

Cost of Living Tips & Tricks

Imagined
Futures
Where is
the door



This information was collected from a Cost of Living forum for frontline workers to better understand supports in the South West Metro region (in May 2025).

FINANCIAL WELLBEING COLLECTIVE

**48 000 West Australians
helped in 2024!**

Find out if this could be you

One stop shop for financial support:

- Emergency Relief
- Financial Counselling & more

Eligibility: Free for all community members

- individuals / families
- couch surfing / renters / mortgage holders
- employed / unemployed
- small business

Visit: www.thefwc.org.au

FINANCIAL COUNSELLING

**Free and confidential
advice for everyone**

- help with cost of living, manage debt, and create a better budget
- deal with banks, utility providers
- assist individuals who have been victims of scams
- face-to-face, online or phone appointments
- non-judgmental advice
- **Visit:** www.thefwc.org.au and complete the online enquiry form to find a financial counsellor near you
- call National Debt helpline for immediate advice 1800 007 007 and information www.ndh.org.au

ENERGY AHEAD

**Reduce Energy Costs and
Save Money**

- understand and manage energy usage
- make appliances more energy efficient

Free support available:

- Home energy assessment
- Phone coaching
- Community workshops

Eligibility: need to have a Synergy account and self- identify as being in financial hardship

Visit: www.thefwc.org.au/energyahead

EMERGENCY RELIEF

**Money for food and
immediate needs**

- Contact Emergency Relief Food Access Service - 1800 979 777
- could also include transport or emergency accommodation assistance
- can refer to Foodbank for food relief
- can help to apply for Hardship Utility Grants Scheme (HUGS) through your utility provider, for support with utility bills

Eligibility: current health care card

Visit: www.thefwc.org.au/emergency-relief

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TENANCY SUPPORT WA Rent Relief - has supported 7000 people!

Rent relief extended until December 2025

- for tenants in rental stress or at risk of eviction
- up to \$5000 to support rent for up to 3 months
- access through Emergency Relief Food Access Service (1800 979 777)

Eligibility - private tenants in WA that meet eligibility criteria, visit: www.warentrelief.org.au/

Anglicare WA Private Tenancy Support

- rectify rent arrears, advocacy
- help to stabilise tenancy

Eligibility: private tenants in South West Metro region, at risk of homelessness

Visit: www.anglicarewa.org.au/get-help/housing-and-homelessness/private-tenancy-support

ST PAT'S COMMUNITY STORE

Low-cost Op shop

- All clothing items \$5 plus a further 25% discount every day for Centrelink Concession Card Holders.
- support for people moving into housing with furniture and household items.
- provide service packs - for setting up kitchen, bathroom, laundry
- Rely on donations from the community

Eligibility:

- Op shop is for all community members
- Agencies can refer clients for additional support
- contact St Pats for more information

Visit: www.stpats.com.au/community-store/

FOODBANK

Distribute food to over 300 services in WA

- 27 metro and 18 regional locations
- provide food and grocery relief
- breakfast clubs in schools
- nutrition education and cooking through NOM's program

Eligibility: contact Emergency Relief & Food Access Service (1800 979 777) to be connected with a charity partner for a referral

SERVICES AUSTRALIA

Access Income Support

- support vulnerable people in the community
- including those experiencing mental health, FDV, homelessness and youth.
- provide education to access the service
- Multicultural service that can speak with CaLD groups

Eligibility: need to meet residency, income and specific payment requirements

Visit: www.servicesaustralia.gov.au/

FREMANTLE COMMUNITY LEGAL CENTRE

Tenancy and other legal support

- help people know their rights and maintain their tenancy
- work with people facing eviction and in unsafe housing
- provide legal advice and some court representation

Eligibility: can help anyone in South West Metro region, more support for disadvantaged

Visit: www.fremantle.wa.gov.au/services-and-support/fremantle-community-legal-centre/