

# Support with the Cost of Living

If you're worried about the cost of living rise there's lots of support available locally.

This leaflet has information about some of the key support available for parents, carers and families in Derbyshire.

You can also find more advice and information at [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)



**HELPING YOU WITH  
THE COST OF LIVING**

Don't miss out. Visit:  
[www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)

## Free school meals

Your child could be eligible for free school meals aged up to 18 if you're on certain benefits. Find out more at: [www.derbyshire.gov.uk/freeschoolmeals](http://www.derbyshire.gov.uk/freeschoolmeals)

## Holiday activities and food programme

This programme offers school holiday activities and healthy food for children across Derbyshire. The sessions are free for families who claim benefit related free school meals. Find out more at: [www.derbyshire.gov.uk/haf](http://www.derbyshire.gov.uk/haf)

## Healthy Start Vouchers

If you're more than 10 weeks pregnant - or have a child aged under four - you may be able to get help to buy healthy food and milk with NHS Healthy Start Vouchers. Find out more here: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Free childcare

If you have younger children then you might be eligible for up to 30 hours of free childcare dependant on your circumstances.

Find out more here: [www.derbyshire.gov.uk/childcarecosts](http://www.derbyshire.gov.uk/childcarecosts)

## Tax-free childcare

Families who are in work and who pay for Ofsted-registered childcare may be eligible for the tax-free childcare scheme. Find out more at

[www.gov.uk/taxfreechildcare](http://www.gov.uk/taxfreechildcare)

## Mental health and wellbeing

Looking after your emotional and mental health is really important in worrying and stressful times. Get support here: [www.derbyshire.gov.uk/mentalhealth](http://www.derbyshire.gov.uk/mentalhealth)

## Free healthy lifestyles support

Derbyshire residents can get FREE support to stop smoking, lose weight and get more active with [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)

## Benefits check up

You could be missing out on benefits that you're entitled to. Our Welfare Rights Team can do a benefits check for you.

Find out more at: [www.derbyshire.gov.uk/welfarebenefits](http://www.derbyshire.gov.uk/welfarebenefits)



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