



The cost of advising on the cost of living

The Cost of Living Crisis is affecting many in Epsom and Ewell with rising prices and concerns about the future. But for some, the crisis is truly devastating. People in our borough are coming to the Citizens Advice Bureau (CAB) very worried about paying their bills and looking after their families. The CAB want to make sure people have the right support to manage in these difficult times.

They help clients by giving free advice and information about many different issues including debt, benefits, housing and employment advice. They can give crisis support including vouchers for the local food bank and funds to help with fuel payments. They also offer practical advice such as how to reduce energy use and save money on bills.

CAB can check that people are claiming all the benefits and other money that they are entitled to. They can also help people with budgeting skills whether they are already in debt or are worried about managing their money effectively.

Louise Curd, the publicity and fundraising manager of Epsom's CAB says: "Like all Citizens Advice, we are an independent charity and need to raise funds to keep our services running. We are not part of the government but are one of over 270 local Citizens Advice helping those in the local community.

Our work makes a big difference. During 2021-22 we helped more than 2,700 people resulting in over £1.12m financial outcomes for those clients (unclaimed benefits and money due to them; debts, payment or loans written off or restructured etc). Reducing financial worries can have a knock on effect of reducing stress and improving wellbeing. In fact last year 80% of our clients said that our help had made a big difference to their situation."

The Borough's local CAB has come together with the **Aviva Community** crowdfunding team to raise money to help it respond to the cost of living crisis and build a more resilient community. So far, they have raised over £5,000. The fund closes on 10 January and the more they raise, the more people they can help. All funds received will go towards running their free advice services for the benefit of the community of Epsom & Ewell.

You can donate via this link:

<https://www.avivacommunityfund.co.uk/p/citizens-advice-epsom-ewell-cost-of-living-advice-services>

CAB Epsom and Ewell is located in The Old Town Hall, The Parade, Epsom and initial contact can be made via its website contact form [HERE](#).