



**GOSPORT**  
Borough Council

# COST OF LIVING HELP

**These services aim to help “ease the squeeze” of the rising cost of living by offering a range of support available to you or someone you know.**

More details about help and support can be found on Gosport Borough Council’s Cost of Living Help webpage at [www.gosport.gov.uk](http://www.gosport.gov.uk). If you know of supports that should be added, please email

[CostofLiving@gosport.gov.uk](mailto:CostofLiving@gosport.gov.uk)

The website information will be updated regularly. Libraries and community hubs often have free wi-fi or can help to find information online.

**FOOD, CLOTHES AND OTHER ESSENTIALS**

**1-2**

**HELPING OTHERS**

**3**

**HOME ENERGY, MAINTENANCE & BILLS**

**4-5**

**BUDGETING, DEBTS AND SCAMS**

**6**

**HOUSING SUPPORT & BENEFITS**

**7**

**HEALTH & WELLBEING**

**8**

**FREE & LOW COST ACTIVITIES**

**9**



## FOOD CLOTHES AND OTHER ESSENTIALS

### **Gosport Community Pantry**

Customers can make a £5 donation to then receive a minimum of £15 worth of food, including fresh and frozen items, toiletries and household items.

Based at Gosport Borough Football Club in Privett Road, Gosport, PO12 3SX the Pantry is open:

**Wednesday 10am- 2pm and  
Friday 9am– 1pm.**

**[gbfcfeedafamily@gmail.com](mailto:gbfcfeedafamily@gmail.com)**

### **Fareham & Gosport Basics Bank**

The Friends of the Homeless offer food, toiletries and practical help to anyone going through a short crisis or emergency, including anyone who is homeless or at risk of becoming so.

**You must have an agency referral to collect from a Basics Bank e.g Citizens Advice, GP's, Health Visitors, Housing Services etc.**

**Open Monday, Wednesday and Friday: 1-3 pm**

#### **Fareham**

Aspect House, Westbury Road,  
Fareham, Hants PO16 7XU  
**Tel: 01329 822204**

### **Gosport**

Unit 1, The Old Railway, Spring Garden Lane, Gosport, Hants PO12 1FQ

**Tel: 07826 305900**

**[enquiries@](mailto:enquiries@friendsofthehomeless.org.uk)**

**[friendsofthehomeless.org.uk](http://friendsofthehomeless.org.uk)**

### **Caring Hands Food Bank**

**Food Bank:** Provides food & toiletry hampers and signposts to other supports (agency referral is required)

**Kids:** Supports families with children living in crisis by providing clothing, shoes, education essentials and toys (agency referral is required)

**[www.family.church/gosport](http://www.family.church/gosport)  
[caringhands.gosport@family.church](mailto:caringhands.gosport@family.church)**

**Tel: 0300 302 0090**

### **Trash Cafe Gosport**

Pay As You Feel Gosport Shop -  
49a Stoke Road,  
Gosport, PO12 1LS

**Monday, Tuesday, Thursday  
& Friday - 10am - noon;  
Wednesday 5-7pm; Saturday  
10:30am-1pm; Sunday currently  
closed**

**[www.trashcafe.com](http://www.trashcafe.com)**

**[enquiries@trashcafe.com](mailto:enquiries@trashcafe.com)**

**Tel: 023 9217 434**

## FOOD CLOTHES AND OTHER ESSENTIALS

### Acts of Kindness Community-Solent

Help with food parcels, clothes, basic furniture and more. For food parcels call them on 02393 812868. For household items an agency referral is required.

**www.aok.community**  
**info@aoksolent.co.uk**  
**Tel: 02393 812868.**

### Jacob's Well Care Centre

**The Store Cupboard** is open most days except Wednesdays, offers food and other supplies. No referral required.

**The School Uniform Project** accepts donations of school uniform items of all ages for schools in Gosport, Stubbington and Fareham. Parents choose uniform items they need for their children. No referral necessary. Supply may be limited if current demand is high.

**Open: Monday-Friday 9am -5pm;**  
**Saturday 9am- 4pm**

**The Furniture Project** -offers good quality pre-owned furniture, appliances, bedding and other household items at affordable prices.

The centre collects items that are no longer wanted, them and sells them to fund community projects.

Unit 1 Toronto Place, Gosport,  
PO12 4UZ.  
**enquiries@jacobswellcarecentre.co.uk**  
**Tel: 02392 583 050**

### Meals on Wheels

Hot meals delivered directly to older persons, those with disabilities or anyone unable to prepare food for themselves. Some eligibility criteria applied. Referrals can be made online or by calling their number.

**www.hants.gov.uk**  
(search for Meals on Wheels)  
**Tel: 0300 5551386**

### Hub4Stuff

Re-used, recycled and upcycled furniture and household items are supplied to people on low incomes. Also provides a donation based van removal service.

