

Navigating the Cost of Living—Your Local Support Hubs – November 2025

The rising cost of living is more than just headlines—it is a daily reality for thousands of people across our communities. From soaring energy bills to the price of groceries and transport, many households are feeling the squeeze, with some facing difficult choices about essentials and wellbeing. But you are not alone.

Across Westminster, Kensington & Chelsea, and beyond, dedicated Cost of Living Support Hubs have been launched to help residents and employees navigate these challenges. These hubs are more than just information centres—they are lifelines, offering practical advice, financial guidance, and access to vital resources. Whether you need help with bills, want to understand your entitlements, or are seeking support for your mental health and wellbeing, the hubs connect you to the right services, from government aid to local advice networks.

To ensure everyone can access the support they need, when they need it. Please explore the list below compiled by Healthwatch and the SAEB Safeguarding Ambassadors to discover savings on everyday expenses, learn about schemes like the NHS Low Income Scheme, and find out how to get help with travel, prescriptions, and more.

Cost of Living Guide Table

Resource/Service	Description	Contact/How to Access	Notes
Citizens Advice Westminster	Support options and info on managing energy bills	Citizens Advice Westminster Tel: 0808 278 7834	General advice
Citizens Advice RBKC	Advice and support	Citizen Advice RBKC Tel: 0800 144 8848	General advice
Warm Home Local Grant	Free home improvements (insulation, heat pump, solar panels) for low-income households	Warm Home Local Grant	Privately owned homes
Discretionary Housing Payment (WCC)	Extra payment towards rental costs (means tested)	Discretionary Housing Payment (WCC)	Westminster residents
Westminster Local Hardship Fund	Helps pay for essentials (food, utilities)	Tel: 0808 278 7834 Email: WLHF@westminstercab.org.uk	Household support grant extension

Resource/Service	Description	Contact/How to Access	Notes
Holiday Activities & Food Programme	For children 4–16 eligible for free school meals during holidays	Holiday Activities & Food Programme	School holidays
Green Doctors	Free energy advice for low-income, over 65s, or those with health conditions/disabilities	Green Doctors	London-based charity
Affordable Broadband	Social tariffs for London residents	Affordable broadband	Check comparison chart online
Open Age	Support for over 50s: employment, training, advice (debt, fraud, pension credit)	Open Age	Westminster & Kensington and Chelsea
Community Wardrobe Regent Hall	Free/low-cost clothing for those impacted by cost-of-living crisis	Community Wardrobe Regent Hall	Self-referral or agency referral

Food Support Services (by Day)

Day	Service	Location/Contact	Notes
Monday	Westminster Chapel food bank	Westminster Chapel food bank	Referral only
Monday	The SPACE	The SPACE 214 Freston W10 6TT Tel: 0800 047 8161	Community market 10:30am–2:30pm
Monday–Thursday	Chelsea Methodist Church	Chelsea Methodist Church 155A King's Rd, Chelsea, SW3 5TX. Phone: 020 7352 9305. Email: info@chelseamethodist.org.uk .	9am–1:15pm, advice, clothing, hot meal and drinks, showers, and laundry
Tuesday	Baby Bank Hub (The SPACE)	The SPACE 214 Freston, W10 6TT Tel: 0800 047 8161	9:30am–4pm, for families with children up to 5

Day	Service	Location/Contact	Notes
Tuesday	Notting Hill Methodist Church	<u>Notting Hill Methodist Church (Kensington and Chelsea Foodbank)</u> 240 Lancaster Road, Notting Hill W11 4AH Tel: 020 3728 9003.	11am–1pm, voucher needed
Tuesday	St Michael's, North Kensington	<u>St Michael's, North Kensington</u> 35 St Lawrence Terrace, W10 5SR, Tel: 020 8962 4132 Email: <u>info@wanduk.org</u> .	11am–4pm, advance registration required (online/in person)
Tuesday	St Luke's Vestry	<u>St Luke's Vestry</u> St Luke's & Christ Church, Sydney Street, The Vestry, SW3 6NH. Email: <u>chelseafoodbankclub@gmail.com</u> .	12pm–2pm, £3/visit, no booking/referral needed
Wednesday/Friday	North Paddington Food Bank	<u>North Paddington Food Bank</u> Phone 07932 623 443	11am–4pm (also Fri)
Wednesday	St Matthew's Food Bank	<u>St Matthew's Food Bank</u> 29 St Petersburg Place, W2 4LA	4pm–6pm, open to all
Wednesday	Granville Community Kitchen	<u>Granville Community Kitchen</u> 140 Carlton Vale, London NW6 5HE	3pm–4:30pm
Wednesday	North Kensington Community Kitchen	<u>North Kensington Community Kitchen</u> Notting Hill Community Church, 92 Kensington Park Road, W11 2ES.	11:30am–1pm, registration on arrival
Wednesday	The Abbey Centre Community Pantry	<u>The Abbey Centre Community Pantry</u> 34 Great Smith Street, London SW1P 3BU	9am–1pm, £4.50/week subscription
Wednesday	Venture Centre	<u>Venture Centre</u> Faraday house, 103a Wornington Rd, W10 5YB. Phone: 020 8960 3234. Email: <u>john@venturecentre.org.uk</u> .	Hot Lunch 12:45pm
Thursday	Dalgarno Trust	<u>Dalgarno Trust Food Bank</u>	Registration 10am–1pm,

