



# How Charities are Helping During the Cost-of-Living Crisis

- **Care and Support Services:** Charities provide support services for those struggling for whatever reason, e.g. cancer/illness, disability.
- **Food Banks:** Charities operate food banks that provide free or low-cost food to individuals and families in need.
- **Housing Support and Homelessness:** Charities offer housing support services, including temporary accommodation, housing advice, and assistance with rent payments.
- **Pets:** More people are struggling to provide for their pets than ever before. Charities can help with vet bills and food or to re-home if needed.
- **Mental Health:** Charities offer coping strategies to help with the stress caused by financial instability.



**Whatever you donate through Payroll Giving will make a difference.**

