

Cost of Living SUPPORT



A list of agencies who may be able to help if you are struggling with the rising cost of living

Money Saving Expert moneysavingexpert.com

Website offering help with the cost of living crisis including a guide about what you can do if you are struggling with energy bills and budgeting.

moneysavingexpert.com/budgeting-debt-help

Turn2Us turn2us.org.uk

Turn2Us is a national charity dedicated to providing vital information to individuals facing financial hardship. By entering your details, their system can electronically search their database to connect you with relevant assistance and resources.

Talking Money talkingmoney.org.uk

Talking Money provides debt, energy and financial advice to residents of Bristol and South Gloucestershire.

0800 121 4511

mail@talkingmoney.org.uk

The Matthew Trust matthewtrust.org

Provide support to people who have severe mental illness.

020 7736 5976

Foodbanks trusselltrust.org

Working to combat poverty and hunger.

0808 2082138

trussell.org.uk

Step Change stepchange.org

Offer free, independent advice to help people deal with their debts.

0800 138 1111

Christians Against Poverty (CAP) capuk.org

CAP offer free debt advice and other services if you are struggling with money.

0800 328 0006

Feeding Bristol

Community Food Support provides free or low cost food.

www.feedingbristol.org/support-in-bristol/community-foodsupport

info@feedingbristol.org

MIND mind.org.uk

Welfare benefits line for people with mental health problems who are navigating the benefits system
0300 222 5782

WECIL wecil.org.uk

Provide advice and support to disabled people on a range of issues including benefits advice.

0117 947 9911

hello@wecil.org.uk

Age UK Bristol ageuk.org.uk/bristol

Free information and advice to people over 55 on a large range of topics from claiming benefits to health.

0117 929 7537 Monday to Friday
10am - 1pm or

National Age UK Advice Line

0800 678 1602 8am - 7pm

advice@ageukbristol.org.uk

We Are Bristol Helpline

Information about where to get help with benefits, food, mental health and wellbeing, and welcoming spaces locations.

0800 694 0184

Shelter england.shelter.org.uk

Housing advice and support

0808 800 4444

Welcoming Spaces

Informal spaces open to all.

You can sit, socialise with others, take part in activities and access support.

www.bristol.gov.uk/residents/people-and-communities/welcoming-spaces/find-a-welcoming-space

Gov.uk

Find out what support is available to help with the cost of living. This includes income and disability benefits, bills and allowances, childcare, housing and travel.

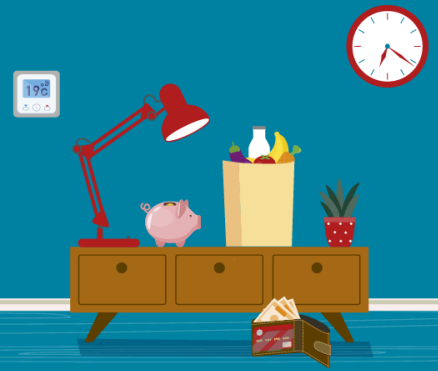
www.gov.uk/cost-of-living

www.helpforhouseholds.campaign.gov.uk

Good Things Foundation goodthingsfoundation.org

Provide free sim cards, mobile data, and free devices to people who cannot afford them.

Cost of Living SUPPORT



The Local Crisis Prevention Fund

lcpf@bristol.gov.uk

Financial support for basics like food, gas, and electricity, if you have a one off financial crisis. 0117 922 4500

www.bristol.gov.uk/residents/benefits-and-financial-help/local-crisis-prevention-fund-emergency-payments-and-household-goods

Housing Matters

housingmatters.org.uk

Free specialist housing advice.

Bristol Citizens Advice

bristolcab.org.uk

A national charity which gives advice to people on a large number of issues including; housing, money, employment, legal and benefits advice.

0808 278 7957

info@citizensadvicebristol.org.uk

0800 144 88 84

St Paul's Advice Centre

stpaulsadvise.org.uk

Benefits and debt advice and support.

0117 9552981

enquiry@stpaulsadvise.org.uk

Filwood Hope

filwoodhope.org

Provide debt, benefit, and housing advice, advice for older people and advice on employment issues.

07712 661 241 advice@filwoodhope.org

Bristol City Council

bristol.gov.uk

The council website has a guide where you can find help and information to assist you navigate rising living costs. The website also has a guide to 'Welcoming Spaces' across the city, providing places for people to meet up and access support.

bristol.gov.uk/residents/people-and-communities/cost-of-living-support

North Bristol Advice Centre

northbristoladvice.org.uk

Offers independent welfare benefit advice and debt advice.

0117 951 5751

team@northbristoladvice.org.uk

0117 952 7681

South Bristol Advice Services

southbristoladvice.co.uk

Independent charity giving free, confidential advice on debt, financial capability and welfare benefits matters.

Benefits team: 0117 903 8358

Debt team: 0117 985 1122

Centre for Sustainable Energy (CSE)

cse.org.uk

Advice on saving money on energy bills and heating your home.

0800 082 2234

home.energy@cse.org.uk

Bristol Somali Resource Centre

somalicentre.org.uk

Free and impartial advice, guidance and information on such issues as benefits, housing, employment, education, money management and consumer rights. Support is delivered in a culturally competent way, using English, Somali and Arabic as needed.

0117 907 7994

info@somalicentre.co.uk



Welfare Rights and Money Advice Service

Support with claims and appeals for disability or carer related benefits. 0117 35 21888

www.bristol.gov.uk/residents/benefits-and-financial-help/welfare-rights-and-money-advice-service

BOOST Community boost2@wsb.org.uk

Supports people in the Barton Hill area with issues around debt, benefits, housing, employment and legal advice.

0117 9556971 or 07516654657