

# Cost of Living Factsheet - August 2025

## Contacting Citizens Advice

Dorset AdviceLine: 0800 144 8848

BCP AdviceLine: 0808 2787 939

### [National website](#)

Local offices offer face to face, phone and email advice – for details of office locations, opening hours and email enquiry forms, go to:

- [Bridport & District](#)
- [Central Dorset](#)
- [East Dorset and Purbeck](#)
- [Bournemouth, Christchurch, Poole](#)

## Benefit checks

### [General benefit information](#)

Help to Claim: National Citizens Advice helpline for Universal Credit claims: 0800 144 8444.

Benefits check: Make sure you are getting all the benefits you are entitled to.

[Govt. link to three reliable online benefit calculators.](#)

### [Pension Credit](#)

### [The Pension Service](#)

## **Grants**

Local Authorities have received a reduced allocation for the financial year 2025-2026. To ensure the reduced fund can support as many residents as possible, referrals are now limited to one per household over the financial year.

[HSF BCP Council](#)

[HSF Dorset Council](#)

You can search for grants for individuals in need on [Turn2Us](#)

Local grants can be found on the [Dorset Community Foundation website](#)

## **Cost of Living Support**

[Government Support](#)

[Help with Energy Bills](#)

[Warm Homes Discount](#)

[Council Tax Support](#)

## **Energy**

[Energy Price Cap](#)

[Healthy Homes Dorset](#)

[Dorset Energy Advice](#)

## **Money saving bill reduction**

[Ofgem: Help with Energy bills](#)

[Internet and phone social tariffs](#)

[Wessex Water social tariffs](#)

[Bournemouth Water social tariffs](#)

[Citizens Advice cost of living support](#)

[Money Helper](#)

[Health Start Scheme](#)

[NHS Health Costs Support](#)

[Government Childcare Support](#)

## **Food**

[Dorset Food Bank location map and contact details](#)

[Free School Meals](#)

[Holiday Activities and Food Programme](#)

## **Debt Advice**

Local Citizens Advice can offer a Debt Assessment. Referral for fuller debt advice may involve a wait due to demand on services. Other free sources of debt help:

Citizen Advice national debt helpline: 0800 240 4420

[National Debtline](#): 0808 808 4000

[StepChange](#): 0800 138 1111

[PayPlan](#): 0800 280 2816

[Business Debt Line](#): 0800 197 6026