

Cost of living crisis: a guide to some of the support available in Southwark

Fourth edition – January 2023

HERE TO HELP

SUPPORTING YOU THROUGH THE COST OF LIVING CRISIS

This booklet includes information about a wide range of services, organisations and grants that may be able to help if you are struggling financially due to the cost of living crisis.

It does not include information about all of the broader support that is available in the community or the financial support that may be available from the government or Southwark Council.

For more information about support from the government visit

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

For more information about support from the council and local partners visit

<https://www.southwark.gov.uk/here-to-help>

Information was checked in January 2023. Please call ahead or check websites before visiting services or sign-posting others to them.

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Finding support in Southwark

If you, or someone you are supporting is struggling financially, there are lots of organisations in Southwark that can help.

The information below can help you find the best advice and support service for the issues you are experiencing. This information was designed to be printed and may not be fully accessible if you are reading it online. The latest information is available on our website at www.southwark.gov.uk/here-to-help

Money advice

There are many organisations that provide free money advice in Southwark. Citizens Advice Southwark and partners have developed a 'Worrying about money leaflet' to help you find the right advice and support for you. It includes support to maximise your income or manage debt.

Leaflets and online guide are available in English and Spanish.

Visit: www.worryingaboutmoney.co.uk/southwark

Download printable PDF: <https://ifanuk.org/southwark-cash-first-print>

Request printed leaflets: administration@citizensadvice-southwark.org.uk

Southwark Community Support Alliance

The Community Support Alliance can help you find the right support in Southwark as well as providing essential support such as emergency food parcels and links to trusted food banks.

Online referral form: www.southwark.gov.uk/community-help-form

Email: communitysupportalliance@southwark.gov.uk

Call: 020 7525 5000 (press option 3, followed by option 1)

The Community Support Alliance was established during the COVID-19 pandemic to help people that were not able to leave their homes. Information on the website or automated phone message may still refer to COVID-19 support, but you can access support from the alliance for a broader range of issues.

Our Local Support Team

The Local Support Team is part of Southwark Council. They can support disabled, vulnerable or older adults to maximise their income by:

- Doing a benefits check
- Helping with any welfare benefit applications and claims for Council Tax discounts/ exemptions
- Signposting to other agencies and council departments
- Offering home visits and outreach appointments if you can't leave home.

The team also administers the **Southwark Emergency Support Scheme** and **Hardship Fund**.

Complete a referral form:

<https://myforms.southwark.gov.uk/LOCALSUPPORT/launch>

Visit: www.southwark.gov.uk/benefits-and-support

Email: localsupport@southwark.gov.uk

Call: 020 7525 2434

Mental health support

Struggling with money can be a stressful and lonely experience. Some people feel guilt or shame, or they worry about what others will think. This can be distressing and it's important to remember that you are not alone, this is a challenging time for many people. There are places you can go to get help and advice.

Samaritans

A confidential support service for anyone experiencing distress or despair.

Call: 116 123 for free

Visit: www.samaritans.org

CALM (Campaign Against Living Miserably)

A helpline for anyone who needs help.

Call: 0800 58 58 58 for free

Visit: www.thecalmzone.net

Shout

Confidential 24/7 crisis text support when you need immediate help.

Text: "SHOUT" to 85258

Visit: www.giveusashout.org

What to do if someone is in a mental health crisis

If you, or someone you know, is in a mental health crisis, contact the NHS South London and Maudsley 24-hour mental health support line.

Call: 0800 731 2864 (option 1)

Visit: www.slam.nhs.uk/patients-and-carers/crisis-support for more information.

Food and essentials

This section lists food pantries, food banks and other kinds of food help available in Southwark.

You can also visit www.southwarkfoodactionalliance.co.uk for more information and a map of food projects in Southwark (this map is independent of Southwark Council and we cannot verify that information on it is accurate).

Food pantries (food shops for members)

Food pantries are membership food shops that can make your money go further. Members can get subsidised groceries, including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.

Peckham Pantry, Peckham Park Road

49-53 Peckham Park Road SE15 6TU

Opening hours: Monday, Wednesday and Friday from 9am to 4pm, Tuesday 11am to 4pm and Thursday 10am to 7pm.