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		1 Webb Close, Dalgarno Way, W10 5QB. Email: pam@dalgarnotrust.org.uk .	collection 2:30– 6:30pm
Thursday/Friday	Westbourne Park Food Pantry	Westbourne Park Food Pantry Westbourne Park Baptist Church, London W2 5DX	Thu: 10am– 1pm, 3:30– 5:30pm. Fri: 10am– 1pm. £5/wk
Thursday	Bay 20	Bay 20 71 St Marks Rd, W10 6JG	Hot meals 2– 4pm, tea/coffee Mon–Fri 11am– 4pm
Thursday	World's End Estate	Flashpoint Community Centre, Worlds End Estate, SW10 0DX. Phone: 020 7352 9305. Email: john@venturecentre.org.uk	Registration 12–2pm
Friday	Notting Hill Methodist Church	Notting Hill Methodist Church (Kensington and Chelsea Foodbank) 240 Lancaster Rd, W11 4AH	1pm–3pm
Friday	Granville Community Kitchen	Granville Community Kitchen Granville Community Centre, 140 Carlton Vale, London NW6 5HE.	4pm–5:30pm
Friday	The Abbey Centre Community Pantry	The Abbey Centre Community Pantry The Abbey Centre, 34 Great Smith Street, London SW1P 3BU	9am–1pm, £4.50/week subscription
Saturday	The SPACE	The SPACE 214 Freston W10 6TT Tel: 0800 047 8161	Hot food 12:30–2pm
Saturday	Venture Centre	Venture Centre Faraday House, 103a Wornington Rd, W10 5YB Phone: 020 8960 3234. Email: john@venturecentre.org.uk .	Foodbank 12– 4pm Registration 12–2pm, collection 3– 4pm

Mental Health & Wellbeing

Service	Description	Contact/How to Access	Notes
Every Mind Matters	Expert advice and tips	Every mind matters	Online resource

Service	Description	Contact/How to Access	Notes
Good Thinking	Digital wellbeing service, free NHS apps	Good Thinking	For Londoners
Westminster Talking Therapies (IAPT)	Talking therapies for 18+	Westminster Talking Therapies (IAPT) Tel: 030 3333 0000	Self-referral or GP/Healthcare referral
The Samaritans	24/7 support	The Samaritans Tel: 0330 094 5717 Freephone: 116 123	
The Listening Place	Face-to-face support for suicidal feelings	The Listening Place Tel: 020 3906 7676	9am–9pm - 7 days
Mental Health Single Point of Access	24/7 mental health crisis support	Tel: 0800 0234 650 Email: cnw-tr.spa@nhs.net	RBKC & Westminster

Financial/Employment Support

Service	Description	Contact/How to Access	Notes
Westminster Employment Service	Recruitment, training, career support	Westminster Employment Service	For Westminster residents
Deaf Plus	Support on benefits, housing, debt, legal	Deaf Plus Tel: 020 7790 8478	For deaf community
Z2K	Support for complex benefits/housing issues	Z2K Tel: 020 7259 0801	For Londoners in hardship
Cardinal Hume	Help with income, housing, employment, immigration	Cardinal Hume Centre Tel: 020 7222 1602	—
Paddington Law Centre	Free legal advice (housing, benefits, employment)	Paddington Law Centre Tel: 020 8960 3155	—
The Abbey Centre	Employability, energy, housing, welfare, emotional support	The Abbey Centre Tel: 020 7222 0303	—
Midaye	Advice for Somali community (cost of living, housing, welfare)	Midaye Tel: 020 8969 7456	Appointments only

Service	Description	Contact/How to Access	Notes
Kulan Somali	Support for BAME communities (employment, economic development, emotional support)	Kulan Somali Tel: 07737 218 591 / 07956 882 066	—
Mewso	Support for Middle Eastern, North African, Asian women	Mewso Tel: 07780 983 152	Weekly group
Asylum Aid	Advice on asylum, immigration, housing, employment	Asylum Aid Tel: 020 7354 9631	For migrants, vulnerable