



SUPPORT & GUIDANCE LINKS

WELCOMING SPACES

A Welcoming Space is a place of connection already established in communities where people can meet up, socialise, keep warm and access support relating to the cost of living.

Call the #WeAreBristol helpline on 0800 694 0184 Mon to Fri, 8.30am to 5pm.

Scan to find your local Welcoming Space



Remember you don't have to be on a low income to get financial support for childcare costs.



BENEFITS

If you are a new parent, your income has changed, your family circumstances have changed or you are looking at registered childcare, email: nbcc@bristol-schools.uk to speak to our Advice and Guidance worker. We can check that you are accessing everything you are entitled to regarding benefits and support in paying for childcare for under 5's.

There are a number of other agencies in Bristol that can provide advice including Citizens Advice Bristol & North Bristol Advice Centre:

NORTH BRISTOL ADVICE CENTRE

Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal:
Tel: 0117 951 5751 Website: www.northbristoladvice.org.uk
(Online Advice Tool for enquiries 24/7)

Citizens Advice www.citizensadvice.org.uk

BUDGETING, GAS & ENERGY

For energy saving advice and support in the Bristol area call 0800 082 2234 or visit www.cse.org.uk/advice

- Visit National Energy Action www.nea.org.uk
- Visit Citizens Advice www.citizensadvice.org.uk

MENTAL HEALTH

The pressures of the cost of living crisis are likely to affect our mental health & wellbeing, making us feel stressed, anxious or low. Please reach out to get the support you deserve:

Visit **VitaMinds** www.vitahealthgroup.co.uk or phone 0800 012 6549 for 24/7 Support

WomanKind supports women in the Bristol area with professional counselling, group psychotherapy, befriending and a helpline service. visit www.womankindbristol.org.uk

Every Mind Matters - www.nhs.uk/every-mind-matters/

The Samaritans also offer support 24 hours a day, 7 days a week on 0330 094 5717

FOOD

If you're struggling to afford food at the moment, there are organisations and schemes across the city which can help you. There are foodbanks across Bristol for those who are eligible:

North Bristol and South Gloucestershire Foodbank: <https://nbsg.foodbank.org.uk>

Find your local food club:
www.bristolearlyyears.org.uk/health/bristol-food-clubs

Call the #WeAreBristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm.

BROADBAND

You are able to get a reduction in broadband if you are claiming means tested benefits. Speak to your broadband provider and ask about the 'social tariff'.

BRISTOL REFUGEE RIGHTS

Advice and support with your house, money or asylum claim. Email, phone, text or WhatsApp. Leave a message with your name, phone number, language you speak & if you need an interpreter. Tel: 07526 352 353 www.bristolrefugeerights.org

Project MAMA: Drop-in groups and support available for refugees throughout pregnancy, childbirth, and the first few weeks of parenthood. www.projectmama.org

GENERAL COST OF LIVING ADVICE

Call #WeAreBristol helpline for free on 0800 694 0184

Do you need cost of living advice and support? Visit @BristolCouncil support at www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support or call the #WeAreBristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm. Guidance is available on housing, benefits, financial help, mental health & wellbeing.

