# **Struggling with fuel or food, finding it hard to make ends meet?**

**The following organisations can help.**

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| **Provider** | **Contact details** | **Support offered** |
| Gateshead Council Crisis Welfare Award Scheme | 01914333676 or  01914333876 | Food, fuel, bills |
| LEAP – Local Energy Advice Partnership | 0800 060 7567 | Advice and checks to see if you are on the best tariff, money saving tips and benefit checks. |
| Citizens Advice | 03442541288 | Food, fuel support, debt support and advice |
| **Basis @ 356** | 01914915700 | A charity that offers many services to the homeless and people in poverty: a soup kitchen that serves hot meals, signposting, benefits assessment, shelter, free internet access, job search, and more. |
| Feeding Families Blaydon  46 Blaydon Bank  Blaydon on Tyne  NE21 4AU | 01919087163 | Food, community support and advice |
| Dunston Help for Families  Unit 2 Clockmill Road  Dunston  NE8 2QX | [dunstonhelp@gmail.com](mailto:dunstonhelp@gmail.com) | Food, community support and advice |

**If further support is needed you can ask your GP surgery to refer you to see a Community Link Worker/Social Prescriber who will arrange a one to one appointment to discuss support needed.**