Email: pantry@pecan.org.uk

Call: 020 7277 7075

Peckham Pantry, St Luke's Church

St Luke's Church, Chandler Way SE15 6DT

Opening hours: Wednesdays 11am to 3pm

Email: pantry@pecan.org.uk

Call: 020 7277 7075

Love North Southwark: Bermondsey Pantry

4-5 Slippers Place, Gataker Street SE16 2EN

Open Monday to Friday 10am to 3pm (by appointment only)

Email: lovenorthsouthwark@outlook.com

Call: 07730 465 160

The Borough Food Co-operative

St George the Martyr Church, Borough High Street SE1 1JA

Opening hours: Tuesday 12 noon to 3pm, Thursday 10am to 3pm and Saturday 1 to 4pm

Email: food@stgeorge-themartyr.co.uk or call 020 7357 7331

Paxton Green time bank: Paxton Pantry

Unit 32 Seeley Drive, Kingswood Estate SE21 8QR

Email: food@stgeorge-themartyr.co.uk

Community fridges (get or share food for free)

Community fridges help people and local businesses share food, rather than letting it go to waste. They are usually open access, so anyone in the community can take food or add food to the fridge.

As they are run by the community, each fridge has different opening times. We have five community fridges in the Southwark area, with more on the way.

Find the nearest community fridge: www.hubbub.org.uk/the-community-fridge

Food banks

Food banks can help when there is an urgent need for food but they can't always address the underlying causes. If you or someone you support needs help to afford good food then think about contacting an advice organisation. You can use the Worrying about Money leaflet or contact the Community Support Alliance (see page 3). The advice organisation or Community Support Alliance can then arrange a foodbank referral or an emergency food parcel delivery, if needed.

Pecan foodbanks

Pecan foodbanks work using a voucher referral system. In order to get help from one of Pecan's foodbanks, people need a voucher issued by a local agency before arriving at a centre.

Email: foodbank.support@pecan.org.uk

Call: 020 7732 0007.

Spring Community Hub Foodbanks

These foodbanks also work on a referral system.

Visit: www.cschub.co.uk/what-we-do

Email: office@springcommunityhub.org

Call: 07901 617 189

The Spring Community Hub Foodbank locations and opening times are:

- Foursquare Church, 117 Walworth Road SE17 1RW
Opening hours: Mondays 1pm to 3pm
- New Covenant Church, 506-510 Old Kent Road, SE1 5BA
Opening hours: Tuesdays 12 noon to 2pm
- St Paul's Church, 4 Lorrimore Square, SE17 3QU
Opening hours: Wednesdays 11.30am to 1.30pm
- Spring Community Hub, 1 Wilson Road, Modular Building, SE5 8LU
Opening hours: Thursdays and Fridays 10am to 1pm

Free food (meals, cafés and app)

Hope Tuesday Café

City Hope Church, 121 Drummond Road, Bermondsey SE16 2JY

Opening hours: Tuesdays 1pm to 3pm.

Open to all; tea, coffee and hot meal served at 1pm (cold buffet-style food served during periods of hot weather). Social activity including quizzes planned after lunch with tea, coffee and cake.

Email: hello@cityhope.london

Call: 020 7993 3934

All Saints Church Café

All Saints Church, 8 Blenheim Grove, Peckham SE15 4QS: café is in the main church, not the hall.

Open to all; community café providing tea, coffee and cakes. Also other activities and free wifi.

Opening hours: Tuesdays 9.30am to 11am

Email: hello@allsaintspeckham.org.uk

Visit: www.allsaintspeckham.org.uk

Call: 020 3637 2701.

Manna Centre

12 Melior Street, London Bridge SE1 3QP

Open to all, especially people who are homeless

Provides breakfast and lunch (showers, clothing, housing and welfare advice and medical care also provided).

Opening hours: Monday to Sunday 8.30am to 1.30pm

Visit: www.mannasociety.org.uk

Email: mail@mannasociety.org.uk

Call: 020 7357 9363

Foodcycle Peckham

All Saints Church Hall, 7 Blenheim Grove, Peckham SE21 8QR

Open to all; sit-in community meals including hot vegetarian meals cooked on site.

