



PRESS RELEASE

13 April 2022

I am a single parent, with two young children. I am already struggling to stay on top of my household bills; my weekly food shop isn't stretching as far anymore and now my energy bill is going up too. I don't know how I'm going to afford all of these price rises. What can I do to stop my finances spiralling out of control?

First of all, you are not alone in this and there's support to help you.

It's always worth checking if there are benefits you don't know about that you're eligible for, including support with your energy costs and living costs. On the Citizens Advice website there's a benefits calculator, advice on [how to reduce living costs](#) and information on [other ways to increase your income](#).

There's also emergency support that you may have access to, such as food bank vouchers or fuel vouchers. You could contact your local council to see if they could also offer support.

If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice has a budgeting tool on its website that can help with this.

And if you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone, do contact your local Citizens Advice to help you find a way forward.

For more information about our range of services, and for contact details for Citizens Advice across Oxfordshire go to www.caox.org.uk

Ends

For more information regarding this press release, please contact judy.anders@citizensadvicewestoxon.org.uk

We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.

- The four Citizens Advice West Oxfordshire, Oxford, North Oxfordshire and South Northamptonshire and South Oxfordshire and Vale of the White Horse all exist to provide free, confidential, independent advice in Oxfordshire and they are all members of Citizens Advice, the national charity
- For Citizens Advice general local free telephone advice, visit www.caox.org.co.uk.
- Citizens Advice Freephone Adviceline 0800 144 8848 and Textphone: 0800 144 8884
- Citizens Advice in Oxfordshire are supported by more than 670 trained volunteers and 52 paid staff working across 14 advice centres. In the last year, we helped 27,000 people across Oxfordshire with 78,000 issues.
- Citizens Advice is made up of the national charity Citizens Advice; the network of independent local Citizens Advice charities across England and Wales; the Citizens Advice consumer service; and the Witness Service.
- Citizens Advice helped 2.7 million people face to face, over the phone, by email and web chat in 19-20. We had 3.5 million visits to our national website. For full service statistics see Citizens Advice monthly publication [Advice Trends](#).