

● WANDSWORTH FOODBANK

If you're facing hardship, many local organisations can refer people to **Wandsworth Foodbank** for emergency food, support and advice. Ask the person who gave you this leaflet, visit wandsworth.foodbank.org.uk/get-help or scan this QR code.



You can also call **Trussell Trust's** free helpline on **0808 208 2138** (Mon-Fri, 9am-5pm, closed public holidays). You'll talk confidentially to a trained adviser who can refer you to your nearest food bank.

● IF YOU'RE FEELING STRESSED OR ANXIOUS

Talk Wandsworth offers free NHS support and confidential help for problems such as stress, worry and low mood. For help, phone **020 3512 6264**, visit talkwandsworth.nhs.uk or scan this to self-refer online.



Whatever you're going through, a **Samaritan** will face it with you. You can call them on **116 123** or email jo@samaritans.org. They're here 24 hours a day, 365 days a year.

● DOMESTIC ABUSE ADVICE AND SUPPORT

The **One Stop Shop** is a free drop-in service providing legal advice, information, and support to local people experiencing domestic abuse. Phone **0203 879 3544** (Mon-Fri, 9am-5pm), or pop in:

- **Mondays** 10am-2pm at St Mark's Church, Battersea Rise, SW11 1EJ
- **Wednesdays** 10am-12.30pm at Picasso Building, Minstead Gardens, Roehampton, SW15 4EE

● ADVICE FOR OLDER PEOPLE

Age UK Wandsworth is a local, independent charity working in the community to support older people and their carers - including by providing benefits advice. You can phone on **020 8877 8940** or email advice@ageukwandsworth.org.uk



HELP FOR YOU THROUGH THE COST OF LIVING CRISIS

A quick guide to local sources of help, for people who live in Wandsworth Borough

This leaflet is being shared by local voluntary and community organisations across Wandsworth, to help local residents. For more copies, please contact info@wandsworth.foodbank.org.uk

COST OF LIVING ONLINE HUB



Wandsworth Council has put together lots of useful information to help residents with the cost of living. Scan this QR code or visit [wandsworth.gov.uk/hub](https://www.wandsworth.gov.uk/hub), or call freephone **0808 175 3339** to speak to an advisor.

ONLINE BENEFITS CALCULATOR

Many people across the UK are missing out on benefits payments that they're entitled to.

Check you're receiving everything you're entitled to by scanning this QR code or visiting turn2us.org.uk



CITIZENS ADVICE WANDSWORTH



Citizens Advice Wandsworth offers free, impartial, independent and confidential advice. To get in touch, scan this QR code, visit cawandsworth.org/get-advice or phone their free AdviceLine on **0808 278 7833** to speak to a volunteer adviser (Mon-Fri, 10am-4pm).

COST OF LIVING & ISSUES WITH DEBT

If you're struggling with your bills because they're too high, or want to know if you're getting all the benefits you're entitled to, ring **South West London Law Centres** for free on **0808 109 8032**. Leave your name, phone number, and what you want help with, and one of the team will get back to you with free advice.

For other money issues, please visit swllc.org/get-advice/debt/ or call **0208 677 9252**.

Crosslight Advice also provides free debt and benefit advice. Visit www.crosslightadvice.org/help or phone **0300 373 1180** (open Mon-Fri, 9:30am-5pm).

FOOD, FUEL & RENT GRANTS FROM WANDSWORTH COUNCIL

If you live in Wandsworth Borough, you can apply for support grants from **Wandsworth Council**. These are grants not loans, so you won't need to pay them back. You can receive a total of 3 crisis or community care grant awards in 12 months.



CRISIS GRANTS FOR FOOD & FUEL

Wandsworth residents can apply for a Crisis Grant for food and fuel, which includes:

- Supermarket vouchers (£35 per adult/£40 per child in your household)
- Top-up gas/electricity vouchers for pre-payment meters (£15-£25 on each, depending on household size) **OR**
- Extra supermarket vouchers instead of top-up vouchers if you pay for energy by bill or direct debit, or are a British Gas customer.



GRANTS FOR WHITE GOODS & FURNITURE

You can apply for a Community Care Grant for white goods (eg cooker, fridge) and essential furniture, if you're experiencing crisis and hardship.



GRANTS TO HELP WITH RENT

You can apply for a Discretionary Housing Payment (DHP) if you're receiving Housing Benefit or Universal Credit, including a housing element, and need extra help with housing costs because your benefit doesn't cover your full rent.

FIND OUT MORE & APPLY HERE

Simply scan this QR code, or visit [wandsworth.gov.uk/housing/benefits-and-support/discretionary-support-grants](https://www.wandsworth.gov.uk/housing/benefits-and-support/discretionary-support-grants). You can also visit Wandsworth Town Hall Customer Centre for help if online is difficult.

