

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

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

Foodbanks

trusselltrust.org.uk

Working to combat poverty and hunger.

0808 2082138

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

The Matthew Trust

matthewtrust.org

Provide support to people who have severe mental illness.

020 7736 5976

amt@matthewtrust.org

MIND

mind.org.uk

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

0300 222 5782

info@mind.org.uk

Shelter

england.shelter.org.uk

Housing advice and support

0808 800 4444

Age UK South

Gloucestershire

ageuk.org.uk/southgloucestershire

Provide free information and advice to people over 55 on a large range of topics from claiming benefits to health and well-being.

01454 411 707 or the

national Age UK Advice Line

0800 678 1602 8am-7pm

info@ageuksouthglos.org.uk

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.

Community

Welcome Spaces

warmspaces.org

Designed to signpost anyone in need of warmth and

community to a warm space.

[www.beta.southglos.gov.uk/](http://www.beta.southglos.gov.uk/community-welcome-spaces)

[community-welcome-spaces](http://www.beta.southglos.gov.uk/community-welcome-spaces)

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

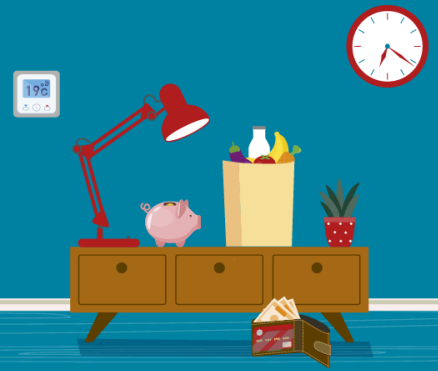
www.helpforhouseholds.campaign.gov.uk

Good Things Foundation

goodthingsfoundation.org

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

Cost of Living SUPPORT



SOUTH GLOUCESTERSHIRE

Citizens Advice South Gloucestershire

southgloscab.org.uk

Offer free, confidential, impartial and independent advice.

0808 278 7947

bureau@sgloscab.cabnet.org.uk

South Gloucestershire Council

Information about where to find advice, support and financial help with the cost of living.

www.beta.southglos.gov.uk/community-and-living/cost-of-living-help/

www.beta.southglos.gov.uk/financial-support-for-residents/

01454 868899

South Glos Council Welfare Grant Scheme

Emergency funding for essential items. 01454 868899

www.beta.southglos.gov.uk/welfare-grant-scheme/

North Bristol Advice Centre

northbristoladvice.org.uk

Provide free advice sessions on benefits and debt.

Tel: 0808 278 7947

Minicom 0117 952 7681

team@northbristoladvice.org.uk

Warm and Well

warmandwell.co.uk

Warm and Well offers energy advice to householders.

0800 500 3076

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

Talking Money

Free debts, energy and financial advice. In person clinic at Kingswood One Stop Shop Thursdays 9.30am to 4.30pm 0117 9543 990

HomeChoice

Housing advice service at Kingswood One Stop Shop. 01454 868005

WECIL wecil.org.uk

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

0117 947 9911

One Stop Shop

[beta.southglos.gov.uk/](http://beta.southglos.gov.uk/one-stop-shops)

[one-stop-shops](http://beta.southglos.gov.uk/one-stop-shops)

Visit in person to answer

questions, resolve problems and receive advice.

Various locations around South

Gloucestershire – check website for details.



Food Bank

nbsg.foodbank.org.uk

If you're struggling with not having enough money to buy food, you may be able to get help from a food bank. Food banks give food parcels to people in exchange for a voucher from a referring agency. See website for details.

0117 472 5172

info@nbsg.foodbank.org.uk