Open: Wednesdays at 5pm and Saturdays at 5.30pm

Visit: www.foodcycle.org.uk/location/peckham-hub

Email: peckham@foodcycle.org.uk

Call: 020 7729 2775

Webber Street Day Centre

6-8 Webber Street, Waterloo SE1 8QA

For local rough sleepers and homeless people (aged 18+)

Provides a sit-down breakfast (Monday to Thursday and Saturday 8.30am to 12 noon), lunch (Monday to Wednesday at 1pm), clothing, toiletries and advice. Drop-in sessions are run on Fridays from 9am to 12 noon. Closed every first Wednesday of every month.

Visit: www.webberstreet.org

Email: wsenquiries@lcm.org.uk

Call: 020 7928 1677

Walworth Living Room

All Saints Hall, Surrey Square, Walworth SE17 2JU

Open to all

A warm welcome: cafe, community fridge & social activities. Some activities are free, others are low cost. Please contact for more information.

Wed, Thur & Fri 9am to 3pm.

Visit: www.walworthlivingroom.org

Email: info@pembrokehouse.org.uk

Call: 020 7703 3808

Food for free using the Olio app

An app that allows you to connect with people giving away unwanted food for free.

Find out more and download the app from: www.olioex.com

Clothes banks for children of five and under

Little Village HQ provides clothes for nought to five-year-olds arriving or living in London. They are able to provide pre-loved (donated) clothes, nappies and children's essentials. You can be referred for support by a professional or voluntary organisation working with families in an official capacity.

Organisations or professionals can refer families via www.littlevillagehq.org/make-a-referral

Help to buy healthy food and milk (Healthy Start)

Healthy Start is a national government scheme set up to improve the health of pregnant women and families on a low-income.

Healthy Start can provide money (via a prepaid card) for pregnant women and families with children aged under four who are in receipt of certain benefits to buy healthy foods.

Eligible women and families receive at least £4.50 per week which can be used to buy fruit, vegetables, pulses, cow's milk, and infant formula in retailers who sell these items.

Go to www.healthystart.nhs.uk for information on how to apply and eligibility

If you're not able to apply online call 0300 330 7010.

Rose Vouchers to buy fruit and vegetables

The Rose Vouchers for Fruit & Veg Project helps pregnant women and families with children under five-years-old who live in SE1, SE5, SE15 and SE17 on low incomes or No Recourse to Public Funds (NRPF) to buy fresh fruit and vegetables.

Families can collect vouchers from eight distribution sites in Southwark and vouchers are worth at least £4 per week. These can be used to buy fruit and vegetables from local markets in Southwark.

To register for Rose Vouchers you can either:

Contact one of eight sites listed on: www.1stplace.uk.com/collections

Visit: www.1stplace.uk.com/rosevouchers

Email: rosevouchers@1stplace.uk.com

Phone: 020 7740 8070

Southwark's Food and Fun holiday programme

Our Food and Fun holiday programme supports families during the Easter, summer and winter school holidays to access free, healthy food and fun enriching activities.

It is for children aged between four and 16-years-old that are eligible for benefits-related free school meals and those with no recourse to public funds.

Children can take part in a wide range of holiday activities. They also receive a healthy meal and snack each day and recipe-kit boxes over the summer so they can cook nutritious meals at home.

In summer 2022 there were over 50 activities taking place across Southwark. Details of the next programme will be published on the food and fun web page.

Go to www.southwark.gov.uk/foodandfun for more information.

Energy and bills

The government announced a range of energy support in 2022. For more information visit: <https://helpforhouseholds.campaign.gov.uk/help-with-your-bills> . The information in this section tells you about other local and national support that you may be able to access.

Southwark Energy Savers Service

If you live or work in Southwark, or are a private landlord renting out property in Southwark, and you are struggling to pay your energy bills, you can get advice from Southwark Energy Savers service. You may also be able to get help to pay your bills.

Southwark Energy Savers Service is delivered by Citizen's Advice Southwark.

Visit: www.citizensadvice.org.uk

Call: 0808 278 7849 (9.30am to 4.30pm Monday to Friday, and 9.30am to 7pm on Tuesdays)

Warmer Homes Grants

Warmer Homes Grants are available to low-income households who own their property or are private tenants. These grants cover works to improve the energy efficiency of homes, including installing heat pumps, insulation, heating system improvements, draught-proofing and solar energy installations. Eligibility depends on income and energy efficiency of homes. The energy performance of your home needs to be D, E F or G.

