bank statement, use the grid to find the contact details of the organisation in charge of the payment and call them. It may take some time to get through on the phone, so be prepared for this.

Amount	From who	Main criteria			Payment method	Timing
£300 Pensioner cost of living grant	DWP	Born on or before 25 <sup>th</sup> Sept 1956	Living in UK the week beginning 19 <sup>th</sup> Sept 2022	(If living in a care home or nursing home, must NOT be receiving Pension Credit, income-based ESA or JSA, Income Support)	Paid automatically if you get a Winter Fuel Payment, otherwise you may need to apply by calling <b>0800 731 0160</b>	Paid between Nov and Dec 2022

£200-300 Winter Fuel Payment	DWP	Criteria as above			Paid automatically (if there are problems call <b>0800 731 0160</b> )	Paid between Nov and Dec 2022 (alongside the additional £300 grant above)
£150 Warm Home Discount	Energy company <i>NOT ALL offer it though</i>	You or your partner get Pension Credit, Universal Credit, Income Support, income based JSA or ESA or certain tax credits	You or your partner must be named on the bill.	If you live in a park home and pay utilities in your rent apply via: <a href="http://www.parkhomeswhd.com">www.parkhomeswhd.com</a>	Credited automatically to your electricity account (if there are problems call your energy provider)	Paid between October 2022 and April 2023
£400 Energy Bills Support scheme	Energy company	All electricity customers (so that those who use oil etc don't miss out)	(park homes/renters where you pay electricity as part of your rent – government are still working on this issue)	(If there are problems call your energy company)	Credited automatically to your electricity account (some pre-payment customers may receive a voucher)	Paid between October 2022 and April 2023
£150 Council Tax rebate	Council	Properties in bands A-D	You or your partner must be named on the bill	(If there are problems call your district council)	Paid automatically to direct debit customers. Others will be written to with details of the application process (if there are problems contact your district council)	Paid between April 2022 and April 2023

£650 cost of living payment	DWP	Getting one of the following benefits between 26 <sup>th</sup> April to 25 <sup>th</sup> May 2022 (or has since been awarded a benefit backdated to this period): Pension Credit, Universal Credit, Income Support, income based JSA or ESA	Joint claims – you will only get one payment of £650	Tax credits – if you get these and have already received a £650 payment you CANNOT access this payment as well  <i>Please note regulations are still being written for eligibility criteria on this one and we cannot guarantee eligibility</i>	Paid automatically – how you usually receive your benefits (if there are problems call DWP on 0800 731 0469 if you get Pension Credit, or the relevant benefit office if you get one of the others listed)	Split into 2 payments: July 2022 And “Autumn” 2022  <i>The autumn payment will have new qualifying dates, so it’s worth checking your benefits entitlement now</i>
		<b>OR</b> Tax Credits Working Tax Credits				
£150 Disability cost of living payment	DWP	Getting one of the following benefits on 25 <sup>th</sup> May 2022 (or has since been awarded a benefit backdated to this date): Attendance Allowance, Personal Independence Payment, Disability Living Allowance	(also available for those getting military payments of: Constant Attendance Allowance, Armed Forces Independence Payment or War Pension Mobility Supplement)	<i>Please note regulations are still being written for eligibility criteria on this one and we cannot guarantee eligibility</i>	Paid automatically – how you usually receive your benefits (if there are problems call DWP on 0800 731 0122)	September 2022
Household Support Fund	Council	<i>Different criteria for different areas – contact your local council</i>	<i>Councils open/close their schemes on different dates</i>			

## Will the payments affect anything else?

The payments are tax-free, don't count towards the benefits cap (which mainly affects people of working age) and don't affect means-tested benefits. They also will not be counted as income for the County Council assessment for care fees.

## Further Information

### Age UK Oxfordshire:

Information line: 0345 450 1276

Email: [helpline@ageukoxfordshire.org.uk](mailto:helpline@ageukoxfordshire.org.uk)

Website: [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)

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