

EDITION 2

ROYAL TANK REGIMENT

COST-OF-LIVING SUPPORT PAMPHLET



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RECOMMENDED ORGANISATIONS TO PROVIDE ADVICE AND SUPPORT

THE ROYAL BRITISH LEGION



<https://www.britishlegion.org.uk/get-support/financial-and-employment-support/finance/grants/everyday-needs-grants>

Royal British Legion have launched a new grants programme to support the armed forces community during the ongoing Cost-of-Living crisis.



Essentially, eligible beneficiaries can use a new online portal to directly apply for grants for support with energy costs or single item needs such as low energy white goods. This will then be directly administered to individuals, it is means tested, but the means testing is generous and any service person struggling are encouraged to apply.

A SIMPLE 3 STEP PROCESS TO APPLY FOR THE RBL GRANT...

<https://lightningreach.org/application-portal?referral=rbl>



1. Register and complete your profile (QR code)
When asked if you or a member of your immediate family serve / have served in the Armed Forces, make sure to select 'Yes' to ensure you are matched to the Royal British Legion.
2. Once you've completed your profile, you should receive a support match to the Royal British Legion. Click 'continue' to complete and submit your application.
3. Provide your supporting evidence and submit your application to the Royal British Legion.

Once your application has been submitted a member of the grants team will be in touch with you within 5 working days.

HELP FOR HOUSEHOLDS

Help for
Households

GOVERNMENT IS OFFERING HELP FOR HOUSEHOLDS

Follow the QR code for help and advice on the following subjects:

- Household costs.
- Help with energy bills.
- Help with childcare costs.
- Income support.
- Help with transport costs.
- Help finding work.



https://helpforhouseholds.campaign.gov.uk/?utm_campaign=H4H_UK&utm_medium=Search&utm_source=Google&utm_content=Generic&qclid=EAIaIQobChMIg6PZovCj-wIVBe_tCh1T6QwrEAAYASAAEgKOS_D_BwE&qclsrc=aw.ds



DISCOUNTS AND OFFERS - GROCERIES

ASDA

Children aged 16 and under can get a hot or cold meal for £1 at any time of day in Asda cafés across the UK, 7 days a week, with no minimum adult spend. Asda are extending this offer to the end of 2022. <https://www.asda.com>



MORRISONS

Morrisons are offering a free meal for 1 child under 16 when buying an adult meal with a value of £4.99 or over at in-store cafés.

<https://groceries.morrisons.com/webshop/start-Webshop.do>



SAINSBURY

Sainsbury's have introduced budget-friendly meal ideas to feed a family of four for less than £5. The recipes are available on the Recipe Scrapbook at Sainsburys.co.uk.

<https://www.Sainsburys.co.uk/gol-ui/recipes/feed-your-family-for-a-fiver>



ICELAND

Iceland are offering a number of cost saving initiative's, including weekly discounts, product deals and frozen prices which are available in store, including £1 price freezes across 100s of lines.

<https://www.Iceland.co.uk/doing-it-right>



DISCOUNTS AND OFFERS - RETAIL

M&S

M&S have frozen school wear prices across the UK, keeping 2022 prices at the same level as 2021.

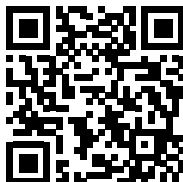
<https://www.marksandspencer.com>



AMAZON

Amazon is offering 7 different ways that people can save money, including free delivery to pick up locations and affordable refurbished products.

<https://www.amazon.co.uk/b?node=29542811031>



PRIMARK

Primark has committed to protect the prices on more than a thousand essential items.

<https://www.primark.com/en-gb>



SHOEZONE

Shoe Zone is promoting a range of offers including £5 off when you join their email club, savings on selected styles, clearance deals and 2 for £12 multi-buy offers.

<https://www.shoezone.com/Offer/Clearance-Outlet>



DISCOUNTS AND OFFERS - UTILITIES

OCTOPUS ENERGY

Octopus Energy recently doubled its OctoAssist Fund, for customers struggling with their bills.

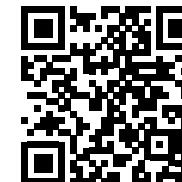
<https://octopus.energy/blog/struggling-to-pay/>



UTILITA

Utilita customers can download the **My Utilita app** to save up to 20% on their energy spend with Smart Score. Customers can also apply for interest-free financial assistance via Power Up.

<https://utilita.co.uk/my-utilita>



VODAFONE

Vodafone offers **VOXI for Now** which is the only mobile social tariff to help those experiencing financial hardship stay connected.

<https://www.voxi.co.uk/for-now>



VIRGIN MEDIA O2'S BROADBAND

Essential Broadband is Virgin Media O2's broadband social tariff for customers in receipt of Universal Credit. The company waives early termination fees for customers who move to Essential Broadband from other tariffs.