Apply at: www.london.gov.uk/what-we-do/housing-and-land/improving-quality/warmer-homes

Warmer homes advice service

The South London Healthy Homes service provides advice and support to people who are:

- Over 65
- On a low income
- Or with a long-term health condition or disability.

Support includes energy efficiency and heating advice, installation of energy saving devices, support for home improvement grant applications, signposting and connecting to other sources of support.

Visit: www.charltonafc.com/cact/what-we-do/health-improvement/south-london-healthy-homes

Call: 080 8169 1779 to refer yourself or someone else.

Grants to help pay for energy debts

Most energy suppliers have a support fund to support customers struggling with energy debt. You can find out what each supplier can offer by visiting the websites below.

British Gas Energy Trust

The British Gas Energy Trust may be able to help you if you are a British Gas customer or if you cannot get a grant from your own supplier. You will need to get debt advice before applying.

If you've already spoken to a debt adviser, you can check if you can get a grant from the British Gas Energy Trust at: www.britishgasenergytrust.org.uk/grants-available

Scottish Power Hardship Fund

To be eligible you need to meet certain conditions e.g. you get Income Support or Pension Credit. Contact a debt advice agency such as StepChange Debt Charity (080 0138 1111) who can advise you on eligibility and how to apply to the hardship fund.

Visit: www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund

E.ON Energy Fund

Visit: www.eonenergyfund.com

E.ON Next Energy Fund

Visit: www.eonnextenergyfund.com

EDF Energy Customer Support Fund

Visit: www.edfenergy.com/for-home/help-centre/faq/extra-support-when-you-need-it?steps=23147#chapter-23146-3

Octopus 'Octo Assist Fund'

Visit: <https://octopus.energy/blog/struggling-to-pay>

Shell Energy Support Fund

Visit: <https://help.shellenergy.co.uk/hc/en-us/articles/360001044218-I-m-struggling-to-pay-my-bill-What-should-I-do->

Water bill discounts from Thames Water

If you live in a low-income household, Thames Water may be able to discount your bill through the WaterHelp scheme. If you qualify, they currently offer a 50% discount on your whole bill. This amount may change in the future. They consider households earning below £20,111 in London boroughs, to be on a low income.

Visit: www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp

Call: the Extra Care Team on 080 0009 3652.

Help with phone and internet costs

If you are struggling to pay for internet or phone costs and you receive certain benefits, you may be able to get discounted packages.

Go to www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs#full-list-of-available-tariffs

Grants

Grants are monetary gifts that **do not** need to be paid back. In some cases, a supporting organisation or professional may need to apply on your behalf.

This section includes information about where to find grants.

Turn2us (national charity giving financial help)

Turn2us is a national charity that provides practical help to people who are struggling financially. On the Turn2us website there is an easy-to-use grant search tool that allows you to look for grants that you or the person you support may be eligible for.

Visit: <https://grants-search.turn2us.org.uk> to search for grants

Local charities to apply to

Mary Minet Trust

Small local grant-making charity for residents of Southwark or Lambeth who have a medical condition or disability, which includes mental health as well as physical disabilities. Includes adults and children. Average grants are £250 to £350, and on occasion up to £500. Applications must come from a supporting organisation.

Email for application and consent form: admin@maryminettrust.org.uk

Text only: 07982 451 082

Newcomen Collett Foundation

Small local charity that supports the education of young people under the age of 25 to do courses in arts, music, dancing etc., or who want to enter tertiary education or apprenticeships. Applicants must have been resident in Southwark for at least two years. Part of the application form should be completed by a tutor or other qualified person.

Visit: www.newcomencollett.org.uk/individuals.html

Email: grantoffice@newcomencollett.org.uk

Call: 020 7407 2967

St Olave's & St Saviour's School Foundation

Awards for students under 25 in Southwark undertaking higher/further education, apprenticeships or other direct educational activities. They will also consider young people wanting to do courses in the arts, music, dancing etc. Examples of past grants include a laptop, printer, books, educational materials, travel expenses, expenses associated with vocational training, musical instruments etc.

Visit: www.stolavesfoundationfund.org.uk/individuals/index.html

Email: grants@stolavesfoundation.co.uk

Call: 020 7401 2871

Blind Aid

Small grants (typically up to £300) for visually impaired Londoners on low incomes for essential items to help maintain independence e.g. gadgets, white goods, accessible tech, domestic items. Grant applications must be made by employees of a statutory organisation or registered charity.

