

## Guidelines – Cost of Living Grants

What are Cost of Living Grants?

The definition of Cost of Living is ‘the amount of money that a person needs to live’.

If you do not have enough income coming in, it can be hard to pay for essentials such as food and bills. At the moment, there are additional challenges due to the rise in interest rates which can mean that household budgets are stretched even further.

Cost of Living grants aim to provide short interventions for items such as rents, bills and other costs which are proving hard to meet. Grants are normally ‘one off’ awards, to enable people to consider what other options might be available to support them in the longer term.

How are Grants Assessed?

We ask for details of your income, together with your expenditure, on our Financial Needs Assessment form. We also ask for details of your professional dance career.

The amount of money a person feels they needs to live on can be quite subjective, and so we use some key data (cost of weekly food shop for example) for everyone. Calculations use something called the [Minimum Income Standards Calculator](#) which computes a ‘reasonable standard of living’ based on surveying different sections of the public.

Who can Apply?

You are welcome to apply for a Cost-of-Living Grant if you find yourself in financial difficulties during your dance career (or if you are fully retired from employment, or are semi-retired from professional dance work).

Examples of situations we can help with:

- Situations where liabilities incurred that cannot now be met easily due to the impact of the cost of living in the UK.
- Illness, which is affecting ability to earn, including terminal illness, in which case we will aim to support for the duration of the illness.
- A change of circumstances, such as divorce and moving home and particularly if there are children involved.
- Those who are unable to find enough professional dance work, or who have lost professional dance engagements.
- Those who need help with the cost of replacing ‘one off’ items such as white goods.

In all cases, we will require firm evidence from you in support of any request for funding.

Most people in this country are eligible for some state support if they find they cannot work, are on a low income, have children or have health or disability needs. We provide a [benefits calculator](#) from Turn2us so you can see how much you would be eligible to claim.

Please read this checklist of requirements before submitting your application form:

Essential documentation:

✓ An application form signed and dated by you.

✓ A recent and comprehensive CV of your professional dance career, including specific dates of each contract/employment, i.e. dd/mm/yy. CV must be in PDF or Word format.

✓ A bank statement (in a PDF, JPEG or Word format) that clearly shows the last full month of transactions, your name, address, account number and sort code

The questions on the form are designed to guide you so you know exactly what is required when completing it. You can also save the form and return to it if you wish. Here are the main things we will be asking for:

- A clear statement from you that outlines exactly why you need our help financially.
- Income and expenditure demonstrating **current** levels of each. Include details of all income and any benefits you are receiving.
- Details of **all** funding you have received or are receiving from any charity such as other benevolent funds within the last twelve months.
- If you share the costs of living in your accommodation, either with your partner or in a house share, you will need to show your contribution to household expenses.
- The amount of your partner's income (if they live with you) so we have a full picture.
- If you have children, details of the caring arrangement – e.g. do they live with you part-time, full-time?
- If you are a carer for someone, full details of the caring arrangement.
- If a medical situation, documentation that relates to your application including medical reports, bills etc.

Applications that are incompletely filled out, and/or applications without the essential supporting documentation requested, will be rejected at the point of submission. This is due to the amount of time taken to process each application. The safest way to make sure your request is considered is to make sure that we have all the information we need at the time of applying. Therefore, we advise you to check you application carefully before submitting it to us.

If possible, we will let you know the reason why your application did not match the criteria for support from this Fund.