

How Can I Help?

If you have time, resources and donations you can also help your community



COST-OF-LIVING BULLETIN



Distributed to all Felixstowe households and shared across the Felixstowe Peninsula Community Partnership area

Pushchair Pitstop

Pushchair Pitstop is seeking donations (in good condition) including clean, washed clothing, useable shoes and bags, unbroken toys, working baby electricals, towels, bedding and blankets, unused nappies, sealed and non-perishable food including baby milk and buggies, strollers, car seats, cots, Moses baskets and walking and sit up aids.

For more information please contact Liss on 07803 526590.



St Edmund's Church, Langer Road, IP11 2HR
Open 9am - 12pm
Mondays, Wednesdays, Fridays
10am - 2pm
Alternate Saturdays & Sundays

Felixstowe Community Action Network

Not sure where to go for help?

Felixstowe CAN is a new 'one stop shop' for Felixstowe where you can be listened to and signposted to the right local support.

Looking to volunteer?

Felixstowe CAN is also a one stop for volunteering opportunities in Felixstowe and wider peninsula. FACTS, Memory Lane Dementia Support Group are just two of the many community groups looking for an extra pair of hands.

For support, or to find out how to volunteer, contact Felixstowe CAN on 01394 338406 any day between 10am - 2pm

Local Grants

Are you a community group or voluntary organisation? Keep up to date with local grants to support those in need via your local Communities Officer, Sharon: sharon.harkin@eastsuffolk.gov.uk

Homelessness Support

If you, or someone that you know is struggling with homelessness, you can access support via self-referral at www.streetlink.org.uk or by calling 0300 500 0914.

When using Streetlink, please make sure to state an exact location.

Local Sources of Support:

Felixstowe Town Council

Felixstowe Town Council provides financial support to local community groups and organisations with the provision to offer further support and services to local residents during the cost-of-living crisis. We have set aside £50,000 to fund community support, with around £10,000 already allocated locally to:

- Pop-Up shops to fund the purchase of food and other household essentials
- The Compass for the purchase of fuel vouchers and the Christmas Hamper Project
- The Level Two Youth Project Hardship Fund
- The Felixstowe Relief Charity

Felixstowe Relief Charity

The Felixstowe Relief Charity provides relief to Felixstowe residents (IP11) facing poverty through the provision of funding (no cash payments).

The majority of grant applications will be via referrals from local trusted partners. However, individuals can also apply during the cost-of-living crisis.

Funding is also available to help with children or adult learning needs affected by the cost-of-living crisis. For an application form and further details please contact the Trustees via email: trustees.frc@gmail.com Or call Darren 07838 215964 or Margaret 01394 274345.

Felixstowe Christian Action Against Poverty

Felixstowe Christian Action Against Poverty and Debt works in partnership with the national charity Christians Against Poverty (CAP) UK.

- Contact Rick Taylor, Debt Coach to find the best route for anyone living with debt to become debt free. Rick can be contacted on 0800 328 0006 or via ricktaylor@capuk.org.

- Felixstowe CAP also provide one-to-one budgeting advice sessions and a Money Course to enable people to get to grips with their finances so they can budget, save and prevent debt. For more information, contact Carolyn via felixstowemoneycourse@outlook.com.

- The Life Skills Course equips people with the confidence, decision making, and practical skills needed to live on a low income. To find out more, call 07942353486 or email joybaker@caplifefskills.org.

Help with Money and Household Expenses Citizens Advice East Suffolk Felixstowe

Worried about debt, housing, employment? Need a benefits check or require assistance with managing your money or LWAS applications? East Suffolk Citizens Advice offers free, confidential advice. Emergency shopping and fuel vouchers available too. Freephone 0808 278 7866 Monday-Friday, 10am-1pm or email: advice@caes.org.uk. Face-to-face advice is available by appointment only.

Disability Advice

For financial advice, benefit appeals and crisis support call 01394 387070 or email advice@daseastsuffolk.org

Local Welfare Assistance Scheme

Maximum award £250 paid via BACS or Post Office cash voucher.

You may be eligible for the LWAS if you:

- Can demonstrate you are in financial hardship
- Live in Suffolk and are 16-years old or over
- Have a combined household income of £27,500 a year or less
- Have less than £1,500 available in savings.
- No previous applications in last 6 months

Apply online via the Suffolk County Council website: www.suffolk.gov.uk/community-and-safety/communities/healthier/suffolk-local-welfare-assistance-scheme or call 0345 6066067.

Energy Bill Support - Coming Soon

£400 assistance for households that do not have a contract with domestic electricity supplier (e.g. caravans, park homes).

In addition, there is an alternative fuel payment of £200 for households that use heating oil and are not on the main gas grid.

Access to support will be signposted on the Felixstowe Town Council website once details are released.



ARE YOU, OR SOMEONE YOU KNOW, WORRIED ABOUT THE RISING COST OF LIVING?

