

# 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](http://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](http://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
- Whipton Community Larder (food bags): The Snug, Whipton Village, Thu 7-9pm

## 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](http://www.turn2us.org.uk)) - advice, plus a grant and benefit search tool and a whole section on energy/water bills

## HEALTH & SUPPORT

- The Moorings (drop-in Mental Health Support), St Leonards GP Practice: 07990 790920, 10am-midnight (Weekdays), midday-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

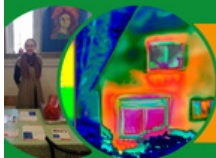
## HELP WITH ENERGY BILLS

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

For more advice & info, scan  
the QR code below



## 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](http://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!**