

# Cost Living

## SUPPORT

[www.suffolk.gov.uk/CostOfLiving](http://www.suffolk.gov.uk/CostOfLiving)

## Help with Finances and Household Expenses

### **The Local Welfare Assistance Scheme**

helps those experiencing financial difficulties. You can either apply yourself, or local organisations across Suffolk can submit an application on your behalf. For more details of how to find a gateway partner in your area and how to apply, visit:  
[www.suffolk.gov.uk/costofliving](http://www.suffolk.gov.uk/costofliving)

### **Citizens Advice**

is a good place to get information about benefits, how to deal with debt, what you're entitled to if you're made redundant and who to speak to if you're at risk of losing your home. Visit:  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



### **Fuel**

Do you rely on oil for heating your home? Community Action Suffolk's community buying scheme has prepayment and direct debit schemes to help spread the cost.  
[www.communityactionsuffolk.org.uk/oilbuying](http://www.communityactionsuffolk.org.uk/oilbuying)



**Warm Homes Suffolk** is a service designed to help vulnerable and low income households make

their homes cheaper to heat and can provide;

- Grants for loft and wall insulation (both cavity and solid walls)\*
- Grants for renewable heating systems\*
- Grants for solar panels\*
- A free home energy efficiency survey from one of our

independent surveyors to discuss ways to make your home warmer and healthier, as well as access to other grants

- Free draught-proofing\*
  - Loan of temporary heaters in cases of heating breakdown
- \*Eligibility criteria applies

To find out more or check your household eligibility:

call 03456 037 686 or visit:

[www.warmhomessuffolk.org](http://www.warmhomessuffolk.org)



## Credit Unions

Credit Unions offer ethical loans and savings schemes that are offered at affordable rates. In Suffolk there are two Credit Unions:

**Eastern Savings and Loans** is open to anyone who lives, works, studies or volunteers inside the boundaries of Suffolk, Norfolk and Cambridgeshire. Visit: [www.eslcu.co.uk](http://www.eslcu.co.uk)

**Suffolk Credit Union** is open to anyone who lives or works in Suffolk and either:

- Delivers a public service. This includes public sector organisations as well as

voluntary sector organisations providing public services (e.g. care homes, registered housing associations, charities providing works under contract to Suffolk County Council, schools and multi-academy trusts)

- Receives a public-sector pension
- Serves as a Councillor (at County, District or Borough level)
- Is a close family member, living in the same household of a Suffolk Credit Union member

Visit:

[suffolkcreditunion.onesuffolk.net](http://suffolkcreditunion.onesuffolk.net)

# Support for families



## Home Start in Suffolk

is ready to support families through their toughest times.

Call: 01473 621104

Email: [headoffice@](mailto:headoffice@homestartinsuffolk.org)

[homestartinsuffolk.org](http://homestartinsuffolk.org) or visit:

[www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

## Healthy Start

provides vouchers to buy basic food items and vitamins for pregnant women and families with a child under four years old who are on low incomes, to buy basic food items.

Call: 0345 607 6823 or visit:

[www.healthystart.nhs.uk/  
contact-us](http://www.healthystart.nhs.uk/contact-us)



## Support for children during school holidays

Families who are eligible for free school meals will be contacted directly by their school if they're eligible for support during school holiday periods. Further information will be available from your school on what support is being offered.

Where a child is not eligible for free school meals because they are not attending a state funded school, a family can seek support directly from the Local Welfare Assistance Scheme.

For more information, visit

[www.suffolk.gov.uk/costofliving](http://www.suffolk.gov.uk/costofliving)



## Suffolk Libraries

can provide advice, information and

signposting on a wide range of matters such as health and wellbeing, claiming benefits, job applications, financial assistance and access to free digital skills training. Visit

[www.suffolklibraries.co.uk/advice](http://www.suffolklibraries.co.uk/advice)

All libraries run a range of free activities for all ages and provide free internet access and wifi. Visit:

[www.suffolklibraries.co.uk/whats-on](http://www.suffolklibraries.co.uk/whats-on)

Libraries are at the heart of their communities and offer a safe space for people to meet, enjoy activities, access free books, newspapers and other resources, or simply relax in a nice environment at no cost.



## Improve your skills and career chances

Suffolk Adult Learning Service provides support for adults 19 years+ to find the right career opportunities and gain employment skills, visit:

[www.learnsuffolk.org/careers](http://www.learnsuffolk.org/careers)

For tips on reducing everyday living costs from Anglia Care Trust scan here



## Scams

Be aware that scammers find ways to trick people out of money when they are most vulnerable. The Cost of Living situation has seen more scams emerging and it's important that we are vigilant for ourselves and those close to us.

[www.suffolk.gov.uk/scams](http://www.suffolk.gov.uk/scams)



## Looking after yourself and others

When facing difficult financial challenges, our mental health can suffer. It's important to reach out for support. We have lots of information of services and organisations which can help at:

[www.suffolk.gov.uk/costofliving](http://www.suffolk.gov.uk/costofliving)

For information on what Cost of Living support is available locally in your community, visit Suffolk Infolink [Infolink.suffolk.gov.uk/costofliving](http://Infolink.suffolk.gov.uk/costofliving)