

COST OF LIVING SUPPORT IN EXETER

Martin Lewis Money Saving Expert Cost of Living Help Guide:
www.moneysavingexpert.com/family/cost-of-living-survival-kit

MARTIN
LEWIS
ADVICE

DEBT ADVICE

- Citizens Advice Bureau free debt advice: 0808 278 7845 (Mon-Fri 10am-4pm)
- CAP Debt Centre Exeter: 0800 328 0006 (Mon-Thu 9-30am-5pm, Fri 9-30am-3-30pm)
- Step Change Debt Charity free expert advice: 0800 138 1111 (Mon-Fri 8am-8pm) and online at: www.stepchange.org/how-we-help/rising-cost-of-living.aspx
- National Debtline: 0808 808 4000

FOOD SUPPORT

- Exeter Food Bank (food bags): Ali 07939 381974 / 07818 226524
- St Katherine's Community Larder (food bags): Fri 10am-12pm
- Foodcycle Exeter (free meal): The Mint, Fore Street, Tue 6.30pm
- St Thomas Foodfight (free cooked Food): Sun 11am-1pm, St Thomas Precinct
- Salvation Army (free meals): Sat & Sun evenings 01392 216553

USEFUL INFO

- Housing Advice (Exeter City Council): 01392 277888, Mon-Fri 9am-5pm, for help with Housing Benefit, Council Tax Support, Exceptional Hardship Fund & Discretionary Housing Payments
- Universal Credit Help to Claim Advice: 0800 144 8444 / 0800 169 0310, grant opportunities (e.g. school uniforms, utility bills, essential equipment)
- Turn2us (www.turn2us.org.uk) - advice, plus a grant and benefit search tool and a whole section on energy/water bills

HEALTH & SUPPORT

- The Mooring (drop-in Mental Health Support), Wonford House, Dryden Rd, Exeter EX2 5AF: 07990 790920, 10am-midnight (Weekdays), 12pm-midnight (Weekends)
- Samaritans (free number): 116 123
- Talkworks (Depression & Anxiety Service): 0300 555 3344
- Age UK (support for people aged 62+ & their carers): 01392 202092

HELP WITH ENERGY BILLS

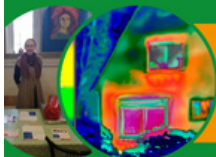
South West Water - help paying your bill and discounted 'WaterSure' tariffs for those that qualify: www.southwestwater.co.uk/help/need-help-paying-bill

For more advice & info, scan the QR code below



www.wellbeingexeter.org.uk

Exeter Community Energy Healthy Homes for Wellbeing



Do you want lower energy bills?
Do you struggle to heat your home?

Contact ECOE for free energy advice and home visits

healthyhomes@ecoe.org.uk 0800 772 3617

www.ecoe.org.uk/healthy-homes-wellbeing

ecoe



LEAP
PARTNERSHIP



Struggling With Fuel Costs This Winter?

Citizens Advice Exeter have received funds in the form of fuel voucher to help Exeter residents with a pre-payment meter who are struggling with their household bills and finding it difficult to warm their homes.

Call us on 07930323186 and leave a message. We will get back to you the same day or next day. If you fit the criteria for the scheme, we want to help!