

Are you struggling with the rising cost of living?



Do you have utility debts?

Help is available to support the rising cost of living for energy & utility costs, food and other emergency need through the London Borough of Barking and Dagenham's Hardship schemes

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/hardship-payment-schemes/household-support-fund>

to find out more and apply online



**Barking &
Dagenham**