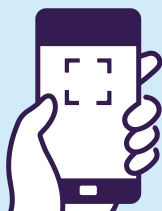


Cost of living support



Support is available across our communities to help people struggling with the cost of living. Whether you need help paying for food or energy bills, budgeting and debt advice, mental and physical health support, or support for children; help is available online, on the phone and in person.

For more information scan the QR code below to visit our cost of living pages.



We understand different people have different concerns. Our teams and partners can help to ease these by offering support with:

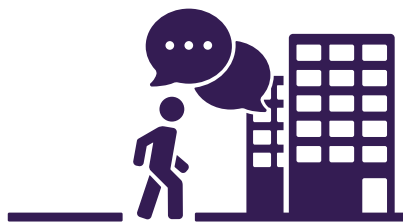
- **budgeting and debt management**
- **access to food**
- **warm welcome spaces**
- **keeping warm in the home**
- **support for children**
- **mental and physical health support**

Who can help?

Citizen's Advice BCP may be able to offer grants from the Household Support Fund to help with essentials like food and energy, and can offer practical advice around debt, budgeting and benefits.

Visit a drop-in service:

- Bournemouth Civic Centre BH2 6DX
Monday to Thursday 10am to 2.30pm
- Poole Central Library BH15 1QE
Monday to Thursday 10am to 2.30pm
- Christchurch Library BH23 1AW
Monday to Friday 9.30am to 12.30pm



Tel. 0808 2787 939

W. citizensadvicebcp.org.uk/hsf



BCP Family Information Service can provide support and advice for households with children.

Tel. 01202 093131
W. fid.bpcouncil.gov.uk



Ridgewater Energy provide advice on energy support and efficiency. They are also offering free home visits, offering professional advice to help you keep warm in your home.

Tel.01202 612726
E. info@ridgewaterenergy.co.uk
W. ridgewaterenergy.co.uk



Access to Food Partnership offers community food support, including community meals, community fridges, cooking courses and workshops, social supermarkets and food banks.

Visit our interactive map:
W. bcpcouncil.gov.uk/access-to-food-partnership



Warm Welcome Spaces visit over 50 locations across Bournemouth, Christchurch and Poole to get warm, meet new people, enjoy activities and a warm drink or meal, and access support.

Visit our interactive map:
W. bcpcouncil.gov.uk/communities/cost-of-living-help



Age UK can support older communities with cost of living challenges by offering financial advice, help with benefits, and tips for saving on energy. Support is available to help residents manage expenses and stay warm through winter.

Tel. 01202 530 530

W. ageuk.org.uk/bournemouthpooleeastdorset



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Independent Age support older people with budgeting and debt management, benefits, health and housing, while helping to reconnect people with their communities.

Tel. 0800 319 6789

W. independentage.org



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Worried About Money BCP for advice and support if you're struggling to make ends meet.

W. worryingaboutmoney.co.uk/bcp



Household Support Fund you might be eligible for grants to help with essentials like food and energy.

