



UK Government

# Help with the Cost of Living

**Easy  
Read**



**Help for  
Households**

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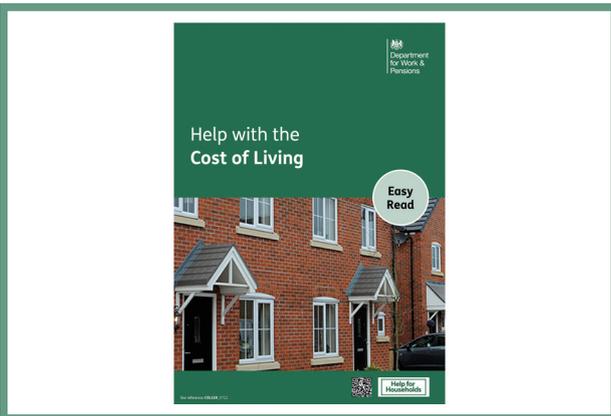
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# 1

## Introduction



We know people in the United Kingdom are worried about rising costs to their living expenses, so the government is offering support.



This easy read leaflet gives more information about the Cost of Living payments to households.

For more information, go to [gov.uk/costoflivingpayments](https://www.gov.uk/costoflivingpayments)

# 2

## People on low income benefits



Millions of people from low income households will receive 2 Cost of Living payments totalling **£650**.



The payments will start on **14 July 2022**.



They are part of a **£37 billion** government package to support families with rising costs.



Those who qualify will receive their first payment the same way they receive their regular benefit payments.

**£326**

The first payment is **£326** and is paid to people who qualify from low income households.



The second payment of **£324** will be paid in the Autumn.



You do not need to apply as the payment is automatic.



If you have had a message asking you to apply or contact someone about the payment, this may be a scam.

# 3

## People getting tax credits



HM Revenue  
& Customs

People getting tax credits and no other low income benefits will get their first payment from Her Majesty's Revenue and Customs.



The first payment of **£326** will be paid in the Autumn the same way you receive your regular tax credit payments.



The second payment of **£324** will be paid in the Winter.

# 4

## Further Cost of Living support



You may qualify for further Cost of Living support depending on your circumstances.



This includes pensioners and people on disability benefits.

For more information, go to [gov.uk/costoflivingpayments](https://gov.uk/costoflivingpayments)

**Help for  
Households**

There is also information about further help for households on the Cost of Living website.

[costoflivingsupport.campaign.gov.uk](https://costoflivingsupport.campaign.gov.uk)