

### Cost of Living Support - Winter 2022/23

If you are struggling financially, please contact Mrs Sault who can suggest where you can get help.

Alternatively, please find below help and support that may be available for you and your family this winter:-

Families in crisis	KCC's KSAS	<a href="http://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis">www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis</a>
Housing related issues	Shelter	<a href="https://www.shelter.org.uk/">https://www.shelter.org.uk/</a> 0344 515 1444
Free household goods	Freecycle	<a href="https://www.freecycle.org/town/AshfordUK">https://www.freecycle.org/town/AshfordUK</a>
Emergency assistance	Salvation Army	<a href="https://www.salvationarmy.org.uk/">https://www.salvationarmy.org.uk/</a> 01233 643480
Grants	Turn2us	<a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a>
Debt	Step Change	<a href="https://www.stepchange.org/hello.aspx">https://www.stepchange.org/hello.aspx</a> 0800 138 1111
Food	Family Food Bank	<a href="https://www.familyfoodbank.org/">https://www.familyfoodbank.org/</a> EC30 <a href="https://www.ec30.co.uk/">https://www.ec30.co.uk/</a> 01580 765877 St Mildred's Church 01580 761591
Energy bill support	Citizens Advice Bureau	<a href="https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/">https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/</a> 01233 626185