



What help is available if I'm struggling to access healthcare?



Healthcare costs

If you have a low income or receive Universal Credit, you may be able to get help with NHS costs including:

- Prescription costs
- Eyecare costs
- Dental costs
- Healthcare travel costs



Call **0300 330 1343**

or visit nhs.uk/nhs-services/help-with-health-costs



Your local pharmacy can help

- Stock up on essential cold and flu remedies and immunity-boosting products
- Vaccination services for influenza, COVID-19, and other seasonal illnesses
- Health and Well-being Advice: guidance on nutrition, diet, and exercise to help you maintain your health during the colder months.
- Pharmacy First Service: Community pharmacists can offer comprehensive care for common winter ailments



Visit sussex.ics.nhs.uk/your-care/local-nhs-services/medicines-and-pharmacy or nhs.uk/nhs-services/pharmacies



Getting to appointments

If you need transport to attend an appointment there is support available through:

- Sussex Patient Transport Service (PTS)
- East Sussex Flexibus
- Local community bus service or transport schemes



Visit eastsussex.gov.uk/community/cost-of-living-support/transport



Essential Money Know How

! Prioritising your bills

It can be difficult to manage all the different bills and payments in our lives. The consequences of missing some types of bills can be more serious than if you fall behind on others.

Money Helper's bill prioritiser can help you put your bills and payments in the right order.

moneyhelper.org.uk/en/money-troubles/cost-of-living/bill-prioritiser



Protecting your home

In East Sussex, there is high pressure on housing. It is more important than ever to try to keep paying your rent. If you do fall behind with your rent, contact your local council's housing team for advice straight away. If you are not eligible to receive housing benefits, you can also try talking to your landlord to negotiate a repayment plan.

It is crucial to avoid eviction.

eastsussex.gov.uk/community/housing/local-housing-office

moneyhelper.org.uk/en/homes/renting/rent-arrears-problems-paying-your-rent



DWP Future Options

Offer support in family hubs on childcare choices; how childcare and Universal Credit work together; training, volunteering and career opportunities.

familyhubs.eastsussex.gov.uk/activities

**Money
Helper**

Money Helper has a variety of tools and calculators to help you manage your money wisely. Visit moneyhelper.org.uk/en/tools-and-calculators



Further help can be found on the East Sussex website:
eastsussex.gov.uk/community/cost-of-living-support



For additional support locate your local Citizens Advice Bureau at
citizensadviceeastsussex.org.uk

