



Cost of Living Helpline

Are you worried or struggling due to the rising cost of living?

We are here to help.

Freephone: 0808 500 0045

Email us at: COLHelpline@barnardos.org.uk

Monday - Saturday | 9.30am - 5.30pm

Incredible things happen
when we believe in children.

**Believe in
children**
 **Barnardo's**