

COST OF LIVING SUPPORT SOMERSET



We are all feeling the impact of the rising cost of living.

Your councils are working with organisations across Somerset to provide support to anyone who is finding it difficult to cope, including those who may have not faced financial difficulties in their lives before.

'Warm Welcome' spaces

Warm Welcome spaces are free to use and provide warmth, company and support to anyone in Somerset.

To find out more, visit:

www.warmwelcomesomerset.org.uk

Community Council for Somerset

The Community Council for Somerset will put you in touch with your Village and Community Agent who provide confidential, practical community-based solutions for people in Somerset.

Call: 01823 331222

Somerset Money Advice Team - Citizens Advice

Free expert advice is available from the Citizens Advice specialist team. They can help you through money worries and offer advice on managing unpaid bills.

Call: 0808 278 7842

Open Mon-Fri, 10am - 4pm

Mental Health Support

Open Mental Health offers support 24 hours a day, 7 days a week via Mindline Somerset to ensure that anyone struggling with poor mental health can access the right support at the right time.

Call: 01823 276892 or
freephone 0800 138 1692

Local Support

To find out more about the support available, visit:

www.somerset.gov.uk/cost-of-living

If you do not have digital access at home, please visit your nearest library where you can access free, public WiFi.

Household Support Fund

The Household Support Fund is designed to provide short-term urgent financial help to Somerset residents who are struggling to afford household essentials.

Find out more at:
www.somerset.gov.uk/cost-of-living

Age UK Somerset

Age UK Somerset provides an independent, confidential and free welfare benefits service for older people. They offer advice on benefits for people receiving the State Pension.

Email:
infoandadvice@ageuksomerset.org.uk

Call: 01823 345613

National Support

Find out what Government support is available to help with the cost of living. This includes income and disability benefits, bills and allowances, childcare, housing and travel.

Visit: www.gov.uk/cost-of-living

Housing Support

If you're having problems paying rent or a mortgage, please speak to your local District team:

Mendip: **0300 303 8588**

Sedgemoor: **0300 303 7800**

SWT Council: **0300 304 8000**

South Somerset: **01935 462462**

Safe & Warm Somerset

Everyone deserves a home which is warm, comfortable and affordable to heat.

Safe & Warm Somerset supports anyone in Somerset who may need help with energy bills or keeping warm at home.

Email: home.energy@cse.org.uk

Call: 0800 082 2234

Talking Cafes

Talking Cafes provide a local place you can pop into, for advice and support from your local Village Agent on anything that is worrying you, or if you just want a friendly chat.

Visit: www.somersetagents.org/talking-cafes

Healthy Somerset

Do you want to find out more about local services to help you and your family towards healthy lifestyle habits?

From stopping smoking and maintaining a healthy weight to breastfeeding support and how to access vaccinations, Healthy Somerset has a wide range of resources to help all ages, including those with a physical or learning disability.

Visit www.healthysomerset.co.uk for your full list of local services available across the county.

Find out more

somerset.gov.uk/cost-of-living

