

Get help to cope with rising costs



If your main or only income is the State Retirement Pension, you may be able to get more help with the cost of living – don't delay, apply now

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During the cost of living crisis, more support is available to older people, especially those whose only or main income is their State Retirement Pension.

To get that extra help, you must first apply for Pension Credit. More than 7,000 people like you in Southwark already get Pension Credit. **Don't miss out.** If you join them and apply now you could automatically qualify for more than £1,000 of extra help with bills during the 2023/24 financial year including:

- A £900 **Cost of Living payment**
- £150 **Warm Home Discount**
- Free NHS prescriptions, dental treatment and sight tests
- More help as a senior citizen, guaranteeing the security and dignity in your retirement you deserve.

Think of the difference that would make. It's easy to apply.

You can claim Pension Credit online at www.gov.uk/pension-credit

If you would like help to apply, there are lots of friendly local organisations that can help you, including Citizens Advice Southwark, Age UK, Link Age Southwark, Time and Talents and Southwark Pensioners Centre. Please call **020 7525 5000** (select option 3) to speak to someone who can help you find a local drop-in session.

When you apply, you will need the following information with you:

- Your National Insurance number
- Your bank account details and recent bank statements
- Information about your savings, and investments (if you have any)
- Information about your State Retirement Pension
- Information about any other pensions you get
- Details of any housing costs you have (e.g. mortgage, service charges)
- Your husband, wife, or partner's details (if you have one).

Don't miss out – prices are rising, so make sure you get what you're entitled to.