

## Benefits, financial help and managing debt

Use the benefits calculator to find out if you can claim benefits, [www.bristol.entitledto.co.uk/home/start](http://www.bristol.entitledto.co.uk/home/start)

If you're struggling to manage your money or have debt problems, get support from:

- **Citizens Advice Bristol** – 0808 278 7957 (Mon-Fri, 9am-5pm), [www.bristolcab.org.uk](http://www.bristolcab.org.uk)
- **North Bristol Advice Centre** – 2 Gainsborough Square, Lockleaze, BS7 9XA, 0117 951 5751 (Mon-Thurs, 10am-2pm), [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)
- **South Bristol Advice Service** – Withywood Centre, Queens Road, BS13 8QA, (Mon-Fri, 10am-4pm), 0117 903 8358 (24/7 phone messaging service), [admin@southbristoladvice.org.uk](mailto:admin@southbristoladvice.org.uk), [www.southbristoladvice.co.uk](http://www.southbristoladvice.co.uk)
- **St Pauls Advice Centre** – 146 Grosvenor Road, St Pauls, BS2 8YA, (Mon-Thurs, 10am-2pm), 0117 955 2981, (24/7 phone messaging service), [enquiry@stpaulsAdvice.org.uk](mailto:enquiry@stpaulsAdvice.org.uk), [www.stpaulsAdvice.org.uk](http://www.stpaulsAdvice.org.uk)
- **Welfare Rights and Money Advice Service** – 0117 352 1888 (Mon, Tues, Thurs, Fri, 9am-1pm), [welfarerights@bristol.gov.uk](mailto:welfarerights@bristol.gov.uk), [www.bristol.gov.uk/wramas](http://www.bristol.gov.uk/wramas)
- **Age UK Bristol (over 55-year-olds)** – 0117 929 7537 (Mon-Fri, 10am-4pm), [www.ageuk.org.uk/bristol](http://www.ageuk.org.uk/bristol)
- **West of England Centre for Inclusive Living (WECIL)** – disability benefits for Disabled people – 0117 947 9911 (Mon-Fri, 9am-5pm) [www.wecil.org.uk](http://www.wecil.org.uk)

## Help accessing services


If you need help accessing any of these services call the We Are Bristol helpline for free on 0800 694 0184 or visit the Citizen Service Point at 100 Temple Street. Translator services are available.



# Need help with the cost of living?

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

 **0800 694 0184** (Mon to Fri, 8.30am-5pm)\*

 **Visit the Citizen Service Point**  
100 Temple Street, Bristol, BS1 6AG  
(Mon, Tues, Thurs, Fri, 9am-5pm; Wed 10am-5pm)\*

\*Translators available

Some organisations listed are very busy so it may take a while to get a response to a query.



## Find your nearest Welcoming Space

There are Welcoming Spaces open across the city for everyone. They are a place for you to keep warm, socialise with others and access support. Find out where your nearest one is at [www.bristol.gov.uk/costofliving](http://www.bristol.gov.uk/costofliving)

## Food

There are organisations and schemes across the city that can help you get food. Visit your local food bank for information on how to get food parcels if you're eligible:

- **North Bristol** – Ebenezer Church, 286 Filton Avenue, BS7 0BA or call 0117 979 1399, <https://nbsg.foodbank.org.uk>
- **North West Bristol** – Social Justice Hub, St. Andrew's Church, Avonmouth Road, BS11 9EN or call 0117 923 5343, [www.bristolnorthwestfoodbank.org.uk](http://www.bristolnorthwestfoodbank.org.uk)
- **South and East Bristol** – 32 Stapleton Road, Easton, BS5 0QY or call 07584 625 082, <https://eastbristol.foodbank.org.uk>

Contact **Feeding Bristol** to find out what community services are available in your area – [info@feedingbristol.org](mailto:info@feedingbristol.org) or visit your local community centre to ask about food services.

## Employment and skills

Looking for a new job? Want to develop your skills?

- **One Front Door** can help you find work and training 0117 922 3440 (Mon-Fri, 9am-5pm), [onefrontdoor@bristol.gov.uk](mailto:onefrontdoor@bristol.gov.uk), [www.onefrontdoor.org.uk](http://www.onefrontdoor.org.uk)
- **Future Bright** offers free coaching and support to help people on low incomes find better-paid work and increase their incomes 0117 922 2250, (Mon-Fri, 9am-5pm), [futurebright@bristol.gov.uk](mailto:futurebright@bristol.gov.uk)

## Mental health and emotional wellbeing

Cost of living pressures can cause us to feel stressed, anxious or low. Get help from:

- **Every Mind Matters** give expert advice and tips to help you look after your mental health, [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)
- **Community Access Support Service** can signpost to organisations across Bristol for all groups of people and communities, [www.cassbristol.org/useful-information](http://www.cassbristol.org/useful-information)
- **Changes Bristol** run wellbeing groups across Bristol – 0117 941 1123 (Mon-Fri, 9am-5pm), [www.changesbristol.org.uk](http://www.changesbristol.org.uk)
- **VitaMinds** – NHS Mental Wellbeing support service, 0333 200 1893 (Mon-Thurs, 8am-8pm; Fri, 8am-5pm; Sat 9am-1pm), [www.bit.ly/VitaMindsBNSSG](http://www.bit.ly/VitaMindsBNSSG)

If you start to feel that daily life is getting too much, contact **The Samaritans** – 0330 094 5717 (24/7)

## Housing and homelessness

If you're having difficulty paying your rent, are homeless or worried about becoming homeless, there are organisations in Bristol offering help and advice:

- **Shelter Bristol** – 0330 175 5121 (Mon-Fri, 9am-5pm), <https://england.shelter.org.uk/>
- **Bristol Law Centre** – 0117 924 8662 (Mon-Fri, 9.30am-4.30pm), [www.bristollawcentre.org.uk](http://www.bristollawcentre.org.uk)
- **CHAS Bristol** – 0117 935 1260 (Mon-Fri, 9am-5pm), [advice@chasbristol.co.uk](mailto:advice@chasbristol.co.uk), [www.chasbristol.co.uk](http://www.chasbristol.co.uk)

## Energy bills

If you're struggling to pay your energy bills, contact:

**Citizens Advice Bristol** – 0808 278 7957 (Mon-Fri, 9am-5pm), [www.bristolcab.org.uk](http://www.bristolcab.org.uk)

If you need energy saving advice, the **Centre for Sustainable Energy** can help. Visit [www.cse.org.uk/advice](http://www.cse.org.uk/advice) or email [home.energy@cse.org.uk](mailto:home.energy@cse.org.uk)