Visit: www.blindaid.org.uk/our-services/grants

Email: enquiries@blindaid.org.uk

Call: 020 7403 6184

St George the Martyr Charity

Grants for people in hardship, need or distress, living in the former Metropolitan Borough of Southwark (roughly Borough, Bankside, Walworth and Newington). Applicants must have low income, with household savings under £8k. Grants are awarded for a wide variety of items and services, but not for rent, mortgage or Council Tax payments. For persons under 55, grants are limited to £1,500 and a referral must come from a public or voluntary sector organisation. Persons 55+ can be signposted directly to the Charity. Applicants must have already applied to Southwark Council's Emergency Support Scheme.

The form is available from the Charity. When contacting the Charity about a potential grant, always include the person's postcode and date-of-birth.

Visit: www.stgeorgethemartyrcharity.com

Email: visitor@stgeorge1584.org.uk

Call: 020 7407 2994

Surrey Dispensary (also administered by St George the Martyr Charity)

Small grants for items, services or facilities to support people with disabilities or ill health. Applicants must live in the former Metropolitan Boroughs of Southwark or Bermondsey (roughly Borough, Bankside, Walworth, Newington, Bermondsey and Rotherhithe). Direct applications are not accepted, only referrals from public and voluntary sector agencies. A referral form is available from the St George the Martyr Charity website. When contacting the Charity about a potential grant, always include the person's postcode.

Visit: www.stgeorgethemartyrcharity.com/surrey-dispensary

Mayor of Southwark's Common Good Trust

Grants for Southwark residents or those with links to the area that are in need of financial or material assistance, particularly those with a disability, mental health need, old age or ill health. Grants are for specific household items that need replacement. Applications accepted from individuals or supporting organisations (but a home visit may be required if application submitted by individual).

Visit: <https://mscgtrust.org>

Local membership schemes for older people

Southwark Charities

Southwark residents aged 55+ that are in need can apply to become a member of Southwark Charities. Benefits can include participation in a programme of annual activities and social events, cash gifts and holidays.

Membership form: www.southwarkcharities.co.uk/join-our-community/becoming-a-member

Call: 020 7593 2000

St George the Martyr Charity

Membership of the charity is open to anyone who:

- Has reached State Pension age
- Lives within the area of benefit (roughly Borough, Bankside, Walworth and Newington).
- Is on relatively low income and has relatively little savings.

Members may enjoy free social opportunities (coach outings, theatre trips, holidays and a winter party), home care services (hairdressing and nail care) and a Christmas hamper or gift voucher. They also provide regular charitable payment of £85, three times a year to members who have lived in the area of benefit continuously for five years or more.

Visit: www.stgeorgethemartyrcharity.com/membership

Email: visitor@stgeorge1584.org.uk

Call: 020 7407 2994

Camberwell Consolidated Charities

The charity provides financial help to those in most need, who get the minimum State Pension/on a low income and aged over 65. The area of benefit covers the old parish of Camberwell, Peckham and Dulwich. Grants are paid twice per year directly into a bank account (usually for life if you continue to qualify).

Download an application form from: www.camberwellconsolidated.org.uk

Email: camberwellconsolidated@gmail.com

Write to: Clerk to the Trustees c/o HfM Tax & Accounts, 180 Piccadilly, London W1J 9HF

Call: 07931 464 882

National funds and grants to apply for

This is just a small sample. Please use a grant search tool like the one available on the Turn2us website for a fuller picture of the funds available.

Glasspool

Small grants for household items and essential clothing e.g. bedding, white goods, clothing, furniture. Applications must be submitted by a relevant supporting agency (e.g. council or charity). Organisations must register on GrantsPlus to submit applications. GrantsPlus opens to new applications every Monday at 11am. It closes once they have received as many applications as they can fund that week

Visit: www.glasspool.org.uk/grants/grants

Samaritan Fund (London Catalyst)

Provides small petty cash funds to health, social work and advice teams so they can offer immediate assistance to people in an emergency. The team holds the petty cash fund and distributes small one-off grants to individuals as required.

Apply for a petty cash fund via online application form:

<https://formapply.formstack.com/forms/samaritanapplicationformn>

Percy Bilton Charity

Support for individuals in financial need who have a disability or severe mental health need, or who are 65+ on low income, for basic household items including white goods, single beds, flooring and clothing vouchers. Certain charities or professionals from the council or local NHS trust can make applications on your behalf.

