


# Cost of Living Crisis Support

With the Cost of Living increases rising to crisis levels, the UK is once again being hit with incredibly challenging times, so soon after the global pandemic. At FareShare, we understand that many people are struggling to stay afloat right now, and we want to do everything we can to support you. We know that food only goes so far, so we've compiled a list of the best resources available in the UK.



## Grants, Discounts, & Financial Advice

**Gov.uk - Help for households CoL support** - Following rising goods and energy prices, inflation, and cost of living pressures after the pandemic, the government is offering help for households. Website provides information and links to what cost of living support you could be eligible for.



## Food donations

**Independent Food Aid Network (IFAN)** - Across the UK there is a growing network of food banks, food distribution charities, and local support hubs. To find one nearest to where you live, you can use IFAN's interactive map



## Housing & Renting support

**Acorn** - Acorn is the national renters union for people in the UK. Tenants gain access to a network of people willing to support one another. For those facing the prospect of eviction or extreme rent increases, the union can help by challenging any such injustices.



## Mental Health support

**Samaritans** - If you need to talk about anything that is troubling you or on your mind, you can call Samaritans. Samaritans are available 24hrs a day, everyday of the year.

# All Cost of Living resources for individuals

**Gov.uk - Help for Households CoL Support** - The government is offering help for households. See what cost of living support you could be eligible for.

<https://helpforhouseholds.campaign.gov.uk/>

**Gov.uk - Help for Households - Business Partners** - Find out what offers are available from businesses to help with the cost of living.

<https://helpforhouseholds.campaign.gov.uk/discounts-and-offers/>

**Gov.uk - Pensioners - Winter Fuel Payment** - If you were born on or before 25 September 1956 you could get between £250 and £600 to help you pay your heating bills.

<https://www.gov.uk/winter-fuel-payment>

**Gov.uk - Employment and Support Allowance (ESA)** - From 12<sup>th</sup> September 2022, the number to call to make a New Style Employment and Support Allowance new claim will be 0800 055 6688. This line will be open 8am to 5pm to align with Working Age. This is a shared line, joining with New Style Job Seekers Allowance and Maternity Allowance New claims.

<https://www.gov.uk/employment-support-allowance/how-to-claim>

**Gov.uk** - Overall government support for the cost of living. Factsheet lists all government support packages and includes who can apply for them.

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

**Money Saving Expert - Benefits Checker** - The Benefits Calculator will work out what you're due in low-income support. It will also flag up some relevant non-means-tested benefits that depend on circumstances such as your health.

<https://www.moneysavingexpert.com/family/benefits-check/>

**Turn2Us** - A national charity offering free advice, Turn2Us connects those struggling financially with the help that's available. Includes a benefits calculator to check someone's eligibility for government support, a database of grants and a helpline to seek advice.

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

**Step Change** - For those struggling with debt on top of this crisis. Offers free advice, linking those struggling with financial support and respite periods to cope with the stress of debt.

<https://www.stepchange.org/>

**Money Advice Trust** - National charity, supporting individuals, the self-employed and small businesses to manage their money and deal with debt.

<https://www.moneyadvicetrust.org/>

**Sense - Cost of Living Support Fund** - Grants of up to £500 for people with complex disabilities who are living in the family home and on a low income.

<https://www.sense.org.uk/our-services/sense-cost-of-living-support-fund/>

**National Energy Action** - This UK charity helps vulnerable and disadvantaged people struggling with their energy bills.

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

**British Gas** - Grants available for those struggling with their energy bills. You do not have to be a British Gas customer. Grants over £1500 only in exceptional circumstances.

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

**Energy Saving Trust** - For those wondering how to make their home energy efficient, the Energy Saving Trust is a reliable source of advice. The charity can explain how best to cut your energy use and therefore, also your bills.

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

**Acorn** - National renters union for people in the UK. Tenants gain access to a network of people willing to support one another. For those facing the prospect of eviction or extreme rent increases, the union can help by challenging any such injustices.

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

**IFAN** - Across the UK there is a growing network of food banks, food distribution charities and local support hubs. To find one nearest to where you live, search the Independent Food Aid Network's interactive map.

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

Map: [https://www.google.com/maps/d/viewer?mid=15mnlXFpd8-](https://www.google.com/maps/d/viewer?mid=15mnlXFpd8-x0j4O6Ck6U90chPn4bkbWz&ll=54.09489700993946%2C-2.757892499999981&z=6)

[x0j4O6Ck6U90chPn4bkbWz&ll=54.09489700993946%2C-2.757892499999981&z=6](https://www.google.com/maps/d/viewer?mid=15mnlXFpd8-x0j4O6Ck6U90chPn4bkbWz&ll=54.09489700993946%2C-2.757892499999981&z=6)



**The Trussell Trust** - Food banks to provide short-term, emergency support with food during a crisis.

<https://www.trusselltrust.org/get-help/emergency-food/>

**Fuel Direct** - For one year from 1 April 2022 energy suppliers can no longer request new deductions or increased payments from a claimant's benefit to pay for ongoing fuel consumption.

<https://www.gov.uk/government/publications/how-to-request-deductions-from-benefit-a-guide-for-creditors/third-party-deductions-from-benefits-a-guide-for-fuel-suppliers>

**Regional Support - Mayor of London Crisis Help** - Links to a wide range of support for Londoners including grants and funding, food banks, fuel banks, and mental health.

<https://www.london.gov.uk/what-we-do/communities/help-cost-living/help-crisis>

**Quaker Social Action** - Support with a wide range of services, from cook ups, offering a fully equipped kitchen for people to cook meals, to funeral support and financial advice networks.

<https://quakersocialaction.org.uk>

**School Uniform Grants** - All local authorities in Northern Ireland, Scotland and Wales, and some in England have schemes in place to help parents and carers shoulder the cost of school uniforms. Grants up to £200.

<https://www.moneysavingexpert.com/news/2022/07/school-uniform-grants-low-income/>

**Housing Advice Centre** - Housing consultancy. Tailored support including research, evaluations and strategies to help your organisation review your services, embed best practice and become financially resilient.

<http://www.homeless.org.uk/>

**London Renters Union** - Stand in solidarity with all their members and will support you against renting injustices such as threat of eviction, stolen deposits or disrepair.

<https://londonrentersunion.org/>

**Samaritans** - If you need to talk about anything that is troubling you or on your mind, call this number. Samaritans are available 24hrs a day, everyday of the year.

<https://www.samaritans.org/>

Call - 116 123



**SANeline** - If you're experiencing a mental health problem or supporting someone else, you can call SANeline on 0300 304 7000 (4pm-10pm every day).

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

**Citizens Advice** - Assorted support for the cost of living crisis.

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

**Age UK** - Assorted advice for the cost of living crisis.

<https://www.ageuk.org.uk/hillingdonharrowandbrent/about-us/news/articles/2022/cost-of-living-support/>

**Which** - Assorted advice for the cost of living crisis.

<https://www.which.co.uk/topic/cost-of-living>

Please visit our website for a regularly updated list of available resources across the UK.

[fareshare.org.uk](https://www.fareshare.org.uk)