<https://www.virginmedia.com/broadband/low-income-families>



CUTTING THE COST OF DAILY TRAVEL

CUT THE COST OF DAILY TRAVEL...

1. SHOP AROUND FOR CHEAPER CAR INSURANCE

One of the simplest ways to save money on travel is to shop around for cheaper insurance for your car. See QR code for the Cheap car insurance guide to learn more. www.moneysaving.com/insurance/car-insurance/



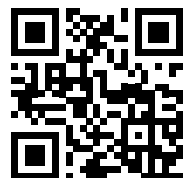
2. FIND THE CHEAPEST PETROL STATION

Before you fill up, use free online tool PetrolPrices.com to find the cheapest unleaded, diesel, super unleaded or premium diesel near you. After registering, enter a postcode, town or city and tell it how far you're willing to travel, and it'll list the cheapest forecourts in the area.



3. HOW TO CHARGE YOUR ELECTRIC CAR FOR FREE ACROSS THE UK INCLUDING AT SELECTED BIG RETAILERS

Use the handy online tool Zap-Map to locate free electric vehicle charging points across the country – on its map, go to the 'Filters' tab, then select 'Payment' followed by 'Free to use' and 'Apply' to display those which have been marked as free – Zap-Map claims there are over 5,300, many at major supermarkets.



4. USE HIDDEN MOT CENTRES FOR FEWER FAILS

Regular MOTs are a must for any vehicle. Their maximum cost is fixed at £54.85 for cars. Yet it's not the test fee but repairing the fails which often makes the biggest dent. Independent run MOT centres generally don't do repairs, so they've no vested interest in failing you.



TRAVELLING ON A BUDGET

Travelling is a fantastic way of charging your batteries after busy periods of work, and a positive step towards mental health resilience. Travelling on a budget need not be any less fun either, London is known as one of the most expensive cities in the world to see. However, follow the QR code for the best free things to do in London.



<https://weareglobaltravellers.com/2020/09/free-things-to-do-london/>

If travelling a little further is what you're after click on the QR code to Travel Europe on a budget. There are lots of ways to save money when you're travelling, from planning your travel budget carefully before you leave, considering backpacking and car-sharing, through to the choices you make when you are on your trip.



<https://weareglobaltravellers.com/2020/04/cheap-places-europe/>



DEBT SUPPORT AND ADVICE

STEP CHANGE DEBT CHARITY

Web: www.stepchange.org

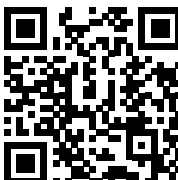
Tel: 0800 138 1111



DEBT ADVICE FOUNDATION

Web: www.debtadvicefoundation.org

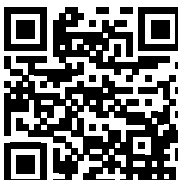
Tel: 0800 043 40 50



NATIONAL DEBTLINE

Web: www.nationaldebtline.org

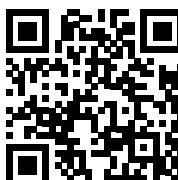
Tel: 0808 808 4000



CITIZENS ADVICE

Web: www.citizensadvice.org.uk/
energy - Free web chat at the website or

Tel: 0808 223 1133



PAYPLAN

Web: www.payplan.com

Tel: 0800 280 2816



COMMUNITY SUPPORT



We always pride ourselves as a military family and the support we can offer each other. This has become more prevalent latterly with the cost-of-Living worries that we are ALL experiencing.

SO HOW CAN WE SUPPORT OUR COMMUNITY?

Identify and share what local support is available within our community

The main point of information for local support is your council, which will have a collation of local community support and advice. They will know how to access local food banks, warm hubs, community groups and financial support available locally to you.

Organise or promote a local food bank collection

Sometimes people, families and communities need to use food banks to help them through difficult times. Rally your neighbours to donate items to take to your local food bank. This is a great way of supporting others in your local community.

Involve yourselves in Welfare activities

Welfare teams run coffee mornings and other activities to bond our military community, get yourself involved in these activities, not only to gain support from our community, but to give support if you can. We all need a little support every now and then.

<https://www.gov.uk/find-local-council>



<https://www.trusselltrust.org/get-help/find-a-foodbank/>



USEFUL APPS & TIPS

DEBT ADVICE FOUNDATION

www.debtadvicefoundation.org

STEP CHANGE

www.stepchange.org

NATIONAL DEBTLINE

www.nationaldebtline.org

CITIZENS ADVICE

www.citizensadvice.org.uk/energy

PAYPLAN

www.payplan.com

LOCAL COUNCIL FINDER

<https://www.gov.uk/find-local-council>

LOCAL FOOD BANK FINDER

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

CHEAPEST FUEL STATION FINDER

PetrolPrices.com

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Army Website

<http://www.army.mod.uk>

AKX Online

<http://akx.sps.ahe.r.mil.uk/sites/akx>



AMS 22-12-088