

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 help.

moneysavingexpert.com/budgeting-debt-help

Talking Money

talkingmoney.org.uk

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

0800 121 4511

mail@talkingmoney.org.uk

Foodbanks

trusselltrust.org

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

The Matthew Trust matthewtrust.org

Providing support to people who have severe mental illness.

020 7736 5976

Christians Against Poverty (CAP)

capuk.org

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

0800 328 0006

Quaker Social Action

quakersocialaction.org.uk

Provide practical solutions for people facing poverty.

info@qsa.org.uk

020 8983 5030

MIND

mind.org.uk

If your mental health is suffering due to the rising cost of living MIND provides support to anyone who experiences mental health problems.

0300 123 3393

info@mind.org.uk

Age UK

ageuk.org.uk/bristol

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

0117 922 5353

Turn2Us

turn2us.org.uk

If you are facing financial difficulty, Turn2Us will help you to gain access to benefits, grants and other financial help.

0808 802 2000

Shelter

england.shelter.org.uk

Housing advice and support

0808 800 4444

Warm Spaces

warmspaces.org

Designed to signpost anyone in need of warmth and community to a warm space.

Gov.uk

The Government are allocating extra payments to help with the cost of living.

www.gov.uk/guidance/cost-of-living-payment

helpforhouseholds.campaign.gov.uk/

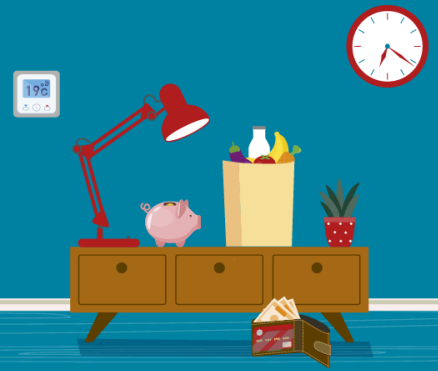
help-with-your-bills

Good Things Foundation

Providing free sim cards and mobile data to people who cannot afford them.

goodthingsfoundation.org

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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

South Bristol Advice Services southbristoladvice.co.uk

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

0117 903 8358

admin@southbristoladvice.org.uk

North Bristol Advice Centre www.northbristoladvice.org.uk

Offers independent welfare benefit advice and debt advice.

0117 951 5751

team@northbristoladvice.org.uk

Bristol City Council bristol.gov.uk

The council website has a guide where you can find help and information to assist you navigate the rising living costs. The website also has a guide to the 'Welcoming Spaces' which are being set up across the city to provide a place for people to meet up and access support.

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

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

The Local Crisis and Prevention Fund

Offering grants towards households goods, food and clothing to people in financial crisis.

0117 922 4500

bristol.gov.uk/lcpf

Filwood Hope www.filwoodhope.org

Providing debt, benefit, housing advice, advice for older people and advice on employment issues. 07712 661 241

advice@filwoodhope.org

CHAS Bristol chasbristol.co.uk

Bristol based, offering legal advice to people with housing issues.

0117 935 1260



We are Bristol wearebristol.co.uk

cost-of-living-support
We Are Bristol website can signpost you to services that can help you if you are struggling with your finances due to rising costs.

0800 694 0184

Welfare Rights and Money Advice

Provide information about and assistance in applying for disability and carers allowance as well as assisting in challenging decisions.

bristol.gov.uk/disabilitybenefits

Anchor Society www.anchorociety.co.uk/grants

Anchor society provides one-off grant to vulnerable, older people living within the greater Bristol area

0117 974 161