

# **COST OF LIVING SUPPORT**

**For cost of living support please follow the link:  
<https://www.ipswich.gov.uk/content/costliving-support>**

**For financial advice please visit Money Helper advice at:  
<https://www.moneyhelper.org.uk/en/money-troubles>**

**For debt advice please visit CAP at  
<https://capuk.org/>**

# IPSWICH TOP-UP SHOPS

## 10 CHURCHES ACROSS TOWN ARE PROVIDING TOP-UP SHOPS

There are 10 churches across Ipswich providing top-up shops. Each church opens once a week to provide a range of food and toiletry items, the cost is £2 and anyone can attend. Please see details below for the church locations and opening times.

**All Hallows Church, Landseer Road IP3 0JH** Tuesdays 9:30-10:30am

**St Mary le Tower, Tower Street IP1 3BE** Wednesdays 9-10am

**Triangle Church, Dickens Road IP2 0JW** Wednesdays 9:30-10:30am

**St Mary and St Botolph's Church, Whitton IP1 6LT** Wednesdays 11:30am-12:30pm

**St Peter's Church, Stoke Park Drive IP2 9TH** Wednesdays 1:30-2:30pm

**St John's Church, Cauldwell Hall Road IP4 4QB** Wednesdays 2-3pm

**St Matthew's Church, Portman Road IP1 2BP** Thursdays 9am-10am

**Safe Harbour Church, St Helen's Street IP4 2LS** Thursdays 1:30-2:30pm

**St Thomas The Apostle Church, IP1 5BS** Fridays noon-1pm

**St Francis with St Clare, Hawthorn Drive IP2 0QQ** Saturdays 10-11am

**Email: [ipswichtopupshops@gmail.com](mailto:ipswichtopupshops@gmail.com)**

**<https://www.ipswichtopupshops.co.uk/>**

# SUPPORT SERVICES

## CONNECT FOR HEALTH

**Help with finances, household expenses, unemployment, mental health and more**

To self-refer or refer others go to the Connect for Health page of the Ipswich Citizens Advice website

**Phone: 01473 298 637**

**Email: [connectforhealth@ipswichcab.org.uk](mailto:connectforhealth@ipswichcab.org.uk)**

**<https://www.citizensadviceipswich.org.uk/connect-for-health/>**

## BSC MULTICULTURAL SERVICES

**A charity providing health and wellbeing support to people from an ethnic minority background.**

Providing a social prescribing service supporting those with welfare benefits and finance issues, social isolation and loneliness, housing issues, healthy lifestyle choices and access to other services by signposting or referrals.

**Phone: 01473 429740**

**Email: [info@bscmulticulturalservices.org.uk](mailto:info@bscmulticulturalservices.org.uk)**

**<https://www.bscmulticulturalservices.org.uk/>**

## SUFFOLK MIND

**Mental Health support.**

**Call 0300 111 6000.**

**<https://www.suffolkmind.org.uk/>**

## SAMARITANS

**Helpline open 24 hours a day, 365 days a year for anyone struggling with their mental health.**

**Call 116 123**

**<https://www.samaritans.org/>**

# COST OF LIVING SUPPORT

## INFOLINK

Infolink is an online community directory with a dedicated Cost of Living Support page. Use the link to access information and support related to household bills, warm spaces, food, finance and debt.

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page>

## COST OF LIVING SUPPORT

Cost of Living support from the Government is available at:

<https://helpforhouseholds.campaign.gov.uk/>

## DISCRETIONARY HOUSING PAYMENT (DHP)

DHP's are available to those who receive either Housing Benefit or the Housing Element of Universal Credit and need further help to meet their full rent.

<https://www.ipswich.gov.uk/dhp>

## OTHER USEFUL CONTACTS

### DISABILITY ADVICE BUREAU (DAB)

DAB work to support people with any form of disability, their carers, and families with benefit. Use the link to contact DAB regarding benefit advice including claim forms, employment issues, special educational needs, referrals for help with care and cost of living concerns.

<https://ipswichdab.org.uk/>

### CITIZENS ADVICE

Citizen's Advice provides good quality, independent advice for you to find a way forward. Use the link to contact for help with benefits, debt, employment, housing, energy advice, consumer issues and legal concerns.

<https://www.citizensadviceipswich.org.uk/>

### HOW TO SPOT A SCAM

Information on how to protect yourself from scams or fraud

<https://www.suffolk.gov.uk/community-and-safety/suffolk-trading-standards/scams>