

[costofliving.dumgal.gov.uk](http://costofliving.dumgal.gov.uk)

# THIS WINTER

Help is here, with bills, debt,  
benefits, grants and more.

Are you:

- Struggling to keep your lights or heating on?
- Off supply/self disconnected, or thinking about it?
- Getting hassle from companies to pay bills, perhaps bills that seem too high or don't seem right?
- Missing out on benefits you should be claiming?

## DON'T PANIC

If you'd like some support, or if you're in a crisis, please turn over to find out about local organisations who are there for you.





## Financial Inclusion and Welfare Support Team

Benefits help for those 60+. For appointment, call 0303 333 3008, email [fiwsreferrals@dumgal.gov.uk](mailto:fiwsreferrals@dumgal.gov.uk) or go to [dumgal.gov.uk/benefits](http://dumgal.gov.uk/benefits)



## Social Security Scotland Tèarainteachd Shòisealta Alba

Help with accessing social security payments. For an appointment or to find out more: Call free on 0800 182 2222 or apply online at [mygov.scot/benefits](http://mygov.scot/benefits)



## DUMFRIES & GALLOWAY CITIZENS ADVICE SERVICE

Help with benefits, debts, fuel bills and debt, fuel vouchers/ key cards. For appointment: Call 0300 303 4321, email [info@dagcas.org](mailto:info@dagcas.org), or go to [dagcas.org](http://dagcas.org)



Energy saving advice, grants and funding, benefits checks. For impartial advice: call free on 0808 808 2282 or go to [homeenergyscotland.org](http://homeenergyscotland.org)



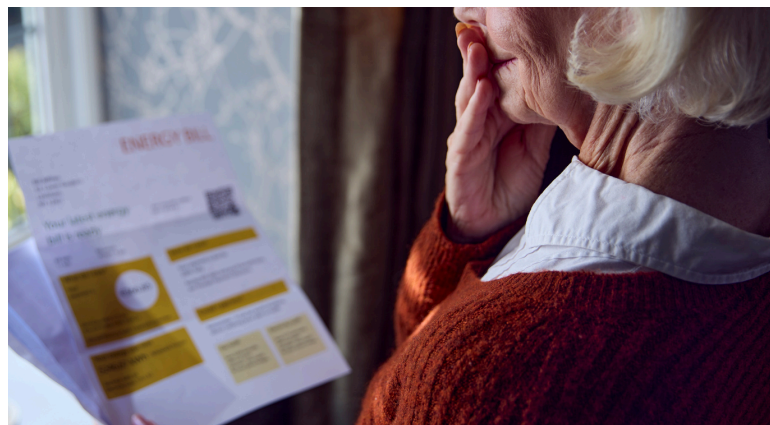
## LEMON AID Fuel project

Support on fuel-related issues like bills, debt, Warm Home Discount applications, support to get back on supply, and grants. Emergency Top Up Vouchers also available. Call free on 0800 049 6528 or email [dumfries@chaltd.org](mailto:dumfries@chaltd.org)



## EMERGENCY ENERGY PAYMENT ASSISTANCE PROGRAMME

Help for older and vulnerable people in receipt of at least one form of benefit payment to help cover the costs of home energy payments. More at: [www.dumgal.gov.uk/article/25655/Emergency-Energy-Payment-Assistance-Programme](http://www.dumgal.gov.uk/article/25655/Emergency-Energy-Payment-Assistance-Programme)



## Warmer Homes for Winter Project

Free coal, peat, logs, briquettes and kindling for people receiving Pension Credit. Referrals through application form available by emailing [info@dghandyvan.org.uk](mailto:info@dghandyvan.org.uk) or by phoning 0800 069 9173.

## If you need urgent help

## The Scottish WELFARE FUND

Help with basic living costs, including money for pre-paid energy meters. Find out about/apply for a Crisis Grant by calling 0303 333 3007 or online at [dumgal.gov.uk/scottishwelfarefund](http://dumgal.gov.uk/scottishwelfarefund)

## Community organisations

Providing food parcels and other assistance. Find out more at [dumgal.gov.uk/article/25586/Food-Banks](http://dumgal.gov.uk/article/25586/Food-Banks) or [dglocator.org.uk](http://dglocator.org.uk)



## Or sort it yourself

If you want to deal with bill problems or benefits yourself, you can go here for info on what to do:

- [citizensadvice.org.uk](http://citizensadvice.org.uk)
- [turn2us.org.uk](http://turn2us.org.uk)

