# Cost of Living payments FAQs

This information applies to the whole of the UK. For those in Northern Ireland, where the Department for Work and Pensions (DWP) is mentioned, the same applies for the Department for Communities (DfC).

## How do I apply for the Cost of Living Payments?

You do not need to apply for Cost of Living payments. If you are eligible, you will be paid automatically in the same way that you usually receive your benefit or tax credits.

Please note that many people have receive **scam messages** requesting their financial details for these payments, which should always be ignored.

### Will these payments affect my other benefits?

These payments are not taxable and will not affect the benefits or tax credits you already receive.

### How will I know I am eligible?

The first of this year’s cost of living payments for means-tested benefit and tax credit claimants of £301 was distributed between 25 April and 17 May 2023.

The qualifying period for this was from 26 January to 26 February 2023. If you received means-tested benefits or tax credits during this period, do check to make sure you received this payment.

### When will the next of these cost of living payments be made?

The qualifying and payment dates for the £300 and £299 cost of living payments will be announced later in the year. We will update this information sheet when further announcements are made.

### What if I get child tax credit and working tax credit?

If you get both Child Tax Credit and Working Tax Credit, you will receive one set of Cost of Living payments, linked to Child Tax Credit only.

### What if I get a disability benefit?

There will also be a **£150** payment made to people on qualifying disability benefits which can be in addition to the above and is due to be paid between 20 June 2023 and 4 July 2023.

You must have received a payment (or later receive a payment) of one of these benefits for 1 April 2023 to get the Disability Cost of Living Payment.

“Disability benefits” means any of the following:

* Attendance Allowance
* Constant Attendance Allowance
* Disability Living Allowance for adults
* Disability Living Allowance for children
* Personal Independence Payment
* Adult Disability Payment (in Scotland)
* Child Disability Payment (in Scotland)
* Armed Forces Independence Payment and War Pension Mobility Supplement.

If you were getting a qualifying benefit from the Ministry of Defence and a qualifying benefit from DWP, you will get a Disability Cost of Living Payment from DWP only.

### Is there any extra help for pensioners?

If you’re entitled to a Winter Fuel Payment for winter 2023 to 2024, you will get an extra £150 or £300 paid with your normal payment from November 2023. The full amount of Winter Fuel Payment (including the Pensioner Cost of Living Payment) you will get for winter 2023 to 2024 depends on when you were born and your circumstances during the qualifying dates.

You will be sent a letter in October or November telling you how much Winter Fuel Payment you’ll get if you’re eligible. You can get a Winter Fuel Payment for winter 2023 to 2024 if you were born before 25 September 1957, The qualifying dates for the payment will be published later in the year.

## What happened to the Energy Price Guarantee scheme?

The government’s energy price guarantee was originally planned to run for the next two years but was discontinued in April 2023. The link below has information provided by the government’s Help For Household’s scheme, which gives tips on energy saving: **helpforhouseholds.campaign.gov.uk/energy-saving-advice/**

## Useful links

* Check what benefits you are entitled to on the GOV.UK website: [**gov.uk/check-benefits-financial-support**](https://www.gov.uk/check-benefits-financial-support)
* Use our RNIB benefits calculator to find out what benefits you could get: **rnib.entitledto.co.uk/home/start**
* You can find other benefits calculators on the GOV.UK website: **gov.uk/benefits-calculators**
* DWP Press Release: **gov.uk/government/news/over-eight-million-households-to-get-new-cost-of-living-payment-from-14-july**
* Independent News Article: Can I get the £650 cost of living payment?: **inews.co.uk/news/consumer/one-off-payment-650-can-get-what-classed-low-income-household-cost-of-living-1652486**
* GOV.UK Cost of living support factsheet: **gov.uk/government/publications/cost-of-living-support/cost-of-living-support-factsheet-26-may-2022**
* GOV.UK Help for Households campaign website: **costoflivingsupport.campaign.gov.uk**

## You may be able to get other kinds of support, including:

* Help from the Household Support Fund from your local council in England: **gov.uk/find-local-council**
* Pension Credit calculator: **gov.uk/pension-credit-calculator**
* Understanding Universal Credit: **understandinguniversalcredit.gov.uk/**

### In you live in Wales, Scotland or Northern Ireland

* Check the Discretionary Assistance Fund in Wales: **gov.wales/discretionary-assistance-fund-daf**
* Find out about a Crisis Grant or Community Care Grant in Scotland: **gov.scot/policies/social-security/income-related-benefits/**
* Find out about Discretionary Support or a Short-term Benefit Advance in Northern Ireland: **nidirect.gov.uk/contacts/finance-support-service-times-crisis-and-need**

## How we can help

If you would like any more information about the content featured in this factsheet you can speak to our Advice service by calling our Helpline. Our advisors can also carry out a full benefit check with you and give you advice about applying for other benefits you may be missing out on.

Our Welfare Benefit Sight Loss Advisors are available to offer help if you would like to challenge a benefit decision or think you should be awarded more than you have been. Our advisers can help you with the mandatory reconsideration and First Tier Tribunal (appeals) process.

RNIB’s Legal Rights service is available to offer you help with more complex benefit queries and appeals, such as those to the Upper Tribunal, once the initial appeals process to the First Tier Tribunal has been completed.

### RNIB Helpline

If you need someone who understands sight loss, call our Helpline on **0303 123 9999**, say **“Alexa, call RNIB Helpline”** to an Alexa-enabled device, or email **helpline@rnib.org.uk**. Our opening hours are weekdays from 8am – 8pm and Saturdays from 9am – 1pm.

### Sight Advice FAQ

Sight Advice FAQ answers questions about living with sight loss, eye health or being newly diagnosed with a sight condition. It is produced by RNIB in partnership with a number of other sight loss organisations. **sightadvicefaq.org.uk**

### Connect with others

Meet or connect with others who are blind or partially sighted online, by phone or in your community to share interests, experiences and support for each other. From book clubs and social groups to sport and volunteering, our friendly, helpful and knowledgeable team can link you up with opportunities to suit you. Visit **rnib.org.uk/connect** or call **0303 123 9999**.

The factsheet gives general guidance only and is not an authoritative statement of the law.



**RNIB Legal Rights Service**

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