

Useful Links to Resources for Families:

- **'Worrying About Money?'** Leaflets- free hard copies available through SophiePadgett@cabshropshire.org.uk
- Online, interactive version: <https://www.worryingaboutmoney.co.uk/shropshire>
- **Shropshire Larder** - <https://www.shropshirelarder.org.uk/>
- **Shropshire Council Cost of Living webpage**
- <https://shropshire.gov.uk/cost-of-living-help/>
- **Information about Free School Meals** - <https://shropshire.gov.uk/free-school-meals/>
- **Shropshire Family Information Service** - <https://shropshire.gov.uk/early-years-and-childcare/parents-and-carers/shropshire-family-information-service-0-19-years/>

The Shropshire Council Cost of Living webpage includes links and advice for specific money worries, including :

- Cost Of Transport
- Debt and borrowing
- Rent or Mortgage Help
- Help with Energy Bills
- Help with water rates
- Financial help for people with disabilities
- Help with pensions