

# Cost of Living Crisis

Signposting & Support for

**Families**

*Kensington & Chelsea*

*Hammersmith & Fulham*

*Westminster*



## Cost of Living Crisis

**“The UK is facing a perfect storm of increasing prices, soaring bills and tax rises. We explain the likely impact and what can be done to protect the most vulnerable families**

With inflation - the measure of how much prices are rising - reaching its highest rate for 30 years, families in the UK face a devastating 'cost of living crisis'.

The causes are complex. Rising costs are linked to the pandemic and other global economic factors. The conflict in Ukraine has pushed fuel prices higher still.

Experts predict that the hit to households this year could increase to around £43 billion - far outstripping the £9 billion pounds the Government has announced to help with our energy bills.”

**Action for Children, March 2022**

## Impact on Children & Families

“Families are seeing an increase in the prices of everything, most noticeably groceries and toiletries. For vulnerable families, such as some low-income migrant families who can't access the benefits system, putting food on the table and keeping children healthy is becoming increasingly difficult. And it's set to get worse.”

**The Children's Society, July 2022**

**90% of adults have seen an increase to their cost of living**

**1 in 3 children in the UK were already living in poverty prior to the crisis**

## Mental Health Implications

“We are already beginning to see the impact. In July alone Samaritans received 12,000 emotional support contacts mentioning finance or unemployment concerns and Mind’s Infoline has seen a 30% rise compared to last year in calls related to finances.

Young Minds also tracks young people’s experiences of mental health and, for the first time, ‘worries about money’ was found to be the top concern and negative influence on their mental health.”

**An open letter to the current and future Prime Minister on the cost-of-living crisis and our mental health system**

**Mind, August 2022**

## Impact on Parenting

There is evidence that children of parents living on low incomes who demonstrate positive parenting behaviours do well, providing evidence of the protective mediating power of parenting (Kiernan and Mensah 2011; Kiernan et al. forthcoming). However, the importance of family income and poverty provides clear evidence that efforts to improve parenting capabilities are less likely to succeed if not combined with efforts to reduce pressures on families, such as through improving household incomes. Without parallel efforts, there are risks that gaps in outcomes between children and families on low incomes and those better off may grow (Del Bono et al. 2016)

**Nuffield Foundation, 2022**

# Support & Signposting

## Kensington & Chelsea

### Cost of Living Crisis

#### Cost of Living Support Hub (RBKC)

[Cost of Living Support Hub | Royal Borough of Kensington and Chelsea \(rbkc.gov.uk\)](https://rbkc.gov.uk)

#### Citizens Advice Bureau

[Home - Citizens Advice Kensington Chelsea \(citizensadvicekc.org.uk\)](https://citizensadvicekc.org.uk)

#### Cost of Living Crisis Clinic

Appointments are held at **Westway Trust, 1 Thorpe Close, W10 5XL**

To see an advisor:

- Register using the form on this website ([Cost of Living Crisis Clinic - Westway Trust](#)) to refer yourself or someone you know for this service, or
- Call 0300 102 8475, or
- Visit us at 1 Thorpe Close.
- Assistance is provided with filling out benefits forms

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مَلِّئِ الْاِسْتِمْارَاتِ مَجَّانًا

الرَّمَان: الْاِثْنَيْنِ مِنَ السَّاعَةِ 09:30 صَبَاحًا  
المَكَان: Westway Trust, 1 Thorpe Close W10 5XL

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لَا تُحَدِّدُ مَوْجِدِ قَعِ الْمُسْتَشَارِينَ  
020 8962 5720 اِتَّصَلِ  
رُجُ 1 Thorpe Close, W10 5XL  
تَسَجَّلِ اِتِّصَالًا عَلَى الْمَوْجِدِ westway.org/formfilling

## Food Banks

**Kensington & Chelsea Social Council** have an updated list of food banks available in the borough; [Food Banks in Kensington and Chelsea \(kcsc.org.uk\)](http://kcsc.org.uk)

### All Saints Notting Hill

Only on the last Friday of each month. Providing food items and toiletries. No referral needed.

Hours: 10am - 11am

Address: Clydesdale Road, Notting Hill, W11 1JE

Phone: 020 7727 5919

Website: [www.allsaintsnottinghill.org.uk/](http://www.allsaintsnottinghill.org.uk/)

### Bay20

Providing hot takeaway meals on Thursdays (from 2pm to 4pm).