**Based at Bridgemary Methodist Church**, Prideaux-Brune Avenue, Bridgemary PO13 0PP.

**www.hub4stuff.co.uk**  
**Thehub4stuff@gmail.co.uk**  
**Tel: 07387 364240**

## HELPING OTHERS

### Repair Café Gosport

Repair Café Gosport is looking for volunteers with different skills who can be present as repair experts during meetings and share their knowledge.

Volunteer hosts are needed to welcome visitors, provide tea and coffee and serve as a contact point for both visitors and repairers.

Unit 5 Quay Lane, Hardway,  
Gosport, PO12 4LJ

**[www.repaircafegosport.co.uk](http://www.repaircafegosport.co.uk)**  
**[mail@repaircafegosport.co.uk](mailto:mail@repaircafegosport.co.uk)**  
**Tel: 07724503368**

### Go Volunteer

Go Volunteer is Gosport Voluntary Action's volunteering service with a huge range of opportunities available to suit your interests, skills and availability.

**[www.gva.org.uk](http://www.gva.org.uk)**  
**[govolunteer@gva.org.uk](mailto:govolunteer@gva.org.uk)**  
**Tel: 02392 588347**

### Jacob's Well Care Centre

Donations of time, money, school uniforms or furniture always needed. Every donation helps those in need in our own community.

**[enquiries@jacobswellcarecentre.co.uk](mailto:enquiries@jacobswellcarecentre.co.uk)**  
**Tel: 02392 583050**

### Caring Hands Food Bank

Donations of basic food and toiletry items and financial donations are always needed.

**[www.family.church/gosport](http://www.family.church/gosport)**  
**[caringhands.gosport@family.church](mailto:caringhands.gosport@family.church)**  
**Tel: 0300 302 0090**

### Acts of Kindness Community-Solent

Volunteers are needed as well as donations of clothing, furniture, kitchen appliances, toys and money are always needed to help as many in the community as it can. Contact for more information about volunteering or donations.

**[www.aok.community](http://www.aok.community)**  
**[info@aoksolent.co.uk](mailto:info@aoksolent.co.uk)**  
**Tel: 02393 812868**

### Hub4Stuff

Volunteers to assist in our delivery team needed as well as donations of quality used furniture and household items. Contact to find out more.

**[www.hub4stuff.co.uk](http://www.hub4stuff.co.uk)**  
**[Thehub4stuff@gmail.co.uk](mailto:Thehub4stuff@gmail.co.uk)**  
**Tel: 07387 364240**

## HOME ENERGY, MAINTENANCE & BILLS

Most energy suppliers now have a hardship fund or a grant scheme to help, so worth asking about these. Here are some other sources of advice and support too.

### The British Gas Energy Trust

An independent charity that can help no matter who your energy supplier is. It has two different grants to clear gas and electricity debts up to £1,500- one is for British Gas Customers and the other is for customers of other energy suppliers. Find out who's eligible and how to apply on the website.

**[www.britishenergytrust.org.uk](http://www.britishenergytrust.org.uk)**  
**[admin@britishgasenergytrust](mailto:admin@britishgasenergytrust)**  
**Tel: 0121 3487797**

### Home & Well Service Citizens Advice

This NHS service helps those discharged from hospital to return to a comfortable and safe home by helping them apply to be on the Priority Services Register for additional support during a power cut or water shortage and ensuring they receive eligible benefits.

Others can be referred by approaching Citizens Advice directly.  
**[homeandwell@gosport.cabnet.org.uk](mailto:homeandwell@gosport.cabnet.org.uk)**  
**Tel: 07854 202 8381**

### Warmer Homes Scheme

The scheme offers free measures to reduce energy needs to eligible households such as insulation, high heat retention storage heaters, solar panels and air source heat pumps. No cost for homeowners and for private tenants, landlords will be required to contribute to costs. Contact the scheme for eligibility details.

**[www.switchedongosport.co.uk](http://www.switchedongosport.co.uk)**  
**Tel: 0800 038 5737**

### Free Energy and Money Saving Service

This free service helps people keep warm and reduce their energy bills. Homeowners, private tenants and social housing tenants need to be referred. Contact your rent or housing officer Gosport Citizens Advice on 02392 520112 to be referred.

Contact the scheme for eligibility details.

**[www.switchedongosport.co.uk](http://www.switchedongosport.co.uk)**  
**[support@applyforleap.org.uk](mailto:support@applyforleap.org.uk)**  
**Tel: 0800 060 7567**



## HOME ENERGY, MAINTENANCE & BILLS

### The Environment Centre

It provides free and impartial advice on a range of subjects, including help to improve energy efficiency and manage water debt.

