

Cost of Living Support Toolkit

Useful links

<https://www.eastsussex.gov.uk/community/cost-of-living-support>

https://www.escis.org.uk/explore/?search_keywords=food%20banks&sort=relevance

<u>Issue</u>	<u>Support</u>
<p>Childcare costs Find out about the different types of funding for childcare depending on your budget</p>	<p>https://www.gov.uk/help-with-childcare-costs</p>
<p>Children's clothes and equipment Find out where to get free or low-cost clothing and equipment for your children</p>	<p>https://www.baby2baby.co.uk/referrals</p>
<p>Debt & Budgeting Get support to manage debts, deductions to your benefits and budgeting. Find a service to support you</p>	<p>https://www.citizensadvice.org.uk/debt-and-money/budgeting1/work-out-your-budget/</p> <p>https://www.stoploansharks.co.uk/</p> <p>https://www.stepchange.org/</p> <p>https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/</p>
<p>Food Find out about low-cost community food stores, food banks and food vouchers</p>	<p>https://1space.eastsussex.gov.uk/Search?CategoryId=334&SM=ServiceSearch&UDG=True&SME=True</p> <p>https://3va.org.uk/food/</p> <p>https://www.healthystart.nhs.uk/</p> <p>https://www.trusselltrust.org/get-help/find-a-foodbank/</p>
<p>Housing Where to go for support with housing issues, homelessness, moving house and rent arrears</p>	<p>https://www.eastsussex.gov.uk/community/housing</p> <p>https://www.bht.org.uk/wp-content/uploads/2022/09/BHT-Sussex-ESFSS-Information-for-those-aged-over-60-digital.pdf</p> <p>https://homeless.org.uk/</p> <p>https://www.helenbamber.org/</p> <p>https://asylumaid.org.uk/</p> <p>https://www.migranthelpuk.org/Pages/Category/asylum</p>

<p>Household items Where to find free or low-cost household items</p>	<p>https://www.leweslibraryofthings.org.uk/ https://hastingslot.myturn.com/library/ https://www.furniturenow.org.uk/</p>
<p>School uniforms Free or discounted school uniform options for children aged 4-16 years</p>	<p>https://www.eastsussex.gov.uk/education-learning/schools/school-life/uniforms https://harcuk.com/</p>
<p>Safety in the home How to get a safety assessment for your home and get free equipment to make your home safer</p>	<p>https://www.esfrs.org/home-safety-visits</p>
<p>Utilities How to get support with arrears, discounts, and ongoing</p>	<p>https://sussexcommunity.org.uk/our-services/employment-support/ https://www.eastsussex.gov.uk/children-families/childcare/welcome-to-the-family-hub</p>