

# Cost of Living support in South Gloucestershire



Money saving tips

Access to benefits

Food support

Community Welcome Spaces

 Freephone 0800 953 7778

 [www.southglos.gov.uk/CostofLiving](http://www.southglos.gov.uk/CostofLiving)

  
South Gloucestershire  
Council

Delivering for you

# Finance



## Financial support from South Gloucestershire Council

**i** We may be able to help with emergency and long-term grants and support if you are struggling with financial pressures. Help is available whether or not you are in receipt of benefits.

 Visit a **One Stop Shop**

 Freephone **0800 953 7778**

 [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

## Already on benefits and your income has changed?

**i** If you are already receiving benefits and your income drops or increases you must notify the Department for Work and Pensions as soon as possible. They will then reassess how much you are entitled to receive.

 Freephone **0800 328 5644**

 [www.gov.uk/report-benefits-change-circumstances](http://www.gov.uk/report-benefits-change-circumstances)

## North Bristol Advice Centre

**i** Free and independent advice and support. Debt and welfare benefits specialists, including representation at appeal.

 **0117 951 5751**

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

## Accessing benefits for the first time – Universal Credit

**i** Universal Credit is a working-age benefit for people on low or no income. You need to apply online to the Department of Work and Pensions (DWP).

 Freephone **0800 328 5644**

 South Gloucestershire Council  
Freephone **0800 953 7788**

 [www.southglos.gov.uk/universalcredit](http://www.southglos.gov.uk/universalcredit)

## Talking Money

**i** Free and independent advice on debt, energy debt, benefits and income maximisation.

 Freephone **0800 121 4511**

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

**Council Tax reduction**

**Universal Credit**

**Housing benefit**

**Emergency payments**



## Bristol Law Centre

- i** Free legal advice in specialist areas of social welfare law, and also represents clients in court.

 **0117 924 8662** between 9.30am-4.30pm to discuss the help you need

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

## Citizens Advice

- i** Free and confidential advice on a range of areas including benefits, employment, debt, energy issues and housing to help you find the way forward.

 Freephone **0808 278 7947**

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

## Employment & Training



### Job centre plus

- i** Support in finding employment and applying for benefits.

 Freephone **0800 169 0190**

 [gov.uk](http://gov.uk) for job centres and employment support

### South Gloucestershire Council support

- i** You can find out about free Community Learning courses running in your area to help upskill and learn.

 **01454 864613**

 [www.southglos.gov.uk/schools-and-learning](http://www.southglos.gov.uk/schools-and-learning)

## Skills Connect

- i** For employment and skills support, whether you're in work or unemployed, Skills Connect has different programmes and friendly advisors offering 1 to 1 coaching to support you on your employability journey.

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

## Future Bright

- i** Future Bright offers free, one-to-one career coaching and advice to help you create a personalised action plan, so that you can start making positive progress right away.

 [www.westofengland-ca.gov.uk/what-we-do/employment-skills/future-bright/](http://www.westofengland-ca.gov.uk/what-we-do/employment-skills/future-bright/)



# Getting enough food to eat



## Food banks

**i** Short-term, emergency support with food during a crisis. Most food banks need a referral, you cannot just show up. Apply for a food bank voucher through the councils One Stop Shop.

 Freephone **0800 953 7778**

 [www.southglos.gov.uk/oss](http://www.southglos.gov.uk/oss)

Or call the 'Help through Hardship' helpline delivered by The Trussell Trust and Citizens Advice.

 Freephone **0808 208 2138**

## Healthy Start

**i** If you're pregnant or have a child under 4, this scheme can help you buy milk, infant formula, fruit and vegetables. Speak to your health visitor, GP or Children's Centre about how to apply to the scheme.

 [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



## Community meals

**i** South Gloucestershire community meals, which is sometimes called 'meals on wheels', is a meal delivery and welfare check subscription for residents who have difficulty preparing food or need help to have regular, nutritious cooked meals.

 **01454 865996**

 [www.southglos.gov.uk/  
communitymeals](http://www.southglos.gov.uk/communitymeals)

## Free School Meals

**i** **Universal Infant Free School Meals (UIFSM)**

All children in reception, year 1 and 2 can have free school meals.

### Free School Meals (FSM)

Apply for FSMs from when your child is in reception if you receive qualifying benefits as this will support your child's learning and enable the school to claim Pupil Premium, it could also entitle you to other support.

