

COST-OF-LIVING BULLETIN 2024



FELIXSTOWE
TOWN COUNCIL

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

Help with Money and Household Expenses

Citizens Advice East Suffolk Felixstowe

Worried about debt, housing or 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

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

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

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**.

East Suffolk Council Financial Inclusion Team

Help with budgets, benefits, grants and debt is available via my.eastsuffolk.gov.uk/service/cost_of_living_help_referral
Visit www.eastsuffolk.gov.uk/contact-us/financial-inclusion or call **0333 016 2000**

Winter Warmth Packs

Referrals must be made by a professional for a pack containing hat, scarf, gloves, fleece blankets, hot water bottles via www.eastsuffolk.gov.uk/winter-warmth-referral.

Local Food Support

Pop-Up Shop:

Basic Life Charity
Welcome Hall Trimley
Monday 11am

Cost:

£2 a bag
Choose your own

Christchurch
Manna Christchurch
(opposite Morrison's)
Alternate Mondays
6pm-7:30pm

£2 a bag
Choose your own

St Phillip's Community Hub
Wadgate Road
IP11 2LY
Tuesdays 11am

£2 a bag
Choose your own

St Peter and St Paul Church
IP11 9NF
Thursday 11am

£2 a bag
Choose your own

Basic Life Charity
River of Life Church, Langer
Road
Friday 11am

£2 a bag
Choose your own

Parish Pantry
St John the Baptist Church
IP11 7PW
Mon-Fri 10am-4pm
Sun 11am-5pm

Free

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 support you.

Email connect@thecompass.uk or call **07368 324042**.



How Can I Help?



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

Pushchair Pitstop

Pushchair Pitstop is seeking donations (in good condition) of 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 Peninsula Uniform Bank

Pushchair Pitstop (located in St Edmund's Church, Felixstowe) are piloting a uniform bank for all schools within the Felixstowe and Peninsula area. To use the service, simply collect a form from Pushchair Pitstop, fill out one form per child and post it in the red box located in the church.

If you would like to donate items, polo shirts and button-down shirts, jumpers, cardigans, blazers, ties, skirts, pinafores, summer dresses, shorts, trousers, PE shorts, PE tops, tights, school socks, sealed, unused underwear, school shoes, trainers, backpacks and sports bags are welcomed.

To contact us, email pushchairpitstop@gmail.com or phone **07803526590**.

The Surviving Winter Appeal

The Surviving Winter appeal is a fundraising initiative through Suffolk Community

Foundation which relies on the generosity of householders to donate their 'Winter Fuel Payment' to support the most vulnerable households during the winter months.

If you believe that you are eligible for a Surviving Winter fuel payment, please apply online via www.citizensadviceipswich.org.uk.

If you are unable to apply online, please contact Citizens Advice Ipswich who are administering the programme centrally for the whole of Suffolk: **01473 298634**



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 working for the benefit of local residents. Funding has been set aside to give additional support to groups helping those with the cost-of-living challenges.

If your group is directly supporting local people to meet their needs, we want to hear from you. Contact grants@felixstowe.gov.uk or call **01394 282086** for more details.



East Suffolk Council

East Suffolk Council have a programme of advice and support to help people with the rising cost of living, including many 'Ease The Squeeze' projects. To see what is available and more information including a County-wide Cost-of-Living leaflet visit www.eastsuffolk.gov.uk/community/squeeze

East Suffolk Council's Community Help Hub includes Community Help Officers, who can provide a range of practical support and advice. You can contact the Hub by calling **0333 016 2000** or by visiting www.eastsuffolk.gov.uk/cost-of-living.



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.

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.gov.uk/cost-of-living-support



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