

# Worried about the cost of living?

Not sure where to turn? Contact your local church for advice and a listening ear. You can chat to us in confidence:

## Contact Citizens Advice for advice and support

Call **0800 144 8848** or chat online at **[citizensadvice.org.uk/contactus](https://citizensadvice.org.uk/contactus)**

## Your district/city council gives local housing, food, and living cost support

Your council is:

## Useful information

The Diocese of Oxford has lots of useful information on their website:

**[oxford.anglican.org/cost-of-living](https://oxford.anglican.org/cost-of-living)**

## Warm Welcome

Look out for the free Warm Welcome spaces in churches, libraries and community spaces:

**[warmwelcome.uk](https://warmwelcome.uk)**

## Other helpful contacts

- The Samaritans provide a free, 24/7 listening service on 116 123 or email **[jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)**
- Call Refuge's Domestic Abuse Helpline on **0808 2000 247**.



# Guidance for churches

1. Download this poster and type your church's contact details into the first box. It's helpful to put the name of the individual (e.g. the vicar or parish administrator) who will answer the phone/email.
2. Type your district/city council's name and contact details in the appropriate box.
3. Save the file with a new file name – so you can print out your poster again if it needs to be replaced.
4. Display this poster in prominent places for the community – on your church noticeboard/on a community noticeboard, etc.
5. Have a look at the cost-of-living webpages on the diocesan website:  
**[oxford.anglican.org/cost-of-living](https://www.oxford.anglican.org/cost-of-living)**
6. Find out what support is available in your area. You don't need to know everything, but it's helpful to know the main places to signpost people and where to refer people to for further information.
7. Does your church community have capacity to fill any gaps and respond to people struggling in your community?