



## About Caritas

Diocese of Northampton

The primary role of the Caritas office within the Diocese of Northampton is to assist our parishes and schools to support and help those most in need in their local areas to live valued and dignified lives.

If you are passionate about any area of social action, the environment and our impact on the planet, or justice & peace issues then please get in touch. We would love to talk to you.

*"Caritas is the caress of the Church to its people, the caress of the Mother Church to her children, her tenderness and closeness"* **Pope Francis**

## Contact Caritas



### Phone

01604 434362 / 07756 685220



### Website / Email

[northamptondiocese.org/caritas](http://northamptondiocese.org/caritas)  
[caritas@northamptondiocese.org](mailto:caritas@northamptondiocese.org)



### Address

St Thomas Centre,  
Primrose Hill  
Northampton. NN2 6AG



**caritas**  
diocese of northampton

## Cost of living crisis

## Where to go for help and advice



## Do you, or someone you know, need help due to the current cost-of-living crisis?

Many people have been impacted by the current financial crisis which has meant that we are all spending more on essentials such as heating, food, and transport.

Whatever your circumstances, this situation may be causing you real hardship and you may benefit from assistance or additional support this winter.

**Help is available.** This leaflet, from the Diocese of Northampton contains contact details for some of the support that is available throughout the diocese that you can call or access online.

Each local council website is a good starting place. They contain lots of helpful information and links to where you can find a wide range of specific help and assistance, including foodbanks, cost of living financial support, benefits help and details of local warm spaces.

## Local Council support numbers and quick links

### Bedfordshire

**Bedford Borough Council – 01234 718033**

*(quick link to council site)*

<https://northamptondiocese.org/bbc>

**Central Beds Council – 0300 300 8300**

<https://northamptondiocese.org/cbc>

Family Support **0300 300 8585**

**Luton Borough Council – 01582 546000**

<https://northamptondiocese.org/lbc>

### Berkshire

**Slough Borough Council**

*(quick link to council site)*

<https://northamptondiocese.org/sbc>

Slough residents can get advice and support with energy bills and the rise in the cost of living. 'One Slough' is an initiative coordinated by Slough Borough Council and Slough CVS. If you have any questions, you can contact them by email [community.development@slough.gov.uk](mailto:community.development@slough.gov.uk)

### Buckinghamshire

**Bucks County Council** covers all of Bucks apart from Milton Keynes

Helping Hands Team – **01296 531151**

Emergency out-of-hours – **0800 999 7677**

Call for Help for all, emergency food, household fuel requests, debt assistance and essential goods.

**Milton Keynes Council – 01908 253040**

*(quick link to council site)*

<https://northamptondiocese.org/mk>

Help for all who are 16+ living in Milton Keynes but particularly elderly and families

### Northamptonshire

**North Northants Council – 0300 126 3000**

*(quick link to council site)*

<https://northamptondiocese.org/nnc>

**West Northants Council – 0300 126 7000**

<https://northamptondiocese.org/wnc>