We are helping East Suffolk Ease the Squeeze on the rising cost of living with a range of projects, initiatives and information which is all available at

WWW.EASTSUFFOLK.GOV.UK/SQUEEZE



FIND ADVICE AND PRACTICAL SUPPORT ON:

- FOOD AND ESSENTIALS
- FUEL AND ENERGY
- MONEY AND DEBT
- HOUSING
- ACTIVITIES AND OFFERS



CAN'T ACCESS THE WEBSITE?

Call 0333 162 000 to access Ease the Squeeze support. Also ask about face-to-face sessions with a Digital Champion who can help you get online.

HELPING EAST SUFFOLK EASE THE SQUEEZE ON THE COST OF LIVING

Help for Households

The Government's Help for Households website outlines support available to help with the cost of living and provides energy saving tips and advice with money: helpforhouseholds.campaign.gov.uk



The Compass

Based at Christchurch, Grange Farm Avenue, opposite Morrisons. Compass takes referrals from statutory and voluntary agencies and supports families and individuals struggling with everyday life. With a listening ear and stress-free service, Compass can help you move from dependence to independence.

Email connect@thecompass.uk or call 07368 324042.

Well done Felixstowe Peninsula! We now have a network of Warm Rooms:

Part of East Suffolk Council's Ease the Squeeze initiative bringing Councils, churches and community organisations together to provide a network of Warm Rooms. Use the map to locate your nearest warm room. There is no need to book – just drop in and save on your heating bills!

Felixstowe Warm Rooms Network

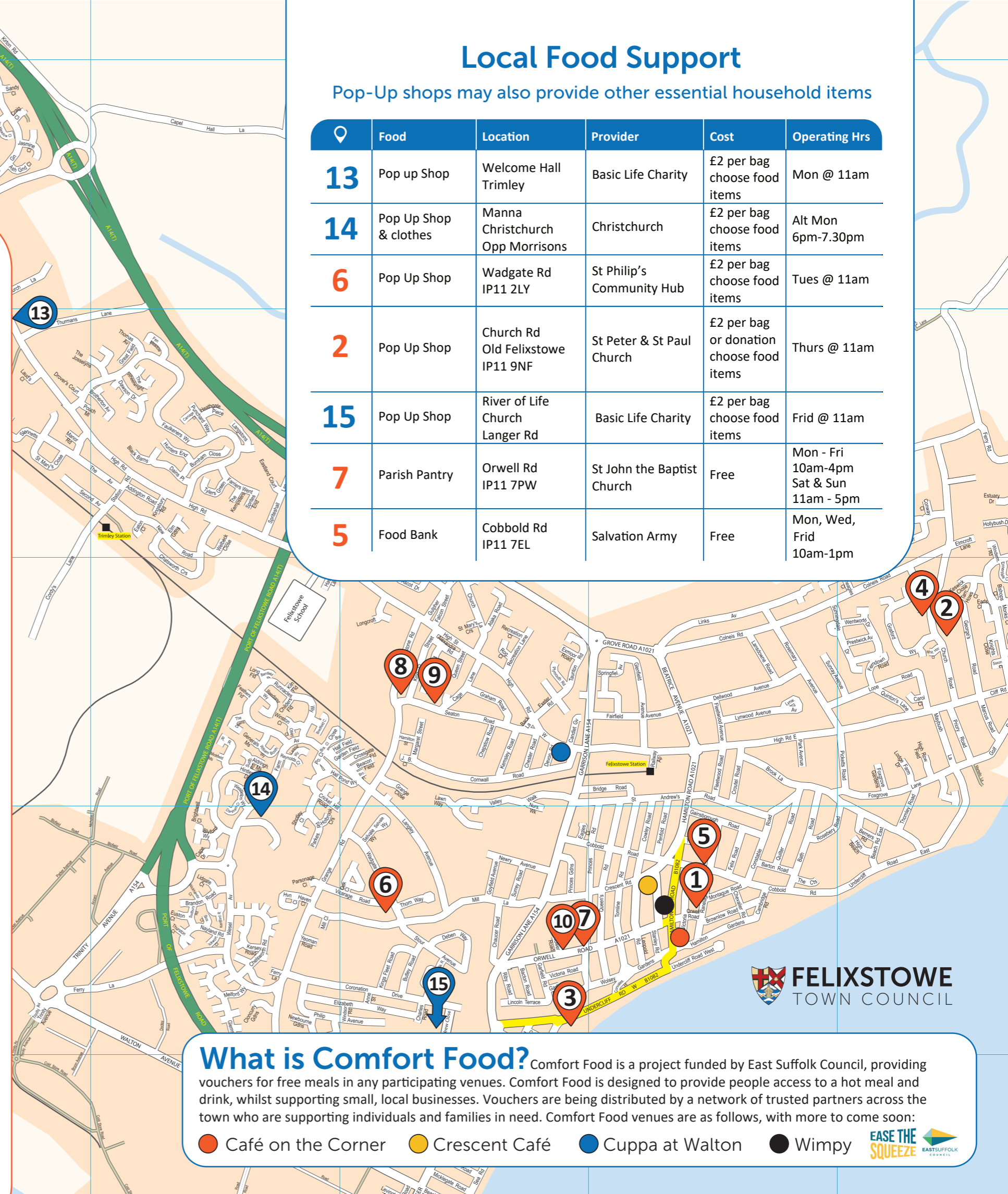
📍	Felixstowe Venue	Warm 'Day'	Hours	Offer
1	The Grosvenor Pub Ranelagh Rd IP11 7HA	Monday	11am-1pm	Tea, Coffee & Biscuits
2	St Peter & St Paul Church Old Felixstowe IP11 9NF	Monday	2pm-5pm	Tea & Coffee
3	Felixstowe Leisure Centre Seafront (Nr Pier) IP11 ZAE Report to reception	Monday	1pm-4pm	Tea & Coffee
4	Old Felixstowe Community Centre IP11 9NB	Tuesday	9.30am - 12.30pm	Tea, Coffee & Biscuits
5	Salvation Army Cobbold Rd IP11 7EL	Tuesday	10am-3pm	Soup & Roll Tea & Coffee
6	St Philip's Community Hub Wadgate Rd IP11 2LY	Tuesday	10am-3pm	Tea, Coffee & Biscuits
4	Old Felixstowe Community Centre IP11 9NB	Wednesday	2pm-5pm	Tea, Coffee & Biscuits
7	St John the Baptist Church Lady's Chapel or Mtg Room Orwell Rd IP11 7PW	Wednesday	10am-3pm	Soup & Roll Tea & Coffee
8	The Hope Trust (over 50's) 127 Maidstone Road IP11 9EE	Wednesday	9.15am-3.15pm	Tea, Coffee & Biscuits
3	Felixstowe Leisure Centre Seafront (Nr Pier) IP11 ZAE Report to reception	Wednesday	3pm-9pm	Tea & Coffee
6	St Philip's Community Hub Wadgate Rd IP11 2LY	Thursday	9am-3pm	Tea, Coffee & Soup
9	Methodist Church Seaton Rd	Thursday	11am-3pm	Soup & Roll / Tea & Coffee (3rd Thurs of the month meal avail for £5)
4	Hope Trust (Over 50's) Via Old Felixstowe Community Centre IP11 9NB	Thursday	10am-12pm	Tea, Coffee & Biscuits
10	Convent of Jesus & Mary 63 Orwell Rd IP11 7PP (via white front door)	Friday	10am-3pm	Soup & a Roll Tea & Coffee,
3	Felixstowe Leisure Centre Seafront (Nr Pier) IP11 ZAE Report to reception	Friday	2pm-8pm	Tea & Coffee

