

ISLE OF WIGHT HELP WITH THE

# COST OF LIVING

## General help and support

Citizens Advice IW can give free help with money issues and much more.

 0800 144 88 48 or Textphone on 18001 0800 144 8884

 [www.citizensadviceiw.org.uk/](http://www.citizensadviceiw.org.uk/)

## Isle of Wight cost of living information

 [www.iow.gov.uk/costofliving](http://www.iow.gov.uk/costofliving)

## Debts and paying bills

Citizens Advice Money team

 01983 823898 ext: 2825

 [debtenquiries@iwcab.org.uk](mailto:debtenquiries@iwcab.org.uk)

 [www.citizensadviceiw.org.uk/money-advice-team](http://www.citizensadviceiw.org.uk/money-advice-team)

## Buying food

 [www.iow.gov.uk/costofliving](http://www.iow.gov.uk/costofliving) and tap on 'food' for more information.

Join a community pantry and for £5 a week, receive over £15 worth of food.

 01983 296592 East Cowes Community Pantry

 07961 959003 Ventnor Community Pantry

 01983 563732 Ryde Community Pantry

## Connect4communities

Support including food vouchers, getting weather appropriate clothing (directly with your school) and more.

 [connect4communities@iow.gov.uk](mailto:connect4communities@iow.gov.uk)

 [www.connect4communities.org](http://www.connect4communities.org)

## Benefits

Check whether you are getting all the benefits you can.  
Citizens Advice Help to Claim line.

 0800 144 8444

 [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators)

## Energy bills

The Footprint Trust can advise on energy bills, efficiency and getting grants.

 01983 822282

 [info@footprint-trust.co.uk](mailto:info@footprint-trust.co.uk)

 [www.footprint-trust.co.uk](http://www.footprint-trust.co.uk)

## Pension Credit

If you are of State Pension age you may be entitled to Pension Credit. If you get Pension Credit you can get other benefits.

 0800 99 1234 or Textphone on 0800 169 0133

 [www.gov.uk/pension-credit](http://www.gov.uk/pension-credit)

## Paying for broadband and mobile phone

Social tariffs are available if you're on a low income.

 [www.ofcom.org.uk/cheap-broadband](http://www.ofcom.org.uk/cheap-broadband)

## Feeling lonely

The Living Well and Early Help Partnership works on the Island to connect people.

 01983 240732

 [reception@lweh.org.uk](mailto:reception@lweh.org.uk)

 [www.lweh.org.uk](http://www.lweh.org.uk)

## In a crisis

If you have no money for food, gas and electricity you may be able to get emergency help.

 01983 823859

 [www.iow.gov.uk/HelpThroughCrisis](http://www.iow.gov.uk/HelpThroughCrisis)

## Other useful contacts

 [www.helpforhouseholds.gov.uk](http://www.helpforhouseholds.gov.uk)

 [www.islefindit.org.uk](http://www.islefindit.org.uk)

 [www.gov.uk/helpforhouseholds](http://www.gov.uk/helpforhouseholds)