

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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SOUTH GLOUCESTERSHIRE

South Gloucestershire CAB southgloscab.org.uk

Offer free, confidential, impartial and independent advice.

Tel: 0808 2787927

bureau@sgloscab.cabnet.org.uk

South Gloucestershire Council

beta.southglos.gov.uk/help-with-the-cost-of-living

Welfare Grants scheme

This gives South Gloucestershire residents emergency funds to help with living costs.

Tel: 01454 868899

North Bristol Advice Centre northbristoladvice.org.uk

Provide free advice sessions on benefits and debt.

Tel: 0117 9515751

team@northbristoladvice.org.uk

Warm and Well

warmandwell.co.uk

Warm and Well offers energy advice to householders.

Talking Money

Hold a clinic at Kingswood

One Stop Shop:

Thursdays 9.30am to 4.30pm

Book a place:

Tel: 0117 9543 990



One Stop Shop

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



Can visit in person to answer questions, resolve problems and offer advice.

Various locations around South Gloucester – check website.

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.