



RURAL COMMUNITIES

The Cost Of Living is affecting all our communities

Did you know there is a FREE Welfare Helpline you can access to find out what support is available.

Free Welfare Helpline

Cumbria County Council's Ways to Welfare helpline offers help and emergency support with basics and essentials, for people struggling to cope with their current situation.

They can also advise on which other financial support you may be entitled to.

Call 0800 783 1966
or visit **Ways to Welfare**.
<https://cumbria.gov.uk/welfare/>



There is also lots of cost of living advice on the CCC website too

Including heating, health costs, broadband, household grants and more.

Visit CCC Website
<https://www.cumbria.gov.uk/costofliving/financialsupport.asp>

