



**Cost of Living Support:**

**North East**

*Darlington:* [Darlington Borough Council - Money debt and benefits](#)  
[Darlington Borough Council - Household Support Fund](#)

*Durham:* [Welfare assistance scheme - Durham County Council](#)  
[Household Support Fund \(HSF\) - Durham County Council](#)  
[Household Support Fund | Durham Locate](#)

*Gateshead:* [Help with the cost of living - Gateshead Council](#)  
[Food - Gateshead Council](#)  
[Food banks and pay as you feel food markets - Gateshead](#)

**Council**

[Advice for jobseekers and people in work - Gateshead Council](#)

*Newcastle:* [Household Support Fund | Newcastle City Council](#)  
[Citylife Line: Looking after your Welfare and Wellbeing | Newcastle City Council](#)

[Crisis Support | Newcastle City Council](#) 0191 278 7878

[Welfare & Benefits | Newcastle City Council](#)

*Northumberland:* [Northumberland County Council - Support](#)

Northumberland Communities Together Response Hub

Phone: 01670 620015 between 9am to 6pm, seven days a week.

Email: [NCT@northumberland.gov.uk](mailto:NCT@northumberland.gov.uk)

Northumberland Council Benefits Helpline Tel: **0345 600 6400**

Website: [www.northumberland.gov.uk](http://www.northumberland.gov.uk)

*North Tyneside:* [Welfare and benefit support | North Tyneside Council](#)

Phone: 0191 643 2777

*South Tyneside:* [Household Support Fund - South Tyneside Council](#)

[Help with energy bills - South Tyneside Council](#)



Support) [Other support and advice - South Tyneside Council](#) (Crisis

**Phone:** 0191 424 6040

**Email:** [welfaresupport@southtynesidehomes.org.uk](mailto:welfaresupport@southtynesidehomes.org.uk)

*Sunderland:* [Cost of living support hub \(banner\) - Sunderland City Council](#)

[Crisis support - Sunderland City Council](#)

[Community care support - Sunderland City Council](#)

[Get help and advice - Sunderland City Council](#)

Relevant phone numbers: [Contact us - Sunderland City Council](#)

### **Teesside and North Yorkshire**

Hartlepool:

Middlesbrough: [Community Support Scheme | Middlesbrough Council](#)

[Housing support and money advice | Middlesbrough Council](#)

Redcar and Cleveland: [Household support fund | Redcar and Cleveland \(redcar-cleveland.gov.uk\)](#)

[Discretionary Social Fund | Redcar and Cleveland \(redcar-cleveland.gov.uk\)](#)

[Benefits and support | Redcar and Cleveland \(redcar-cleveland.gov.uk\)](#)

Financial Support Team: **01642 771276**

Stockton-on-Tees: [Crisis support - Stockton-on-Tees Borough Council](#)

[Stockton-on-Tees Food Power Network | Stockton Information Directory](#) (Food Banks)

[Benefits help and advice - Stockton-on-Tees Borough Council](#)

North Yorkshire: [Household Support Fund | North Yorkshire County Council](#) (read past initial blurb for links)

[Local assistance fund | North Yorkshire County Council](#)



[North Yorkshire Local Assistance Fund \(richmondshire.gov.uk\)](http://richmondshire.gov.uk)

**Cumbria: (Allerdale, Carlisle, Copeland, Eden, South Lakeland, Barrow in Furness)**

Ways to Welfare Service on 0800 783 1966

[Apply for free school meals and clothing vouchers | Cumbria County Council](#)

[Cost of Living Support - financial support | Cumbria County Council](#)

[Welfare - help with food | Cumbria County Council](#)

[Cost of Living Support - food support | Cumbria County Council](#)

There are 6 District/Borough Councils in Cumbria, please see contact details below for each and links to websites for further information.

**Name**

Allerdale Borough Council **Phone** 0303 123 1702

**Address**

Allerdale House  
Workington  
CA14 3YJ **Website** <http://www.allerdale.gov.uk>

**Name**

Barrow Borough Council **Phone** 01229-876300

**Address**

Town Hall  
Duke Street  
Barrow-in-Furness  
LA14 2LD **Website** <http://www.barrowbc.gov.uk>

**Name**

Carlisle City Council **Phone** 01228 817200

**Address**

Civic Centre  
Carlisle  
CA3 8QG **Website** <http://www.carlisle.gov.uk>

**Name**

Copeland Borough Council **Phone** 01946-852585

**Address**

Catherine Street  
Whitehaven  
CA28 7NY  
**Website** <https://www.copeland.gov.uk/>



**Name**

Eden District Council

**Phone** 01768-817817

**Address**

Town Hall  
Penrith  
CA11 7QF

**Website** <https://www.eden.gov.uk>

**Name**

South Lakeland District Council **Phone** 01539-733333

**Address**

South Lakeland House  
Lowther Street  
Kendal  
LA9 4DL

**Website** <http://www.southlakeland.gov.uk>

**CF Specific organisations**

[Grants \(cysticfibrosis.org.uk\)](http://cysticfibrosis.org.uk)

[Cystic Fibrosis Care — We are a charity raising funds for those with Cystic Fibrosis.](#)

**National or regional organisations (non-CF specific):**

[Free and impartial help with money, backed by the government | MoneyHelper](#)

[How to deal with rent arrears - Shelter England](#)

[Extra help if you claim universal credit - Shelter England](#)

[Money help if your universal credit is sanctioned - Shelter England](#)

Disability North (Charity) Contact Us

By Post – Disability North, The Dene Centre, Castle Farm Road,  
Newcastle upon Tyne, NE3 1PH

Telephone – [0191 284 0480](tel:01912840480)

Fax – [0191 2130910](tel:01912130910)

Email – [reception@disabilitynorth.org.uk](mailto:reception@disabilitynorth.org.uk)

[Help with debt - Citizens Advice](#)

[Budgeting Loans: How they work - GOV.UK \(www.gov.uk\)](#)

[Family Fund](#)



[Turn2us Grants - Turn2us](#)

[Search for charitable and educational grants - Turn2us](#)

[Grants | Cash for Kids | Helping the children that need it most](#)

[Applications • REACT \(reactcharity.org\)](#)

[Age UK | The UK's leading charity helping every older person who needs us](#) (Age UK provide local services in some local authorities supporting people with benefits and completing forms- worth looking for local offices).