

We understand that the rise in cost of living can cause worries about how to pay for food, heating and other bills. Below you can find information about where and how to find support across Walsall borough.

Whatever hardships you're facing we can advise and support you.

Help with the cost of food and essentials

You may want to:

- [apply to the Crisis and Resilience Fund](#) - this could help pay for:
 - food
 - clothes
 - utilities
 - essential items (for example, a washing machine or fridge)
- [buy essential items at reduced prices at a community shop](#)
- [find a local food bank on the Trussel Trust website](#)
- [find locations of Black Country food banks](#)
- [find food banks on the Give Food website](#)
- [get the Too Good To Go app](#) to find reduced price food near you
- [get a free hot meal at FoodCycle Walsall](#)

If you're a parent, your child could be eligible for [free school meals](#).

The Help for Households campaign has a list of [discounts and offers from supermarkets, clothing and shoe shops and utility companies](#) that you might find helpful.

You can also [find out about local charities](#) that can help with the cost of school uniforms and equipment, as well as household items and appliances.

Help with transport costs

You could get:

- [up to 1/3rd off rail journeys with a railcard](#)
- [50% off rail travel if you're on Universal Credit](#)