Visit: www.percy-bilton-charity.org

Email: information@percybiltoncharity.org

Call: 020 8579 2829

Family Fund

Support for families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under.

Visit: www.familyfund.org.uk

Grants to support working professionals

Some charities have been established by members of a particular profession to support others in the profession who may be experiencing hardship. We have shared a few examples below but you can find a wider range of occupation-related grants using the Turn2us Grant Search.

Social Workers' Benevolent Trust

The Social Workers' Benevolent Trust offers financial help to social workers and their dependents in times of hardship, for example when experiencing sickness, bereavement, family difficulties or sudden catastrophe.

Visit: www.swbt.org

Email: info@swbt.org

Call: 07593 819 562

Healthcare Workers Foundation

If you are a healthcare worker experiencing financial difficulty and can show that you need help with a specific cost, they can provide a grant of up to £1,000 to cover this. The purpose of this grant is to directly fund a specific item or service for applicants who are struggling financially and cannot afford to cover this particular expense.

Visit: <https://healthcareworkersfoundation.org/financial-support>

Email: support@healthcareworkersfoundation.org

Call: 020 3576 0374

Teaching Staff Trust

Teaching Staff Trust provides financial support to people working (or who have retired from working) in education of under-19s for five years or more. They aim to make a real difference when the unexpected happens by reducing the financial impact of bereavement, serious ill health or injury, relationship breakdown, loss of home or loss of income.

Visit: www.teachingstafftrust.org.uk

Email: enquiries@teachingstafftrust.org.uk

Call: 0132 2293 822

The Care Workers' Charity

The Care Workers' Charity Crisis Grant is open to care workers who have experienced a recent change in circumstance resulting in a significant financial impact. Grant applications are assessed on a case-by-case basis and a maximum of £500 can be awarded.

Visit: www.thecareworkerscharity.org.uk/crisis-grant

Housing association help schemes

Many housing associations offer hardship grants and support to tenants in need. If you or the person you support is a housing association tenant then get in touch with your landlord to find out what support is available.

If you live in a Southern Housing Group property you may be able to access a range of support including; grants, money advice and benefits support, employment, training and digital support. For more information and to self-refer:

Email: community.investment@shgroup.org.uk

Visit: www.southern360.org.uk/investing-in-communities

If you live in a Hexagon Housing Association property, you can access support in a range of areas such as:

- benefits
- making grant applications
- employment and skills
- digital training
- referrals for food and energy support.

For the Money Support team:

Email: moneysupport@hexagon.org.uk

Call: 020 8778 6699

For employment and training:

Email: employmentandtraining@hexagon.org.uk

Call: 020 8778 6699.

Who is eligible for what support

Find out who can get the support and services listed in this booklet.

Scheme	Children and families	Older adults	Disabled adults	People with no recourse to public funds*
Worrying about money leaflet	✓	✓	✓	✓
Community Support Alliance	✓	✓	✓	Support to access foodbanks and signposting to other services only
Local Support Team	If the family includes a disabled person	✓	✓	
Food pantries	✓	✓	✓	✓
Community fridges	✓	✓	✓	✓
Food banks	✓	✓	✓	✓
Little Village HQ clothes banks	✓			✓
Healthy Start food vouchers	✓			If child is a British citizen
Rose vouchers for fruit and veg	✓			✓
Holiday Food and Fun programme	✓			✓
Energy grants	✓	✓	✓	Please check with supplier
Warmer Homes Grants	Low income homeowners or private tenants of energy inefficient homes only	Low income homeowners or private tenants of energy inefficient homes only	Low income homeowners or private tenants of energy inefficient homes only	Unknown
Warmer Homes Advice Service	If low income or with a long term health condition or disability	✓	✓	Unknown
Thames Water bill discount (WaterHelp)	✓	✓	✓	Unknown
Turn2us	✓	✓	✓	✓
Charitable grants**	✓	✓	✓	✓

* NRPF means a person has no entitlement to the majority of welfare benefits, including income support, housing benefit and a range of allowances and tax credits. More on the support for people with NRPF: www.southwark.gov.uk/nrpf

**Every charity has its own individual criteria but there are charities that can support all of the groups listed.