**[www.environmentcentre.com](http://www.environmentcentre.com)**

**Tel: 0800 8048601**

**Monday - Friday 9am - 5pm**

### Social Tariffs

Social Tariffs are low-cost broadband and phone service packages and are available for those claiming Universal Credit, Pension Credit and other benefits. If eligible, you could switch to any of the tariffs available. Check if your provider offers a social tariff on their website. You can apply online or call your provider and ask to switch.

**[www.ofcom.org.uk](http://www.ofcom.org.uk)** (search for cheaper broadband and phone packages)

### Repair Café Gosport

Save money and waste by repairing items. Bring in your item and get expert help. Open 2nd Saturday of every month, except August, from 10:30am to 1pm. Booking ahead is recommended. Volunteer opportunities available (hosts and repairers). Social event with tea/coffee.  
Unit 5, Quay Lane, Hardway  
Gosport PO12 4LU

**[www.repaircafegosport.co.uk](http://www.repaircafegosport.co.uk)**  
**[mail@repaircafegosport.co.uk](mailto:mail@repaircafegosport.co.uk)**  
**Tel: 07724503368**

### Southern Water

Offers discount schemes to customers struggling to pay their bill. Find out if eligible by completing the online financial assistance form or contacting directly.

**[www.southernwater.co.uk](http://www.southernwater.co.uk)**  
**[payless@southernwater.co.uk](mailto:payless@southernwater.co.uk)**  
**Tel: 0800 027 0363**

### Portsmouth Water

Offers a number of schemes to help customers who are struggling to pay their bill. Contact them to discuss your situation.

**[www.portsmouthwater.co.uk](http://www.portsmouthwater.co.uk)**  
**Tel: 02392 499666**

### Cats Protection Neutering Voucher Scheme

£35 towards neutering a male, £50 towards neutering a female cat for pensioners, students, those receiving benefits and on low income (less than £20,000 pa) living in the PO12, 13 & 14 areas.  
**Gosport Branch**  
**[www.cats.org.uk/gosport](http://www.cats.org.uk/gosport)**  
**[enquiries@gosport.cats.org.uk](mailto:enquiries@gosport.cats.org.uk)**  
**Tel: 07825 592921**

## BUDGETING, DEBTS AND SCAMS

### Cyber Bobby

Provides free home visits to the over 65s, disabled, and any previous victims of cyber-crime and gives advice and guidance about basic IT security and how to avoid being affected by a cyber-crime or a cyber-enabled crime.

**All advisors are police vetted and carry ID cards.**

**[www.bluelamptrust.org.uk](http://www.bluelamptrust.org.uk)**

**Tel: 0300 7770157**

(search for Cyber Bobby Scheme)

### Citizens Advice Online Scam Check Tool

Use the online tool to check and find out what to do if you have been scammed via text, email or letter.

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

(search Get Help with Scams)

### Step Change Debt Charity

Free, impartial budgeting and debt advice and tools online and over the phone Monday-Friday 8am -8pm and Saturday 8am-4pm.

**[www.stepchange.org](http://www.stepchange.org)**

**Debt Advice Helpline**

**Tel: 0800 1381111**

### National Debtline

Free, independent advice on dealing with debt problems online and over the phone

Monday-Friday 9am-8pm and Saturday 9:30am-1pm.

**[www.nationaldebtline.org](http://www.nationaldebtline.org)**

**Tel: 0808 8084000**

### Free Budget Planner

This free budget planner takes only minutes to complete. You can save your information and start where you left off if you find you don't have all of the information you need at hand.

**[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)**

(search for budget planner)





## HEALTH & WELLBEING

### [Solent Mind, Fareham & Gosport Wellbeing Service](#)

This network of Wellbeing Centres offer safe spaces to be yourself and get back on track through groups, workshops, activities and 1:1 emotional support. Find out about the many types of support offered.

**[www.solentmind.org.uk](http://www.solentmind.org.uk)**  
(search under Support for You)  
**[info@solentmind.org.uk](mailto:info@solentmind.org.uk)**  
**Tel: 02382 027810**

### [Mental Wellbeing Hampshire](#)

Mental Wellbeing Hampshire is a partnership of organisations working to support good mental health and wellbeing in our communities through a wide range of topics. Search the support topics to find the support offered.

Contact for more information.

**[www.hants.gov.uk](http://www.hants.gov.uk)**  
(search for mental wellbeing hampshire)

### [SSAFA Hampshire - The Armed Forces Charity](#)

Our mental wellbeing, emotional and physical support covers both regulars and reserves and their families, including anyone who has completed National Service. SSAFA works with others to ensure that those get the support they need.

