

# GOOD WORK CAMDEN



## Cost of living & energy crisis help and support for our residents

The Good Work Camden Team Cares About You!

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# Introduction

Good Work Camden understands that it is a very difficult time for our residents due to the energy and high cost of living crisis. So, the Good Work Camden team have created a resource for you to access relevant help and support.

**Please, inform your Job Hub Adviser if you are struggling and need to be signposted for:**

- Mental health
- Energy
- Debt and money management
- Help to access food
- Interview clothing
- Essential items

**Or any other issues which are a barrier to you finding:**

- Employment
- Self-employment
- Education
- Training

We care about all our residents and want to help you as best we can. Please, do not feel shy or hesitant to inform us if you are struggling due to the energy & high cost of living crisis because we are here to help and support you.

# Cost of living crisis support websites

## Help for Households Campaign

This website gives you information about the help that you can access to cope with the energy and high cost of living crisis. It is a national campaign to raise awareness about the help that is out there for households. This website has lots of information from help and support you can get for energy bills to discounts and offers.

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

## Camden Cost of Living Crisis Support

This website gives you information and signposts you to local services and support you can access in Camden to deal with the energy and high cost of living crisis.

It has 8 main areas of support:

1. Financial support
2. Mental health and well-being
3. Employment support
4. Help to access food
5. Save energy and keep warm
6. Domestic violence
7. Housing
8. How Adult Social Care can support you?

**Website:** <https://www.camden.gov.uk/find-support-in-camden>

## Cost of Living Crisis Fund Payment

Camden Council's Cost of Living Crisis Fund is for residents and families facing severe financial hardship and who cannot afford essentials – including food, energy bills, water, electricity, and housing.

If you live in the private rented sector, other social housing or own your home and are in financial hardship, [speak to one of our advice partners](#). You can also get help via [Good Work Camden](#), by calling Citizens Advice Camden on 0808 278 7835 or by calling us on 020 7479 4444, option 9 (welfare support).

**Website:** <https://www.camden.gov.uk/financial-support-for-residents1>

# Mental Health Help & Support

## Mental Health Camden

If you are or have experienced mental health problems or care for someone who has. This is a good website for you.

It has information about local mental health and well-being support services in Camden.

Here is a link to all mental health services in Camden:

**Website:** <https://mentalhealthcamden.co.uk/get-help-now>

## Energy

### NEA, Action for Homes

If you can't afford to heat their home then the NEA are there to help – they offer a range of advice and support both directly to people in need, and via frontline workers and other intermediaries.

**Helpline number:** 0800 304 7159 (Call Monday to Friday 10:00 am to 12:00 noon)

### OFGEM

They are the energy regulator for Great Britain. You can find guides about home gas and electricity supply. They have provided guidance and support for consumers to understand what help you are entitled to and how you can deal with these challenging times.

**Website:** <https://www.ofgem.gov.uk/information-consumers/energy-advice-households>

### Energy Saving Trust

You can make your home more energy efficient, reduce your carbon emissions and lower your energy bills. Home – it's somewhere you want to feel safe and warm. That involves using energy to heat or cool your property, generate hot water, and power all your appliances and devices.

**Website:** <https://energysavingtrust.org.uk/energy-at-home?loc=england>

# Debt and money management

## **Our Good Work Camden Welfare Adviser can help you!**

We are providing benefits advice and money support to residents across Camden. We want to support as many residents as possible to have the best chance to cope in this crisis and into the future.

### **Our support involves:**

- Check if there are any benefits you could be receiving but are not yet getting
- Support you with a better-off calculation
- Help you to make a benefit claim
- Support with benefit appeal/review
- Advice if you have been overpaid on your benefits
- Check if you can receive a grant from the Cost-of-Living Fund

**If you would like to speak to our Benefit Adviser, need help or want further information please contact your Job Hub Advisor.**

**Telephone:** 0207 947 1666

**Email:** [Jobhub@camden.gov.uk](mailto:Jobhub@camden.gov.uk)

## **Camden Council: Advice on money, benefits, and debt**

This is a comprehensive online resource which provides information on local and national organisations that can help you with financial help and advice including benefits and debt.

**Website:** <https://www.camden.gov.uk/advice-money-benefits-debt>

## **Financial Capability Project, Citizens Advice Bureau Camden**

They can help you to save money on your bills. They can check that you are getting the right discounts and benefits. Also, they check your whole financial circumstances and advise you on your options.

- Financial check ups
- Making money go further
- Creating a personal budget
- Getting the best deals on your gas/electricity/mobile/broadband bills
- Getting discounts on

- essential services/products
- Information on bank accounts
- Information about banking/
- borrowing costs

**If you want to your Job Hub Adviser to refer you, we can. Or you can make a self-referral to CAB Camden for Financial Capability help & support.**

**Telephone:** 07425 015 033

**Email:** [financialcapabilityproject@camdencabservice.org.uk](mailto:financialcapabilityproject@camdencabservice.org.uk)

## **Age UK**

Age UK has a range of help to support you with cost-of-living payments, energy saving tips, savings on water bills, warm home discount and lots more!

