## **Cost of Living Support** Winter 2024/25

Winter can be a difficult time 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

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**Portsmouth Diocese**