Citizens Advice service available Tuesday (from 12pm - 3pm)

Address: 71 St Marks Road, W10 6JG

Phone: 020 3579 0384

Email: [info@bay20.org](mailto:info@bay20.org)

Website: <https://www.bay20.org/>

### Chelsea Methodist Church - Closed until 9 September

Debt advice service operates on Tuesday morning.

Hot lunches to eat in or takeaway served from 12.30 to 1.15pm.

**Hours:** Mondays, Tuesday and Thursdays 9am-12.30p

**Address:** 155A King's Rd, Chelsea, SW3 5TX.

**Phone:** 020 7352 9305

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

**Website:** <https://www.chelseafulhammethodist.org/community>

### Dads House

Foodbank. Open to single dads, single mums and families. If referring someone, please contact Billy (number below) first.

**Hours:** Monday to Friday (10am to 1.30pm).

**Address:** 22 Lillie Road, SW6 1TS

**Phone:** 07765 183 504

**Email:** [info@dadshouse.org.uk](mailto:info@dadshouse.org.uk) or Foodbank manager: [luke.tydeman@dadshouse.org.uk](mailto:luke.tydeman@dadshouse.org.uk)

**Website:** <https://www.dadshouse.org.uk/>

### **Dalgarno Trust**

Foodbank operating every Thursday. Registration is required and can be done in person on the day (between 10am and 1:30pm).

**Hours:** Thursdays 2.30-6.30pm (Assigned times)

**Address:** 1 Webb Close, Dalgarno Way, W10 5QB

**Phone:** 020 8969 6300

**Email:** [pam@dalgarnotrust.org.uk](mailto:pam@dalgarnotrust.org.uk)

**Website:** [www.dalgarnotrust.org.uk/our-programmes/foodbank/](http://www.dalgarnotrust.org.uk/our-programmes/foodbank/)

### **Kensington and Chelsea Foodbank**

You will need a [voucher](#) from a support agency such as Citizens Advice.

**Hours:** Tuesdays (11am to 1pm) and Fridays (1pm to 3pm)

**Address:** Notting Hill Methodist Church, 240 Lancaster Road, Notting Hill, W11 4AH

**Phone:** 020 3728 9003

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

**Website:** <https://kensingtonchelsea.foodbank.org.uk/get-help/how-to-get-help/>

### **Response Food Bank**

Provide food parcels for collection for anyone living in the South of the borough.

**Hours:** Call to arrange an appointment. Community Collection food bank on Thursdays 11am - 1.30pm and Saturdays 2pm - 3pm.

**Address:** 300 Old Brompton Road, London SW5 9JF

**Phone:** 020 7370 4606 or 07308 015 983 (hotline number)

**Website:** <https://www.responseprojects.org.uk/>

### **St Luke's Vestry Food Bank Club**

Provide access to healthy fresh fruits and vegetables for an optional donation of £3/visit. No booking or referral needed.

**Hours:** Tuesdays (12pm to 2pm)

**Address:** St Luke's & Christ Church, Sydney Street, The Vestry, SW3 6NH

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

**Website:** <https://chelseaparish.org/community-outreach/food-bank-club/>

### **St Matthew's Food Bank**

Open to all. No voucher or booking needed.

**Hours:** Wednesdays (4pm to 6pm)

**Address:** 29 St Petersburg Place, W2 4LA

**Phone:** 020 7229 2192



**Website:** <https://www.stmatthewsbayswater.org.uk/foodbank.html>

### **St Michael's North Kensington**

WAND UK distributing food from this location. People are asked to register in advance, either online or in person. Read more [here](#).

**Hours:** Tuesdays - Registration from 10.30am – Collection 2.30pm - 4.30pm

**Address:** 35 St Lawrence Terrace, W10 5SR

**Phone:** 020 8962 4132 or 07813 485 607

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

**Website:** <https://www.wanduk.org/community-food-delivery-goody-bags/>

### **The SPACE**

Community market (food, including fruit and vegetables) operating on Mondays.

Food Hub serving hot food, fruit and vegetables on Saturdays.

Baby bank operating on Tuesdays from 9.30am to 4pm.

**Address:** 214 Freston Road, W10 6TT

**Phone:** 0800 047 8161

**Email:** [office@214space.org.uk](mailto:office@214space.org.uk)

**Website:** [www.214space.org](http://www.214space.org)

### **Venture Centre**

No referral needed.

Lunch (cooked meals) served on Wednesdays at 12.45pm.