Contact for more information.  
**[www.ssafa.org.uk/hampshire](http://www.ssafa.org.uk/hampshire)**  
**Tel: 0204 5669216**  
**Monday - Friday 9am-5:30pm**

**forcesline advisor on**  
**0800 2606767 Monday - Friday**  
**9am-5pm**

### [NHS 111](#)

Call 111 if you think you need medical help right now.

They can direct you to the best place to get help.

You might be advised to:

- Call 999 or go to A&E in an emergency
- Go to an urgent treatment centre
- See an evening / weekend GP
- Get a callback from a nurse
- Contact an emergency dentist
- Contact your own GP surgery
- See a pharmacist
- Look after yourself safely at home

**[www.11.nhs.uk](http://www.11.nhs.uk)**

## HOUSING SUPPORT & BENEFITS

### Money Advice Matters

Receive specialised money advice to help with debt before you reach crisis point that could affect your housing options and ability to remain in your own home.

Call or email to make an appointment.

**Tel: 02392 520112**  
**[mam@gosport.cabnet.org.uk](mailto:mam@gosport.cabnet.org.uk)**

### Benefits Calculator

This will help you find out what benefits you can claim.

It's free and simple to use and the details you provide are anonymous.

**[www.entitledto.co.uk](http://www.entitledto.co.uk)**  
(search for benefits calculator)

### Universal Credit

The Citizens Advice Help to Claim service can support you from applying for Universal Credit through to your first payment.

Chat with an advisor online or call the free helpline. Advisors are available 8am to 6pm, Monday to Friday.

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)** and  
(search for Universal Credit)

**Tel: 0800 144 8444**

### Age Concern Gosport

Free help to those 55 and over to complete benefit forms and help with letter writing and signposting to other services.

Offered Monday to Friday 10am – noon at Martin Snape House, 96 Pavilion Way, Gosport. PO12 1FG (inside Gosport Voluntary Action's offices).

**[www.ageconcerngosport.org.uk](http://www.ageconcerngosport.org.uk)**  
**[info@ageconcerngosport.org.uk](mailto:info@ageconcerngosport.org.uk)**  
**Tel: 02392 604699**

### Help with Money, Debt and Wellbeing

This page details current welfare initiatives and links with Hampshire County Council's (add the apostrophe) Connect4Communities pages, highlighting how to claim financial support with rent and council tax and the discretionary payments support available.

**[www.gosport.gov.uk](http://www.gosport.gov.uk)**  
(search under Housing Benefit)



## FREE & LOW COST ACTIVITIES

### Warm and Welcome space – Hampshire libraries

They provide a warm and welcoming place and offer free or low-cost resources, events, activities, learning opportunities & community spaces for everyone.

Chatabout sessions at Bridgemary Library and Gosport Discovery Centre offer a chance to meet others. Details can be found on the library website.

**[www.hants.gov.uk](http://www.hants.gov.uk)**

(search under the name of the library)

### Elson Community Library and Hub

A winter warm place offering free hot drinks to anyone staying in the library for over an hour including escorted children.

Free wi-fi, computers and resources. Toddlers groups Monday & Thursday mornings- £1 per family with snack; senior moments groups Tuesday mornings, free drink and cake; and more.

136 Chantry Road, Elson, Gosport PO12 4NG

**[www.elsonlibrary.org.uk](http://www.elsonlibrary.org.uk)**  
**[enquiries@elsonlibrary.org.uk](mailto:enquiries@elsonlibrary.org.uk)**  
**02394 350099**

### Lee Hub

A community library offering free kids clubs Monday, Friday and

Saturday; veterans lunch club and other social groups and events.

14 High Street, Lee-on-the-Solent PO13 9BZ

**[www.leehub.co.uk](http://www.leehub.co.uk)**  
**[info@leehub.co.uk](mailto:info@leehub.co.uk)**  
**Tel: 02392 551047**

### Ramblers Wellbeing Walks

The Ramblers Wellbeing Walks are free walks in the Borough suitable for everyone. Led by trained Walk Leaders, walks last between 30-90 minutes and suit people of varied abilities.

Contact for more details.

**[www.ramblers.org.uk](http://www.ramblers.org.uk)**

Find Ramblers Wellbeing Walks (search under Gosport)

**Tel: 02392 583836**

### What's Going On in Gosport

Lists events happening in Gosport. Most are free and suitable for the whole family.

**[www.gosport.gov.uk](http://www.gosport.gov.uk)**  
(search under 'What's Going On in Gosport')

### Gosport Events & Things to Do

Many organisations post events and activities on this website.

Many are free.

Where there is a cost, this is clearly stated.

**[www.eventbrite.com](http://www.eventbrite.com)**

(type in Gosport in Location)



To request this publication in large print, on memory stick, CD, in Braille or in another language, please call  
**(023) 9258 4242**