**Website:** <https://www.ageuk.org.uk/information-advice/money-legal/cost-of-living/>

## **London Mutual Credit Union**

London Mutual Credit Union is a different kind of bank. They make it simple to borrow at low rates, and to build savings for the future. They are a not-for-profit and exist to serve the community.

**Website:** <https://creditunion.co.uk/>

## **Money Helper**

For free guidance you can trust on a range of financial issues: benefits, family and care, money troubles, savings, everyday money, homes, pensions and retirement and work.

**Website:** <https://www.moneyhelper.org.uk/en>

## **Money Saving Expert-Cutting the costs fighting your corner**

It's a great consumer website founded by Martin Lewis that can help you to reduce your bills, inform you about good deals, saving, budgeting and lots more.

**Website:** <https://www.moneysavingexpert.com/>

## **Voucher codes.co.uk**

Save money when you shop online by accessing-by-accessing online discount codes.

**Website:** <https://www.vouchercodes.co.uk/>

# Help to access food

## **Good Work Camden Food Vouchers**

We can provide clients with one-off food vouchers so that you can access help from foodbanks in Camden. N.B. Speak to your Job Hub Adviser and they will help you.

## **Lifefterhummus, Community Benefit Society**

Lifefterhummus operates a surplus foodbank and re-use centre for residents living in St Pancras and Somers Town Wards, King's Cross and Regent's Park.

**Website:** <http://www.lifefterhummus.com/>

## **Camden Mobile Foodbank**

Camden Mobile Food Bank, along with its partners in the community helps families with food and support

The Camden Mobile Food Bank is run from Somers Town Living Centre, Mondays, and Thursdays 10am - 2pm and Tuesdays and Wednesdays 10am - 12pm.

**Website:** <https://www.urbancommunityprojects.org.uk/camden-mobile-food-bank>

## **Trolley.co.uk**

Compare prices 15+ supermarkets, discover daily deals, and create smart shopping lists to save as much as 30% on your next grocery trip.

**Website:** <https://www.trolley.co.uk/>

## **Cooking on a Bootstrap by Jack Monroe**

For cooking food on a budget, it has lots of great recipes.

**Website:** <https://cookingonabootstrap.com/>



# Interview Clothing

## Smartworks

Smart Works gives you the clothes, coaching and confidence to succeed at your interview and change your life. They are powered by a community of fashion retailers, businesses and individuals who are passionate about helping women be successful. You need to be unemployed and have a guaranteed interview for a job or an apprenticeship.

**Please, ask your Job Hub Adviser to refer you as Smartworks is our partner.**

**Website:** <https://smartworks.org.uk/>

## Suited & Booted

They help our clients create a positive first impression when seeking employment. The first 30 seconds of an interview are crucial as employers make up their minds about potential candidates very quickly. Getting appearance and presentation right are vital to be seriously considered for the job. They provide a welcoming, friendly environment where male clients come in for a dressing session as well as some thoughtful advice, interview training and support.

**Please, ask your Job Hub Adviser to refer you as Suited & Booted is our partner.**

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

# Borrow & repair essential items

## The Library of Things

Borrow useful things for your home, projects, and adventures.

Affordable. Convenient. Kinder to the planet.

**You'll find their borrowing kiosk inside Kentish Town Library, 262-266 Kentish Town Road, London NW5 2AA. There's step free access.**

**Website:** <https://www.libraryofthings.co.uk/>

## **The Fixing Factory**

The Fixing Factory is fixing our relationship with disposable tech. Give your things a new lease of life. From tablets to toasters, a talented and creative group of fixers will help you repair your stuff and teach you new skills.

**You'll find the Fixing Factory at the Gospel Oak Good Work Camden Job Hub at 179 Queen's Crescent, Gospel Oak, Kentish Town, NW5 4DS.**

**Website:** <https://www.fixingfactory.org/visit/camden>

# **Access some free things**

## **Olio**

**Get on Google Play**

**Download on the App Store**

Join millions of neighbours all over the world who are using OLIO to share more, care more and waste less. Give & get free stuff and borrow & lend household items-all directly from your community.

**Fight waste. Help your neighbours. Save our planet. Feel amazing!**

**Website:** <https://olioex.com/>

## **Freegle**

**Get on Google Play**

**Download on the App Store**

Freegle - like online dating for stuff.  
Got stuff you don't need? Looking for something?

**We'll match you with someone local. All completely free.**

**Website:** <https://www.ilovefreegle.org/>

## **Trashnothing**

**Get on Google Play**

**Download on the App Store**

Want free stuff? Got stuff to give away?

**Over 8 million people around the world are giving and getting free stuff in their local communities.**

**Website:** <https://trashnothing.com/beta/>

## **Freecycle**

They are a grassroots & entirely non-profit movement of people who are giving and getting stuff for free in their own Towns.

**It's all about reuse and keeping good stuff out of landfills. Membership is free. You can sign-up via their website!**

**Website:** <https://www.freecycle.org/>

## **Gumtree Freebies**

Find the latest freebies & free stuff in London.

**Website:** <https://www.gumtree.com/freebies/london>