

Cost OF Living SUPPORT



For residents in East Suffolk

EASE THE SQUEEZE

'Ease the Squeeze' was set up by **East Suffolk Council** to help residents with the rising cost of living.

Visit www.eastsuffolk.gov.uk/community/squeeze where you can also find out more about Ease the Squeeze projects – from the network of 'Warm Welcomes' to grants for setting up a community pantry, uniform bank or community growing space.

East Suffolk's new Community Help Hub includes Community Help Officers, who can provide a range of practical support and advice, and Financial Inclusion Officers, who help residents claim what they are entitled to and reduce their bills and spending.

Contact the Hub to make a referral (for yourself or someone else): www.eastsuffolk.gov.uk/cost-of-living or call **0333 016 2000** (ask for help with money).

Citizens Advice East Suffolk can help with a range of issues – benefit, employment, debt, consumer (including scams), family and health, and help people access funds or vouchers for food or fuel or household items. They can also help challenge or query a bill from an energy supplier.

Their website www.caes.org.uk has answers to key questions, lists their outreaches and offices and includes links to their video link advice service and email form.

Email advice@caes.org.uk or free phone on **0808 278 7866**, lines are open 5 days a week between 10am–2pm.

Support with Food

You can find a helpful map of foodbanks and pantries across Suffolk at infolink.suffolk.gov.uk/food





Help with money

The Local Welfare Assistance Scheme (LWAS) helps people in financial hardship. You can apply for a grant directly online or through your local Citizens Advice.

If you're at least 16 years old, live in Suffolk, and can show that you are in hardship, then you could be eligible.

Visit www.suffolk.gov.uk/LWAS

Credit unions offer ethical loans and savings schemes that are offered at affordable rates. Check if you are eligible to join:



Eastern Savings and Loans

www.eslco.co.uk

0333 600 0690

Suffolk Credit Union

www.suffolkcreditunion.onesuffolk.net

01473 265000

Suffolk Community Foundation's

Surviving Winter Appeal provides support to people of all ages struggling to heat their homes through the winter months with fuel payments.

Working in partnership with Citizens Advice we also offer help and support to strengthen people's financial stability.

www.citizensadviceipswich.org.uk/surviving-winter

Social tariffs mean you pay lower prices on some bills if you get certain benefits. Speak to your suppliers to see if you qualify for cheaper broadband, mobile, water and electricity tariffs.

You could qualify for help with **NHS health costs**. Use the eligibility checker at www.nhsbsa.nhs.uk/check



Suffolk Libraries are welcoming spaces all year round but during winter offer a warm

space haven, with hot drinks and kindness racks.

www.suffolklibraries.co.uk/visit

Improve your career chances.

Suffolk Adult Learning Service provides support for those 19+ to find the right opportunities and improve employment skills. www.learnssuffolk.org/careers

Support for families

Home-Start in Suffolk is ready to support families with children under the age of 12 through their toughest times.

www.homestartinsuffolk.org
01473 621104



Healthy Start provides vouchers to help buy healthy food and milk. You may be entitled if you're on a low income and more than 10 weeks pregnant or have a child under 4.

www.healthystart.nhs.uk
0300 330 7010

Your children could be eligible for **Free School Meals**, if you are on a low income – check now at **www.suffolk.gov.uk/freeschoolmeals**



Once registered, they can also access the **Holiday Activity & Food Programme**, providing free holiday activities during Easter, Summer & Christmas holiday periods.

Find out more at:
infolink.suffolk.gov.uk/haf



Warm Homes Suffolk can help residents who are struggling to heat their homes. A free home survey could help you access:

- Loft and wall insulation*
- Winter warmth packs including free draught proofing and low energy bulbs
- Temporary loan of heaters if yours break down

If your total household income is less than £31,000, your home has a low energy rating and you are not connected to mains gas you may also be able to apply for:

- Solar panels and renewable heating including heat pumps.
- www.warmhomesuffolk.org**
0345 603 7686

Heating oil

Do you regularly order heating oil? Community Action Suffolk's oil buying scheme offers multiple payment options to help you budget your household bills

Call **01603 881888** or visit **www.communityactionsuffolk.org.uk/oilbuying**



Looking after yourself and others

When facing difficult times, our mental health can suffer. It's important to reach out for support. Speak with your GP or visit: infolink.suffolk.gov.uk/costofliving



Domestic abuse support

Financial stress can place more strain on our relationships. If you think you might be experiencing domestic abuse, or are concerned for a family member/friend, please contact the Suffolk Domestic Abuse Helpline for support and advice on **0800 977 5690** or webchat at www.suffolkdahelpline.org.uk



Scammers will always find ways to trick people out of money. More scams than ever

are emerging, so it is important that we are vigilant for ourselves and those close to us. Visit: www.suffolk.gov.uk/scams

More help

For tips on reducing everyday living costs from Anglia Care Trust visit:

www.angliacaretrust.org.uk
01473 622888

The Government has a range of support available. Check you are receiving all the benefits you are entitled to, visit: www.gov.uk/cost-of-living



For information on what cost of living support is available locally in your community, visit:

infolink.suffolk.gov.uk/costofliving

Funded by:



Suffolk
County Council

If you have any questions about this information please call

0345 606 6067

**COLLABORATIVE
COMMUNITIES
BOARD**
EST. 2016
Working in Partnership