

Cost of Living Crisis – Supportive Resources

The cost of living crisis is affecting us all but there are lots of schemes and charities around Bristol that can help. We have compiled this resource bank for support that is available in Bristol and around the South West.

Supportive websites:

<https://www.turn2us.org.uk/>

Turn2us is a national charity providing practical help to people who are struggling financially. They have a helpline, a benefits calculator and a search engine for available grants and financial support.

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments.

<https://www.moneysavingexpert.com/>

This website is full of financial advice from expert Martin Lewis

<https://www.gov.uk/government/publications/government-support-for-the-cost-of-living-factsheet/government-support-for-the-cost-of-living-factsheet>

The government website outlines the support packages that are available from them.

<https://www.bristol.gov.uk/residents/benefits-and-financial-help/cost-of-living-support>

Our Bristol Council have a good page on their website that has lots of support links.

<https://britishgasenergytrust.org.uk/grants-available/>

British Gas are offering financial support to help pay energy bills. You don't have to be a British Gas customer!

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

A personalised guide to saving money.

<https://www.bristolparentcarers.org.uk/2021/05/24/flora-brisstols-send-local-offer/>

You can now contact the new FLORA team (Families, Local Offer, Resources and Advice) Monday to Friday on 0117 352 6020. Or email flora@bristol.gov.uk

<https://www.feedingbristol.org/thechildrenskitchen>

Access a variety of resources in support of making sure no one goes hungry in Bristol.

<https://www.cassbristol.org/the-cost-of-living-crisis/>

Support for the cost-of-Living Crisis in Bristol.

<https://energysavingtrust.org.uk/>

How to save money on your energy bills.

<https://cookingonabootstrap.com/>

Tips on how to cook great meals on a small budget.

Facebook groups:

Mamas Bristol CIC: Community Aid

- Provides information about help with Food, Abuse & Where to go for Aid.

Mamas Bristol CIC: Swaps and Freebies

They aim to:

- Enhance the lives of those in our communities and their families by helping and creating opportunities to reduce the costs of caring for dependants.
- Reduce waste and encourage the reuse of items, enabling families to live in a more sustainable and environmentally responsible way.
- Provide opportunities to bring people together creating an inclusive community spirit, reducing social isolation.

We Are BS15 CIC

- Our Vision:
 - An inclusive, friendly and resilient neighbourhood full of community spirit
- Our Mission:
 - Connect the people of BS15
 - Share resources, skills and knowledge
 - Grow the sense of community, resilience and compassion

Family Food 4 Free

- A community group committed to offer everyone a no cost pop up shop with freshly cooked meals, food items & surplus stock from our local super markets such as M&S, Waitrose & Tesco who regularly donate.
- Anyone can use them - they are a non-judgemental group, no questions asked, just care.
- Location - 33 Woodmans road, bs37 6dw, based in Chipping Sodbury & reach surrounding areas.

Bristol Uniform Exchange

- This group has been created to try and help Bristol families with the costs of school uniform. Kitting our children out for school can be very costly, and now more than ever, we need to help and support each other!
- The idea of the exchange is to access or swap good quality, pre loved (and freshly washed!) school uniform, from school jumpers and cardies, polo shirts and PE kits to school shoes, bags and lunchboxes.

FoodCycle Bristol

- <https://foodcycle.org.uk/?fbclid=IwAR1dafxvDg2YZNH5nTyLxvoZV14okjRcXH4vbToVGNrPiw5uPkARH8khmSY>
- FoodCycle Bristol have a Facebook page and you can also head over to their website.
- Their vision is to make food poverty, loneliness and food waste a thing of the past for every community. With community dining, week in, week out they feed the hungry and give company to the lonely in our communities; providing delicious meals and great conversation, and using food which would otherwise go to waste.

Hand-Me-Downs - Free clothes bank

Other Supportive Websites

<https://www.kids.org.uk/sendiaass>

The Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) offer information, advice and support for parents and carers of children and young people with special educational needs and disabilities (SEND). This service is also offered directly to young people.