

10 points/things to share on social media:

1. The Cost of Living Alliance was established to:
 - Build an evidence base of what is happening across the UK
 - Define clear areas where changes by government and power holders could make the most change to grassroots communities
 - Decide on how we can use our collective influence to call for change
2. **In April Ofgem changes the price cap on fuel bills.** This means if you pay bills by direct debit you saw an increase of up to £693 and if you have a prepayment meter up to £708. (<https://www.nea.org.uk/feb22-price-cap-rise/>)
3. **4.5 million people are on key meters, they are paying one third more for fuel compared to those on standard direct debit tariffs.** NEA above and CSE (<https://www.cse.org.uk/news/view/2684>)
4. Low-income households have less of a buffer against rising costs or any unexpected expenses, given they are less likely than other households to have savings, with **just over a third of people in the poorest fifth of households having liquid savings of less than £250** compared with 1 in 6 of the overall population. People in the poorest fifth of households are more likely to say that they are finding their existing debt a burden, with around half of people in the poorest fifth of households describing their debt in this way compared with just under 1 in 3 overall. (<https://www.jrf.org.uk/file/58889/download?token=L2h4zWuB&filetype=findings>)
5. More than half of individuals in families in receipt of Universal Credit and its predecessor legacy benefits are in poverty, with **43% of households in receipt of Universal Credit being food insecure.** (<https://www.jrf.org.uk/file/58889/download?token=L2h4zWuB&filetype=findings>)
6. **6.5 million UK households are now in Fuel Poverty**, 2 million more than a year ago.... Read more from NEA here: <https://actionstorm.org/petitions/energycrisis?ref=396031>
7. In early 2022 (6 January to 27 February 2022), an **increase in the price of food shopping (90%), gas or electricity bills (79%) and the price of fuel (71%)** were the most common reasons reported by adults who said that their cost of living had increased. ONS (<https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/articles/impactofincreasedcostoflivingonadultsgreatbritain/november2021tomarch2022>)
8. **Families are choosing tinned fruit and vegetables rather than fresh food** because it “costs less to heat up and prepare”. Andrew Forsey Feeding Britain (<https://feedingbritain.org/the-times-cost-of-cooking-forces-poorest-families-to-ditch-fresh-food/>)
9. Mirror Poll: Overall, **9% of those questioned said they already couldn't afford their household bills - equivalent to about 4.8million people. Another 12% said they would become swamped within weeks and a further 31% within a matter of**

months.

(<https://www.mirror.co.uk/news/politics/families-cost-living-hell-more-26787506.am>
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10. **Where to get help:**

<https://www.nea.org.uk/get-help/>

<https://www.cse.org.uk/advice>

<https://www.citizensadvice.org.uk/>

https://www.costofliving-alliance.org/?fbclid=IwAR2z3T45exbYhs52DNO-eIF6fUjBVqh2JRbceqH_5a5qOnflifSUyk8YM-A