



## Ways to increase household income

Often people think they are not entitled to any benefits, maybe because you are in work or have retirement income or savings.

**Millions of benefits go unclaimed every year** so we recommend doing a quick check using an [online benefit calculator](#). It's a good idea to have details of all people, income, savings, and housing information to hand when you do your check.

If you are **already claiming benefits**, don't forget to report any changes to your circumstances so that you are receiving the right amount.

If you are **working** there are ways you can check you are getting the income you're entitled to, such as the right [minimum or living wage](#) for your age or the correct [tax code for wages](#). Remember to look at your payslips to make sure you're paid for all the hours you've worked and make sure you understand any deductions.

If you are pregnant or have a child under four *and* you're on benefits? Get **free food with Healthy Start vouchers** by applying online [from the NHS](#).

If you're on benefits and have a disabled child, you could **get help from the Family Fund** the [Family Fund](#) has grants to help make life easier, such as washing machines, computers and holidays.

If you are on a low income or in receipt of a means-tested benefit you might be entitled to a lot of **linked benefits** such as free: school meals, prescriptions, dental treatment, and reduced cost treatment for a pet.



Whatever your circumstances our advisers can explore your options with you.

Contact Citizens Advice Somerset via our [online email advice form](#) or by calling **0808 278 7842** to explore what other support might be available for you.

Our advice team are available:

- Monday to Friday 10am to 4pm
- Thursday 10am to 7.30pm



**[citizensadvice-somerset.org.uk/help-through-winter](https://citizensadvice-somerset.org.uk/help-through-winter)**