 [www.southglos.gov.uk/  
schoolmeals](http://www.southglos.gov.uk/schoolmeals)

## Southern Brooks

**i** Food bank vouchers, mental health and wellbeing support, and much more.


 **01174 034 238**

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

# Emotional, physical and wellbeing support




## One You South Gloucestershire

-  Our friendly team can provide telephone and/or email support to enable you to build your healthier future and work towards goals such as manage your weight, quit smoking, move more, improve your wellbeing or drink less.

 **01454 865337**

 **[oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk)**

## Age UK South Gloucestershire

-  A range of local services including Activity Day Centres, Advice & Information including benefits guidance, Befriending, Walking groups, Digital Inclusion and Home from Hospital.

 **01454 411 707**


 **[www.ageuk.org.uk/  
southgloucestershire](http://www.ageuk.org.uk/southgloucestershire)**

## Community Welcome Spaces

-  There are more than 50 Community Welcome Spaces across South Glos. that offer hot drinks, activities and support, find one near you on our directory.

 **[www.southglos.gov.uk/  
community-welcome-spaces](http://www.southglos.gov.uk/community-welcome-spaces)**


## Next Link Domestic Abuse Services

-  Providing local domestic abuse support services to men, women and children. This includes safe accommodation and support in the community.

 **0800 470 0280**


 **[www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)**

## Safe Link ISVA Service

-  Providing support to men, women and children who have been victims of sexual violence. Independent Sexual violence Advisors offer emotional and practical support, including support reporting to the police if wanted.

 **0333 323 1543**

## Local NHS 24/7 Support & Connect Helpline

-  Free and confidential, practical NHS therapies to help those who are feeling low, worried or stressed. You can contact Talking Therapies directly – there is no need to go to your GP.

 **Freephone 0333 200 1893.**

Translators can support a call if English is not the callers first language. The line is also equipped for those with speech and language difficulties.

 **Text "YOU" to 88802**

 **[www.vitahealthgroup.co.uk/nhs-  
services/nhs-mental-health/](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/)**

# Housing



## Homechoice

- i** The council offers free and impartial advice and support to people who are homeless, or threatened with homelessness. Support is also available if you are being harassed by your landlord, or threatened with unlawful eviction. The team also manage the housing register and lettings process for people who want to move into social housing.

 **01454 868005**

 **[homechoice.southglos.gov.uk](http://homechoice.southglos.gov.uk)**

## Privately Rented Housing Advice and Support

- i** This site offers support for both owners and tenants of privately rented housing, including multiple occupancy housing. It gives advice around safety measures, waste & recycling and disputes.

 **[www.southglos.gov.uk/housing/private-housing](http://www.southglos.gov.uk/housing/private-housing)**

## Shelter

- i** Shelter are a national charity who help those who are struggling with poor housing or homelessness with impartial advice, support, and legal services.

 Freephone **0808 800 4444**

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

## Warm and Well

- i** This service provides free energy efficiency advice to all householders and landlords, including grant funding to eligible residents on behalf of South Gloucestershire Council.

 Freephone **0800 500 3076**

 **[www.warmandwell.co.uk](http://www.warmandwell.co.uk)**

## Lendology

- i** South Gloucestershire Council work in partnership with not-for-profit lender Lendology CIC to provide eligible homeowners with low cost loans for essential home repairs. Apply for help today.

 **01823 461099**

 **[www.lendology.org.uk](http://www.lendology.org.uk)**

**SignLive** is a free app which connects people to a qualified online British Sign Language interpreter.

 **[signlive.co.uk](http://signlive.co.uk)**



This leaflet provides information about financial, housing, food and other support available in South Gloucestershire. If you would like this information in a different format, for example: Braille, audio format, large print, computer file or a language other than English, please contact Tel: **01454 868009**

Arabic - توفر هذه النشرة معلومات حول الدعم المتعلق بالجوانب المالية وبالإسكان وبالغذاء وأنواع الدعم الأخرى المتاحة في - جنوب جلوسسترشاير. إذا كنت ترغب في الحصول على هذه المعلومات بتنسيق مختلف، على سبيل المثال: مطبوعًا بطريقة برايل، تنسيق صوتي، طباعة بأحرف وخطوط كبيرة، ملف كمبيوتر أو لغة أخرى غير الإنجليزية، فيرجى الاتصال على الهاتف: **0800 953 7788**

Bulgarian - Тази листовка предоставя информация за финансова, жилищна, хранителна и друга помощ, предлагана в Южен Глостършир. Ако искате тази информация в различен формат, например: брайлово писмо, аудио формат, едър шрифт, компютърен файл или език, различен от английски, моля, обадете се на телефон: **0800 953 7788**.

