

6 WAYS TO SUPPORT YOUR COMMUNITY THROUGH THE COST-OF-LIVING CRISIS



The cost of living crisis is a concern for nearly all of us. If you are a Coordinator and wish to help those in your community through this difficult time, here are some simple ideas to get you started. For more guidance on support available through the cost-of-living crisis visit ourwatch.org.uk/cost-of-living.

1 FIND OUT AND SHARE WHAT LOCAL SUPPORT IS AVAILABLE WITHIN YOUR COMMUNITY

The main point of information for local support is your council, which will have a collation of local community support and advice. They will know how to access local food banks, warm hubs, community groups and financial support available locally to you.

Sign up to receive local newsletters and link in with Trading Standards to find out how you can avoid any local scamming and raise awareness of this with your neighbours, friends and family.



CHECK IN ON NEIGHBOURS AND ASK HOW YOU CAN HELP OVER A CUPPA

2



Social face-to-face connections can increase our sense of belonging and purpose. They can also increase feelings of happiness and confidence. Having a cuppa with your neighbour does not mean you need to become best friends, but it'll make you both feel more connected. It also opens up the opportunity to offer your support through the conversation. It allows you to ask if they need any assistance with anything. With your knowledge of what support is available within your community, you might just be able to offer them your support.

WHILST YOU ARE THERE, WHY NOT OFFER THEM PRACTICAL INFORMATION ABOUT REDUCING THE RISK OF BURGLARY. YOU COULD PRINT AND LEAVE THIS BURGLARY LEAFLET WITH THEM.

3 ORGANISE OR PROMOTE A FOOD BANK COLLECTION

Sometimes people, families and communities need to use food banks to help them through difficult times. Rally your neighbours to donate items to take to your local food bank.

This is a great way of supporting others in your local community. You can find out where your local food bank is by visiting the Trussell Trust website.



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ORGANISE A GREAT WINTER GET TOGETHER

Each January the Great Winter Get Together brings together communities to alleviate loneliness, inspired by the late Jo Cox MP and her advocacy on this issue. Starting on so-called 'Blue Monday' - 16 January 2023 - they're encouraging people to create and advertise local places for connection where those who may be feeling lonely can go to form meaningful connections with others. Find out how you can get involved [here](#).



SET UP A CALLING TREE AS A SUPPORT NETWORK

5



THE
CALLING
TREE

Call 3 people today to ask how they are doing. If they all call 3 people, the phone tree builds, and we can all help reduce isolation and loneliness.

Supporting those who are not on social media can be a challenge. Why not set up a phone tree in your area? It's a lovely way to stay connected and support each other.

Here's how it works. You call three people. Those three people call three people each, making nine more. Those nine each call three people, reaching 27 more people. Those 27 each call three, reaching 81 more people. The phone tree builds. Call three people today to ask how they are doing. Reduce isolation and stay connected. To build your network you could drop this postcard ([colour](#) or [black and white](#)) through their letterbox.

Did you know...? We have more digital and printable CALLING TREE campaign resources [here](#).

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PROMOTE THE PRIORITY REGISTER SERVICE

Vulnerable residents can sign up to this service with their energy company to ensure they get priority help and support if there is an issue with their supply. Residents can apply to sign up to this register by contacting their supplier or network operator.

Information is available in a range of formats including braille, large print or different languages and more information can be found on the Office of Gas and Electricity Markets. (OFGEM) website ofgem.gov.uk/getting-extra-help-priority-services-register