

Step 1: What's the problem?

I suddenly have no money

- Lost job/reduced hours
- Lost money/unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See options **1 2 5 6**

I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options **1 4**

My money doesn't stretch far enough

- Deciding between food/fuel/mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance (e.g. new baby/bereavement/illness/left partner)

See options **1 2**

I have debt

- Rent or Council Tax arrears
- Gas or electricity
- Credit or store cards
- Personal loans and overdrafts
- Owe friends and family
- Benefit repayments

See option **3**

Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be eligible for **Council Tax Reduction, Housing Benefits and Discretionary Housing Payments** from High Peak Borough Council.

Find out more at:
www.highpeak.gov.uk/Benefits

You may be entitled to Council Tax discounts or exemptions.

Find out more at:
www.highpeak.gov.uk/discounts_exemptions

The **Derbyshire Discretionary Fund** can provide grants and emergency cash payments if you are in urgent need of financial help following a crisis or disaster. Find out more: www.derbyshire.gov.uk/discretionaryfund

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.

A **benefit check** can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you manage your gas and electricity bills and **make sure you're not missing out** on things like free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for Universal Credit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Universal Credit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Jobseeker's Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help with these options?

Step 3: Where can I get help?

Each of these services offer free and confidential advice

Derbyshire County Council Welfare Rights Team

Advice on benefits, debt, council support, and challenging decisions

01629 531 535 | welfarebenefits@derbyshire.gov.uk
www.derbyshire.gov.uk/welfarebenefits

Help with options: 1 2 3 4 5 6

Citizens Advice Derbyshire Districts

Advice on benefits, debt, housing and more

0808 278 7954
www.citizensadvice Derbyshire Districts.org.uk

Help with options: 1 2 3 4 5 6

Marches Energy Agency

Help with energy bills and switching tariffs

0800 677 1307 | advice@mea.org.uk
www.mea.org.uk

Help with option: 2

Christians Against Poverty

Debt advice and money management courses in New Mills and Glossop

01274 761 999 | contact@capuk.org
www.capuk.org

Help with option: 3

Zink Advice

Help and support with money issues

01298 214 926 | 07377 917 496
julie@zink.org.uk | www.zink.org.uk

Help with options: 1 2

Derbyshire Law Centre

Advice on issues relating to housing, debt, immigration or employment

01246 550 674 | 0800 707 6990
www.derbyshirelawcentre.org.uk

Help with options: 1 2 3 4 5 6

Updated on 25/01/24

Feedback? Share your experience of using this guide by visiting www.bit.ly/moneyadvicefeedback

Other Support

Derbyshire County Council

Cost of Living Support

Information on help with the cost of living
www.derbyshire.gov.uk/costofliving

Age UK

Support and advice for older people, their families and carers

0800 055 6112 | www.ageuk.org.uk

Crossroads Derbyshire

Helping people break free from domestic abuse

0800 019 8668 | www.crossroadsderbyshire.org
admin@crossroadsderbyshire.org

The Bureau

Glossop's health and wellbeing charity

01457 865 722 | info@The-Bureau.org.uk
www.the-bureau.org.uk

The Manchester Credit Union

Flexible saving options and low cost loans

01612 315 222
info@manchestercreditunion.co.uk
www.manchestercreditunion.co.uk

Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers

0300 555 2222 | www.stoploansharks.co.uk
reportaloanshark@stoploansharks.co.uk

Gingerbread

Support for single parents

0808 802 0925 | www.gingerbread.org.uk

Healthy Start

To help buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under 4. Apply online:

0300 330 7010 | healthy.start@nhsbsa.nhs.uk
www.healthystart.nhs.uk

Digital version



www.worryingaboutmoney.co.uk/high-peak

Worrying About Money?

Financial advice and support is available if you're struggling to make ends meet

Follow these steps to find out where to get help in High Peak



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