**Hours:** Saturday 12-4pm

**Address:** Venture Centre, 103a Wornington Rd, W10 5YB

**Phone:** 020 8960 3234

**Email:** [john@venturecentre.org.uk](mailto:john@venturecentre.org.uk)

**Website:** <https://www.venturecentre.org.uk/>

### **World's End Estate (at Flashpoint Community Centre)**

Foodbank operated by Venture Centre.

**Hours:** Thursdays (registration from 12pm to 2pm; collection on arrival)

**Address:** Worlds End Estate, SW10 0DX

**Phone:** 020 7352 9305

**Email:** [john@venturecentre.org.uk](mailto:john@venturecentre.org.uk)

# Hammersmith & Fulham

## Cost of Living Crisis

### Cost of Living Crisis Support Page (H&F)

[Cost-of-Living Crisis – Find help here | LBHF](#)

If you need urgent support with food, medicine, loneliness or isolation and or fuel payments please call **Community Connect** on 0800 145 6095.

### Citizens Advice Bureau

[Home - Citizens Advice Hammersmith and Fulham \(cahf.org.uk\)](http://cahf.org.uk)

## Food Banks

Updated information on Food Banks in Hammersmith & Fulham can be found on this website; [Locations | Hammersmith and Fulham Foodbank](#)

**Tel No:** 020 7731 3693

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

### St Michael and St George's Church, Commonwealth Avenue

**Hours:**

Tue 13:30 - 16:00

Fri 10:00 - 12:30

Sat 10:00 - 12:00

**Address:** 1 Commonwealth Ave, London W12 7QR



**Tel No:** 020 8746 7718

## **St Simon's Church, Rockley Road**

**Hours:**

Mon 13:00 - 15:00

Thu 13:00 - 15:00

**Address:** Rockley Road, W14 0DA

**Tel No:** 020 7731 3693

## **St Matthew's, Fulham**

**Hours:**

Tue 10:00 - 12:30

Fri 14:00 - 16:30

**Address:** St Matthew's Church, Wandsworth Bridge Road, London, SW6 2TX

**Tel No:** 020 7731 3693

## **St Katherine's Church, Old Oak**

**Hours:** Weds 10-12.30

**Address:** St Katherine's Church, Westway (corner with Primula Street), W12 0SD

**Tel No:** 02077313693

## Nourish Hub

We offer a community meal Monday to Friday that everyone is invited to! It works just like your favourite café, except all food is offered on a ‘donate as you dine’ basis. We offer a delicious vegan and vegetarian menu, simply come along, order your favourite meal and donate to pay.

### Contact information:

- [info@nourishhub.org.uk](mailto:info@nourishhub.org.uk)
- 020 7967 1302
- Nourish Hub, Unit A, Swanscombe House, 1 St Ann's Rd, London W11 4SS

### Open for food:

- Monday – Friday: 12pm – 3pm

We often host events and cookery courses outside these hours, please check our upcoming events for further details.

**Website:** [Nourish Hub](#)

# Westminster

## Cost of Living Crisis

### Cost of Living Support Hub (Westminster)

[Cost of living support hub and strategy | Westminster City Council](#)

### Citizens Advice Bureau

[Westminster Citizens Advice Bureau Service – Westminster Citizens Advice Bureau Service is a registered charity which provides free, independent and confidential advice for residents of the City of Westminster. \(westminstercab.org.uk\)](#)

## Food Banks

### Westminster Foodbank (Trussell Trust)

Until further notice, we are operating an **Appointments Only Collection Service to Westminster Residents** who have been referred via one of our registered agencies.

All clients must be referred by one of our Registered Agencies, such as:

- [Citizens Advice Westminster](#), 21a Conduit Place, London W2 1HS, Tel 0808 278 7834
- [The Cardinal Hume Centre](#), Pimlico (families and young people), Medway Street, London SW1P 2BG, Tel: 020 7227 1673
- [St Vincent's Family Project](#) (Families only), Methodist Central Hall Storey's Gate, London, Tel: 020 7654 5352.
- [Local Support Payments](#) (For residents living in Hammersmith & Fulham, Kensington and Chelsea or Westminster) Tel: 020 7745 6464.

## How does it work?

Food is donated by church members and local people and stored. Volunteers sort and pack the food into food parcels. We partner with front-line care professionals, who identify people in crisis and issue them with a voucher. On receiving a referral, a member of the team will call the client or a representative to arrange a collection date and time, and check for any special dietary needs.

