



HELP & SUPPORT THIS WINTER



We know that many people in our community are struggling with the rising cost of living, with changes in energy bills and food prices hitting many of us hard. As winter approaches, we want to make sure everyone has access to all of the support they are entitled to, in order to stay safe and warm this winter. If you're worried about managing this winter, here are some places that may be able to help:

Oxford Citizens' Advice Bureau can provide general advice on money worries, benefits, bills, debt, housing and health and social care needs (helpline open Monday-Friday 9am-5pm on **08082787909** or website <https://www.citizensadviceoxford.org.uk>). The national Citizens' Advice Bureau website also has useful advice pages on their website at <https://www.citizensadvice.org.uk>.

The Agnes Smith Advice Centre can also support with money, debt, welfare, benefits and housing. You can call on **01865 770206** or **0800 066 2218**. They offer a drop in service between 12-2pm on Monday and Thursday at **6 Blackbird Leys Rd, Oxford OX4 6HS**.

Turn2Us have a benefits calculator where you can check **what benefits you're entitled to**, and search for **charitable grants** to help with living costs (website <https://www.turn2us.org.uk> or helpline open 9am-5pm Monday-Friday on **08088022000**).

Small Steps Project can help with the costs of children's clothing and childcare equipment, you can contact the Small Steps project **via their website** <https://hopeoxford.org/smallsteps/>

If you are experiencing mental health concerns, **Mind Oxfordshire** can offer information and support, including on money worries, via their helpline on **01865247788** (Monday-Thursday, 9:30am-4:30pm; Friday 9:30am-4:00pm) or on info@oxfordshiremind.org.uk.

StepChange can offer free debt advice and solutions online on <https://www.stepchange.org> or via their helpline on **08001381111**

Age UK Oxfordshire can offer advice and support to older adults on living costs, benefits and pensions as well as social isolation and health or care needs via their helpline on 03454501276 (local advice available 10am-4pm Monday-Friday) or on helpline@ageukoxfordshire.org.uk

We also wanted to let you know that **the cost of living crisis is affecting us too** - increasing prices mean that there is less food in the surplus supply chain. This means that there may be changes in the types or quantities of foods we are able to provide each week. We are working very hard to make sure our parcels are as helpful as they can be, but please bear with us if we are not able to provide all of the items you would like. **If you would like to access additional food support, we have a full list of other places to get food in Oxford, which you can see on <https://oxfordmutualaid.org/other-support-providers/>, or call us to find out more.**

OMA is here to support you. We can help with food needs, completing referral forms or talking through your options for support. You can call us on **07310160595 10am-4pm every day except Wednesdays and Saturdays**, or email us on support@oxfordmutualaid.org. Remember, whatever you are struggling with this winter, you are not alone.



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