Simplified Chinese - 本传单提供有关南格洛斯特郡财政、住房、食品以及其他支持的信息。如需获取其他格式的信息，例如：盲文、音频格式、大号字体、电脑文件或其他语言版本，请致电：**0800 953 7788**。

Traditional Chinese - 本傳單介紹英格蘭南格洛斯特區所提供財務、住居、食物和其他支援的資訊。如您需要此資訊其他格式的版本，例如：點字、音訊格式、大字體印刷、電腦檔案或英文以外語言，請撥以下電話號碼聯絡：**0800 953 7788**。

Spanish - Este folleto ofrece información sobre las ayudas financieras, de vivienda, de alimentación y de otro tipo disponibles en South Gloucestershire. Si desea esta información en otro formato, por ejemplo: braille, formato de audio, letra grande, archivo informático o un idioma distinto del inglés, contáctenos a través del tel.: **0800 953 7788**.

Gujarati - આ પત્રિકા South Gloucestershireમાં ઉપલબ્ધ આર્થિક, આવાસ, ખોરાક અને અન્ય સહાયતા વિશે માહિતી આપે છે. જો તમે આ માહિતી અન્ય કોઈ સ્વરૂપમાં મેળવવા ઇચ્છતા હો, દાખલા તરીકે: બ્રેઇલ, ઓડિયો ફોર્મેટ, મોટા અક્ષરો, કમ્પ્યુટર ફાઇલ અથવા અંગ્રેજી સિવાયની અન્ય ભાષામાં તો કૃપા કરીને આ નંબર પર ફોન કરો: 01454 868009.

Hindi - यह पत्रक South Gloucestershire में उपलब्ध वित्तीय, आवास, भोजन और अन्य सहायता के बारे में जानकारी प्रदान करता है। यदि आप यह जानकारी एक अलग प्रारूप में प्राप्त करना चाहते हैं, उदाहरण के तौर पर: ब्रेल, ऑडियो प्रारूप, बड़े फ्रॉन्ट, कंप्यूटर फाइल या अंग्रेजी के अलावा अन्य भाषा में, तो कृपया इस टेलिफोन पर संपर्क करें: **0800 953 7788**

Hungarian - Ez a broszúra tájékoztatást nyújt a South Gloucestershire területén elérhető pénzügyi, lakhatási, élelmészési és egyéb támogatásokról. Ha a tájékoztatóhoz más formában szeretne hozzáférni, például Braille-írással, hanganyagként, nagy betűmérettel, számítógépes fájlformátumban vagy nem angol nyelven, kérjük, érdeklődjön a következő telefonszámon: **0800 953 7788**.

Italian - Il presente opuscolo fornisce informazioni su sostegno finanziario, alloggi, aiuti alimentari e di altro tipo nel South Gloucestershire. Per richiedere queste informazioni in un formato diverso, per esempio: braille, formato audio, caratteri grandi, formato elettronico o in una lingua diversa dall'inglese, si prega di contattare il numero telefonico: **0800 953 7788**.

Malayalam - South Gloucestershire-ൽ ലഭ്യമായ സാമ്പത്തികം, പാർപ്പിടം, ഭക്ഷണം, മറ്റ് സഹായങ്ങൾ എന്നിവയെ കുറിച്ചുള്ള വിവരങ്ങൾ ഈ ലഘുലേഖ നൽകുന്നു. ഈ വിവരങ്ങൾ മറ്റൊരു ഫോർമാറ്റിൽ ലഭിക്കണമെന്ന് നിങ്ങൾ ആഗ്രഹിക്കുന്നുവെങ്കിൽ, ഉദാഹരണത്തിന്: ബ്രെയ്ലി, ഓഡിയോ ഫോർമാറ്റ്, വലിപ്പത്തിലുള്ള അച്ചടി, കമ്പ്യൂട്ടർ ഫയൽ അല്ലെങ്കിൽ ഇംഗ്ലീഷ് അല്ലാതെയുള്ള മറ്റൊരു ഭാഷ, ദയവായി ഇനിപ്പറയുന്ന ടെലിഫോൺ നമ്പറിൽ ബന്ധപ്പെടുക **0800 953 7788**.

