

# Cost of Living Support

Winter 2023/24

**This winter is going to be a difficult one for many and for some, it may be the first time they have needed to ask for help.**

There is a lot of information available so if you, or someone you know might be struggling, use the QR code below or visit <https://caritasportsmouth.org.uk> to find links to national organisations or more local information via local council information pages who can help.



<https://caritasportsmouth.org.uk>  
[caritas@portsmouthdiocese.org.uk](mailto:caritas@portsmouthdiocese.org.uk)

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