

# 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](http://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](http://moneysavingexpert.com/budgeting-debt-help)

## **Talking Money**

**[talkingmoney.org.uk](http://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](mailto:mail@talkingmoney.org.uk)

## **Foodbanks**

**[trusselltrust.org](http://trusselltrust.org)**

Working to combat poverty and hunger.

0808 2082138

## **Step Change**

**[stepchange.org](http://stepchange.org)**

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

0800 138 1111

## **The Matthew Trust [matthewtrust.org](http://matthewtrust.org)**

Providing support to people who have severe mental illness.

020 7736 5976

## **Christians Against Poverty (CAP)**

**[capuk.org](http://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](http://quakersocialaction.org.uk)**

Provide practical solutions for people facing poverty.

[info@qsa.org.uk](mailto:info@qsa.org.uk)

020 8983 5030

## **MIND**

**[mind.org.uk](http://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](mailto:info@mind.org.uk)

## **Age UK**

**[ageuk.org.uk/bristol](http://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](http://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](http://england.shelter.org.uk)**

Housing advice and support

0808 800 4444

## **Warm Spaces**

**[warmspaces.org](http://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](http://www.gov.uk/guidance/cost-of-living-payment)

[helpforhouseholds.campaign.gov.uk/](http://helpforhouseholds.campaign.gov.uk/)

[help-with-your-bills](http://help-with-your-bills)

## **Good Things Foundation**

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

[goodthingsfoundation.org](http://goodthingsfoundation.org)

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## NORTH SOMERSET

### North Somerset CAB

[www.nscab.org.uk](http://www.nscab.org.uk)

Offers independent welfare benefit advice and debt advice.

### North Somerset Council

[n-somerset.gov.uk](http://n-somerset.gov.uk)

The welfare Provision Scheme can provide short term financial help in a crisis.

Tel: 01934 888 035 or 0800 138 5665

### Food Banks

[westonsupermare.foodbank.org.uk](http://westonsupermare.foodbank.org.uk)

[clevedondistrict.foodbank.org.uk](http://clevedondistrict.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.



### Weston and North Somerset Disability Information and Advice Line (DIAL)

DIAL offers free, impartial and confidential information and support.

Tel: 01934 419 426

[mail@westondial.co.uk](mailto:mail@westondial.co.uk)