Punjabi - ਇਹ ਪਰਚਾ South Gloucestershire ਵਿੱਚ ਉਪਲਬਧ ਵਿੱਤੀ, ਰਿਹਾਇਸ਼ੀ, ਭੋਜਨ ਅਤੇ ਹੋਰ ਸਹਾਇਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੰਦਾ ਹੈ। ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਜਿਵੇਂ ਕਿ: ਬ੍ਰੇਲ, ਆਡੀਓ ਫਾਰਮਟ, ਵੱਡੇ ਅੱਖਰਾਂ ਵਾਲਾ ਪ੍ਰਿੰਟ, ਕੰਪਿਊਟਰ ਫਾਈਲ ਜਾਂ ਅੰਗ੍ਰੇਜ਼ੀ ਤੋਂ ਇਲਾਵਾ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਟੈਲੀਫੋਨ ਨੰਬਰ **0800 953 7788** 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Polish - Niniejsza ulotka zawiera informacje na temat pomocy finansowej, mieszkaniowej, żywieniowej i innej dostępnej pomocy w South Gloucestershire. Jeśli chcesz otrzymać te informacje w innym formacie, na przykład: w alfabecie Braille'a, formacie audio, dużym druku, pliku komputerowym lub w języku innym niż angielski, prosimy o kontakt pod numerem tel.: **0800 953 7788**.

Portuguese - Este folheto fornece informações sobre financiamento, habitação, alimentação e outros apoios disponíveis em South Gloucestershire. Se desejar estas informações num formato diferente, por exemplo: braille, formato áudio, letras maiúsculas, ficheiro informático ou numa língua diferente do inglês, por favor ligue para o tel.: **0800 953 7788**.

Romanian - Acest pliant oferă informații despre asistență financiară, pentru locuință, alimente și alte tipuri de asistență disponibile în South Gloucestershire. Dacă doriți aceste informații într-un alt format, de exemplu: Braille, format audio, tipărire cu caractere de mari dimensiuni, fișier de computer sau o altă limbă decât engleza, vă rugăm să apelați la numărul de telefon: **0800 953 7788**.

Russian - Настоящий лифлет содержит информацию о финансовой, жилищной, продовольственной и другой помощи, доступной в Южном Глостершире. Если вы хотите получить данную информацию в другом формате, например: брайлевской печатью, в аудиоформате, крупным шрифтом, компьютерном файле или не на английском, а других языках, свяжитесь, пожалуйста, по тел: **0800 953 7788**.

Tamil - இந்தத் துண்டுப்பிரசாரம், South Gloucestershire இல் கிடைக்கப்பெறும் நிதி, வீட்டு வசதி, உணவு மற்றும் பிற ஆதரவுகளைப் பற்றியத் தகவலை வழங்குகிறது. உங்களுக்கு இந்தத் தகவல் வேறு வடிவங்களில் தேவையெனில், எடுத்துக்காட்டாக: பிரெயில், ஆடியோ வடிவம், பெரிய அச்சு, கணினிக் கோப்பு அல்லது ஆங்கிலம் தவிர வேறு மொழி போன்றவை, நீங்கள் தொடர்பு கொள்ளவேண்டிய தொலைபேசி எண்: **0800 953 7788**.

Telugu - ఈ కరపత్రం South Gloucestershireలో లభించే ఆర్థిక, గృహ, ఆహారం మరియు ఇతర మద్దతు గురించి సమాచారాన్ని అందిస్తుంది. మీరు ఈ సమాచారాన్ని వేరే ఫార్మాట్ ఉపాహరణకు: బ్రైలు, ఆడియో ఫార్మాట్, పెద్ద ఫ్రంట్, కంప్యూటర్ ఫైల్ లేదా ఇంగ్లీష్ కాకుండా వేరే భాషలో కోరుకుంటే, దయచేసి సంప్రదించండి. టెలిఫోన్: **0800 953 7788**.

Turkish - Bu broşür, South Gloucestershire'da bulunan mali, barınma, yiyecek ve diğer destekler hakkında bilgi sağlamaktadır. Eğer bu bilgileri farklı bir format halinde isterseniz, örneğin: Braille, ses formatı, büyük baskı, bilgisayar dosyası veya İngilizce dışında bir dil için, lütfen Tel: **0800 953 7788** ile iletişime geçiniz.

Urdu - یہ کتاچھ مالی امور، ہاؤسنگ، غذا اور South Gloucestershire میں دستیاب معاونت کی دیگر شکلوں کے بارے میں معلومات فراہم کرتا ہے۔ اگر آپ یہ معلومات کسی مختلف شکل میں چاہتے ہیں، مثال کے طور پر: بریل، آڈیو فارمیٹ، بڑے پرنٹ، کمپیوٹر فائل یا انگریزی کے علاوہ کسی اور زبان میں تو برائے مہربانی درج ذیل پرنٹ پر ٹیلی فون کے ذریعہ رابطہ کریں: **0800 953 7788**.