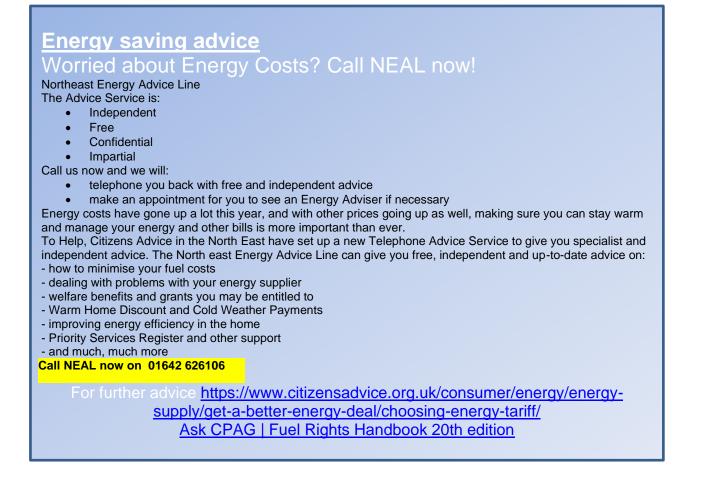
Cost of Living Support Patient information Leaflet

Rickleton Medical Centre

Here at the practice, we are aware that the rise in cost of living is something that will affect many of our patients, their friends, family and loved ones that is struggling to come and speak with one of the team as we would like to offer support in any which way we can. You may want help be it emotionally, financially, or support accessing the internet to complete forms, or support in completing forms.

We know it can be daunting to try and find out what support is available, and we want to help. Some of you may find yourself in a position that you never thought you would be in, we are here to help you, your family and friends, you don't need to be a patient to access the help and support we can offer.

Within this leaflet you will find local information that may be of use to you.



Food Banks

The practice works with Sunderland Foodbank if you need support please just give us a ring on 0191 4150576 or call into practice or email <u>nencicb-sun.rickletonmc@nhs.net</u>

For further information regarding foodbanks: https://www.citizensadvice.org.uk/debt-and-money/using-a-food-bank/

Sunderland Foodbank <u>https://www.sunderland.foodbnk.org.uk</u> Email: <u>coordinator@sunderlandfoodbank.org.uk</u>

Further information regarding food banks and parcels can be found at Sunderland Information Point Food banks and parcels - Sunderland Information Point

Warm Spaces in Sunderland

Public buildings are opened up across Sunderland this winter to provide warm spaces for residents who may, be struggling financially, have had their health and wellbeing affected by Covid-19, or have been impacted by the cost of living crisis.

Sunderland City Council has teamed up with partners in the community and voluntary sector to provide these warm spaces across the city.

Click here to find nearest warm space Warm spaces - Sunderland City Council

Appendix 2 - Useful links to support/websites:

Food banks and parcels - Sunderland Information Point

https://www.citizensadvice.org.uk/debt-and-money/using-a-food-bank/

Sunderland Foodbank <u>https://www.sunderland.foodbnk.org.uk</u> Email: <u>coordinator@sunderlandfoodbank.org.uk</u>

Energy:

North East Energy Advice Line (NEAL) Telephone 01642 626106

National Energy Action - 0800 304 7159

Simple Energy Advice - 0800 444 202

Energy Saving Trust Energy advice for your home - Energy Saving Trust

Warm Spaces in Sunderland:

<u>Warm Spaces in Sunderland - Wellbeing Info</u> – provides information and locations of warm spaces across the city.

Finances:

Debt Support:

<u>National DebtLine</u> provides free advice and information factsheets. You can also contact them on 0808 808 4000 or via <u>webchat</u> with an adviser.

Government Money Helper (previously MARS) Free and impartial help with money, backed by the government | MoneyHelper

Citizens Advice Debt and money - Citizens Advice

Domestic Abuse: https://www.wwin.org.uk/ https://www.gov.uk/guidance/domestic-abuse-how-to-get-help

Housing: housing - Wellbeing Info

Mental health:

Sunderland Psycholigical Wellbeing Service - Telephone: 0191 566 5454 (Monday – Friday between 9-5pm)

https://sunderlandiapt.co.uk/about-us/

https://wellbeinginfo.org/services/sunderland-mind/

Crisis Resolution and Home Treatment Team Sunderland free phone 08006522867

https://www.cntw.nhs.uk/services/crisis-resolution-home-treatment-team-sunderland/