📍	Felixstowe Peninsula	Warm 'Day'	Hours	Offer
11	Trimley Methodist Church High Road / Mill lane	Tuesday	11am-3pm	Soup & Roll / Tea & Coffee
12	Levington Village Hall Bridge St Levington	Tues & Thurs	10am-4pm	Tea, Coffee Biscuits

Local Food Support

Pop-Up shops may also provide other essential household items

📍	Food	Location	Provider	Cost	Operating Hrs
13	Pop Up Shop	Welcome Hall Trimley	Basic Life Charity	£2 per bag choose food items	Mon @ 11am
14	Pop Up Shop & clothes	Manna Christchurch Opp Morrisons	Christchurch	£2 per bag choose food items	Alt Mon 6pm-7.30pm
6	Pop Up Shop	Wadgate Rd IP11 2LY	St Philip's Community Hub	£2 per bag choose food items	Tues @ 11am
2	Pop Up Shop	Church Rd Old Felixstowe IP11 9NF	St Peter & St Paul Church	£2 per bag or donation choose food items	Thurs @ 11am
15	Pop Up Shop	River of Life Church Langer Rd	Basic Life Charity	£2 per bag choose food items	Frid @ 11am
7	Parish Pantry	Orwell Rd IP11 7PW	St John the Baptist Church	Free	Mon - Fri 10am-4pm Sat & Sun 11am - 5pm
5	Food Bank	Cobbold Rd IP11 7EL	Salvation Army	Free	Mon, Wed, Frid 10am-1pm



What is Comfort Food? Comfort Food is a project funded by East Suffolk Council, providing vouchers for free meals in any participating venues. Comfort Food is designed to provide people access to a hot meal and drink, whilst supporting small, local businesses. Vouchers are being distributed by a network of trusted partners across the town who are supporting individuals and families in need. Comfort Food venues are as follows, with more to come soon:

- Café on the Corner
- Crescent Café
- Cuppa at Walton
- Wimpy