## Westminster Foodbank

Westminster Chapel

Buckingham Gate SW1E 6BS

**Email:** [foodbank@westminsterchapel.org.uk](mailto:foodbank@westminsterchapel.org.uk)

**Tel No:** 02078341731 ext. 224

**Website:** [Foodbank - Westminster Chapel](#)

## St Peters Church

Every Thursday at 2.30pm St Peter's is open as a food bank for the local community, thanks to the generosity of the Felix Project (and other donors).

**Address:** Elgin Avenue, Paddington, London, W9 2DB

**Tel. No -** 020 7289 1818

**Email:** [stmandstp@yahoo.com](mailto:stmandstp@yahoo.com)

**Website:** [St. Peter's Church W9 | St Mary Magdalene's Church Paddington \(st-mary-magdalene.co.uk\)](#)

## North Paddington Foodbank

Our core offering is to support our residents in need with access to money advice, and emergency income in the form of supermarket food vouchers. North Paddington Food Bank support can be accessed by referral only and has a service model of 6 supermarket vouchers over a 6-month period. Due to high levels of demand. We are now resuming food collection through a partnership with The Westbourne Park Food Pantry.

**Address:** 57 Goldney Road, London, W9 2AR

**Tel No:** 07932 623443

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

To refer someone to the foodbank, visit their website and choose the appropriate referral form: [North Paddington Foodbank \(npfoodbank.org.uk\)](#)

# Mental Health Services

If you are concerned about your mental health, please speak to your GP

## Adult Services

**IAPT Services through NHS choices:** <https://www.england.nhs.uk/mental-health/adults/iapt/>

**Mind Info Line:** provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays) 0300 123 3393. Ask about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services

**Samaritans:** Free phonenumber: **116 123**, alternatively you can email at [jo@samaritans.org](mailto:jo@samaritans.org)

**YoungMinds Parent Line:** detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call for free on 0808 802 5544 from 9:30am to 4pm, Monday to Friday. <https://youngminds.org.uk>

**Anxiety UK Infoline:** Helpline 03444 775 774 is available from 9.30am – 5.30pm Monday to Friday, or you can email [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**Helplines Partnership:** For more options, visit the Helplines Partnership website for a directory of UK helplines <https://helplines.org/helplines/>

## Services for Young People

**Anxiety UK Infoline:** Helpline is available from 9.30am – 5.30pm Monday to Friday, 03444 775 774 or you can email [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**BEAT:** eating disorder charity. Information on types of eating disorders, recovery information, support information including helplines & downloadable resources. [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) Helpline: 0808 801 0677, Studentline: 0808 801 0811, Youthline: 0808 801 0711

**Hope Again:** support for children and young people experiencing grief and bereavement. Helpline. [www.hopeagain.org.uk](http://www.hopeagain.org.uk), 0808 808 1677

**Kooth:** free online counselling support for under 25s. [www.kooth.com](http://www.kooth.com) or download the Kooth app

**Mind:** A-Z information for mental health, including treatment options, self-care, information for family & friends, & useful contacts [www.mind.org.uk](http://www.mind.org.uk)

**The Mix:** information & support about mental health for under 25s. Professional and young person blogs and advice over a wide range of topics. Helpline, crisis messenger, 121 chat, email. [www.themix.org.uk](http://www.themix.org.uk), 0808 808 4994

**NSPCC:** charity fighting to end child abuse. Information, resources and further support, stories. [www.nspcc.org.uk](http://www.nspcc.org.uk), 0808 800 5000

**No Panic:** offers advice, support, recovery programs and help for people living with phobias, OCD and any other anxiety-based disorders. <https://nopanic.org.uk>, 0844 967 4848

**Papyrus:** charity to prevent and help young people thinking about suicide. Information & support, hopeline for under 35s. [www.papyrus-uk.org/hopelineuk](http://www.papyrus-uk.org/hopelineuk), 0800 068 4141

**Samaritans:** 24/7, free helpline for anyone. **116 123**, [www.samaritans.org.uk](http://www.samaritans.org.uk)

**YoungMinds:** mental health charity for children and young people. Information and resources for young people & parents, including parents helpline and young people crisis messenger and helpline. <https://youngminds.org.uk>, Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258

**Hammersmith, Fulham, Ealing and Hounslow  
Mind**

309 Lillie Road  
London  
SW6 7LL

T: 020 7471 0580

[hfehmind.org.uk](http://hfehmind.org.uk)

Registered charity number 801259