WANDSWORTH FOODBANK

If your income isn't covering the cost of essentials like food, local organisations can refer you to **Wandsworth Foodbank** for emergency food, support and advice. Ask the person who gave you this leaflet, or scan this QR code, or visit **wandsworth.foodbank.org.uk/get-help**

You can also call Trussel's free helpline on 0808 208 2138 (Mon-Fri, 9am-5pm, closed public holidays). You'll talk confidentially to a trained adviser who can refer you to your nearest food bank.

IF YOU'RE FEELING DISTRESSED OR ANXIOUS

Talk Wandsworth offers free NHS support and confidential help for problems such as stress, worry and low mood. For help, phone **020 3512 6264**, visit **talkwandsworth.nhs.uk** or scan this to self-refer online.

If you live in Wandsworth and you need **urgent** support, call the local **NHS Mental Health Crisis Line** on **0800 028 8000**. You can also get urgent mental health support by calling **111** and choosing the mental health option. Both services are available 24/7 for adults and children of all ages, and to people who haven't previously accessed mental health services. You can call for yourself or someone else.

DOMESTIC ABUSE ADVICE AND SUPPORT

The **One Stop Shop** is a free drop-in service providing legal advice, information and support to local people experiencing domestic abuse. No appointment needed, just pop in:

- **Mondays** 10am-12pm at St Mark's Church, Battersea Rise, SW11 1EJ (closed on Bank Holidays)
- **Wednesdays** 10am-12.30pm at 166 Roehampton Lane, SW15 4HR

Or you can phone for advice on **020 3879 3544** (Mon-Fri, 9am-5pm).

HELP FOR LOCAL PEOPLE EXPERIENCING HARDSHIP

A quick guide to local sources of help, for people who live in Wandsworth Borough

Updated October 2024

This leaflet is being shared by local community organisations across Wandsworth, to help local residents. For more copies, please contact **info@wandsworth.foodbank.org.uk**

COST OF LIVING ONLINE HUB

Wandsworth Council has put together lots of useful information to help residents with the cost of living.

Scan this QR code or visit **wandsworth.gov.uk/hub**, or call freephone **0808 175 3339** to speak to an advisor.

ONLINE BENEFITS CALCULATOR

Many people across the UK are missing out on benefits payments that they're entitled to. Check you're receiving everything you're entitled to by scanning this QR code or visiting turn2us.org.uk

CITIZENS ADVICE WANDSWORTH

Citizens Advice Wandsworth offers free, independent and confidential advice. Scan this QR code, visit **cawandsworth.org/get-advice** or phone their free AdviceLine on **0808 278 7833** (Mon-Fri, 10am-4pm).

HELP WITH DEBT & MONEY ADVICE

If you're struggling with debt, you can contact **South West London Law Centres** for money advice for free on **020 8667 9252**, or visit **swllc.org/get-advice/debt/** for more information.

Crosslight Advice also provides free debt and benefit advice. Visit **www.crosslightadvice.org/help** or phone **0300 373 1180** (open Mon-Fri, 9:30am-5pm).

ADVICE FOR OLDER PEOPLE

Age UK Wandsworth is a local, independent charity working in the community to support older people and their carers - including by providing benefits advice. You can phone them on **020 8877 8940** or email **advice@ageukwandsworth.org.uk**

FOOD, FUEL & RENT GRANTS FROM WANDSWORTH COUNCIL

If you are a resident of Wandsworth Borough (including in temporary accommodation) and you're in hardship, you can apply for support grants from **Wandsworth Council**. These are grants not loans, so you won't need to pay them back. They're not available to people with no recourse to public funds.

CRISIS GRANTS FOR FOOD & FUEL

You can apply for and receive up to 3 crisis / community care grants per year (April-March). Crisis grants include:

- Supermarket vouchers
- Prepay gas/electricity vouchers OR extra supermarket vouchers if you pay for energy by monthly bill or are a British Gas customer.

GRANTS FOR WHITE GOODS & FURNITURE

You can apply for a community care grant for white goods (eg cooker, fridge) and essential furniture, if you're on a very low income. Unfortunately Wandsworth Council is unlikely to help if an appliance has broken because it's old or through normal wear and tear.

GRANTS TO HELP WITH RENT

You can apply for a Discretionary Housing Payment (DHP) if you're receiving Housing Benefit or Universal Credit housing element, and need extra help with housing costs because your benefit doesn't cover your full rent.

To find out more or apply, scan this QR code or visit **wandsworth.gov.uk/housing/benefits-and-support/discretionary-support-grants**. Or phone Wandsworth Council's Cost of Living hub (left).