



# DENE MAGNA

Leading : Learning : Training : Technology



In our community we are always looking for ways to help each other...and now more than ever we need to do this.

Here are a few tips that we have found on how we can all try to cope with the rise in the cost of living (many you probably already do these!), as well as ways we might be able to get a bit back from the government.

Let us know if you have any other tips we can share!

## SWITCH THINGS OFF!

It's not just the little red light that is being powered when things are left on...

Speaker system on standby - £73 a year  
TV box on standby - £73 a year  
Laptop charger not in use - £60 a year  
TV on standby- £10 a year  
Printer on standby - £10 a year

# MSE

MoneySavingExpert.com

## CHANGE IN HABITS

- Use a shower timer and ask everyone in the family to shower for five minutes a day only. This can result in an £80 a year saving.
- Boil the kettle for the one or two cups of tea/coffee you are making.
- Convert all your light bulbs to low energy bulbs.
- Ensure lights are always switched off in rooms not being used.
- If you are using your oven, batch cook bigger quantities of food. Make the most of the time the oven is switched on.
- Switch off the radiators in any rooms in your house that you don't use.
- To keep a room as warm as possible and to keep the heat in, shut the doors and pull the curtains shut.

## SHOPPING

- Make sensible swaps to supermarket own brands...they are more than likely to be made in the same factory!
- Use reduced price/free food and shopping apps like Too Good To Go and Olio - combat world waste at the same time!
- Write a shopping list (and don't forget to take it with you!)
- Use cashback companies.
- Use pre-owned clothing apps such as Vinted and Depop.
- Make your own lunch/cleaning products - did you know that you can make almost any cleaning solution with white vinegar?
- Use coupons and vouchers.
- Buy in bulk.
- Join the loyalty scheme at your local supermarket.



Vinted



Too Good To Go

depop

citizens  
advice

Forest  
of Dean

0300 330 9006

## CITIZENS ADVICE...

...has plenty of information on:

### Benefits -

[www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get/](http://www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get/)

### Help with bills -

[www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/](http://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/)

### Budgeting -

[www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/work-out-your-budget/](http://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/work-out-your-budget/)

## TAX RELIEF

<https://www.gov.uk/tax-relief-for-employees>

Things you could claim tax relief for:

- Working from home - This includes the cost of things used only for your work, such as heating and lighting the room you work in.
- Uniforms, work clothing and tools - This includes the cost of washing your uniform, or repairing or replacing protective clothing or small tools that you own but you use for work.
- Vehicles you use for work - This includes costs for mileage and fuel, depending on if you use your own vehicle or a company vehicle.
- Travel and overnight expenses - This includes the money you spent on food or overnight stays that your employer has not paid back.
- Buying other equipment - If you must buy substantial equipment to do your work, like a computer, you may be able to claim tax relief on the cost.

## What to do if you are not entitled to the £150 government council tax rebate

There is a £144 million discretionary fund for councils aimed at those on low incomes who don't qualify for help due to their council tax band. This is to help those who don't qualify for the £150 support above because, for example, they're exempt from council tax.

Speak to your local authority to check if you're eligible for the separate support.

