**Responding to the Cost of Living Crisis**

Rising inflation, especially in the areas of food, transport, electricity and gas, and reductions in state benefits are causing increasing financial and emotional pressure for families and individuals living across the island of Ireland. To assist with the Church of Ireland’s pastoral response to this crisis, the Church and Society Commission has prepared the following list of sources of support and is asking parishes to take a pro-active approach by:

* encouraging anyone to ask for help when they sense that they are in need;
* being more aware of neighbours who may be struggling with finances;
* knowledge of and supporting local foodbanks;
* an awareness of the impact of these pressures on family relationships.

Many diocesan orphan societies exist for the benefit and welfare of vulnerable children and their families in financial need. Information on how to apply for assistance from local societies can be obtained from diocesan offices.

The Society of St Vincent de Paul – [www.svp.ie](http://www.svp.ie) – has a presence in all counties and the Salvation Army operates churches and centres in Dublin; a listing with contact details is available at [www.salvationarmy.org.uk/ireland](http://www.salvationarmy.org.uk/ireland)

Protestant Aid treats all genuine calls for help equally. Its primary activities include grants to alleviate poverty or distress; annuities for the elderly; allowances for heating/energy costs; school expenses; second-level education grants; and third-level loans. Contact details: [www.protestantaid.org](http://www.protestantaid.org) / 01 668 4298.

The Money Advice and Budgeting Service (MABS) provides a free and confidential service, for anyone struggling with debt – debt advisors can be contacted on 0818 07 2000 or a call-back requested by emailing [helpline@mabs.ie](mailto:helpline@mabs.ie) or texting by WhatsApp on 086 035 3141.

**All of these organisations provide assistance to anyone in need regardless of religious or social background.**

Grants or benefits may also be available from local authorities and social welfare officers. Examples of support have included funding for slow cooker schemes and Warm at Home packs. Diocesan Mothers’ Unions have successfully applied for government funding on a cross-community basis to meet social need.

Sources of support for the cost of living for friends, relatives and neighbours in Northern Ireland are available at [www.ireland.anglican.org/cost-of-living](http://www.ireland.anglican.org/cost-of-living)

**Key contacts for support and advice from public services**

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| Department of Social Protection | Income support helpline:  0818 800024 | All other helplines are listed at  [www.gov.ie/dspphonenumbers](http://www.gov.ie/dspphonenumbers) |
| Competition and Consumer Protection Commission | 01 402 5555  1890 432 432 | Visit the consumer hub:  [www.ccpc.ie/consumers](http://www.ccpc.ie/consumers) |
| Commission for Regulation  of Utilities | 1800 404 404 | Energy and water advice at:  [www.cru.ie/customer-care](http://www.cru.ie/customer-care) |