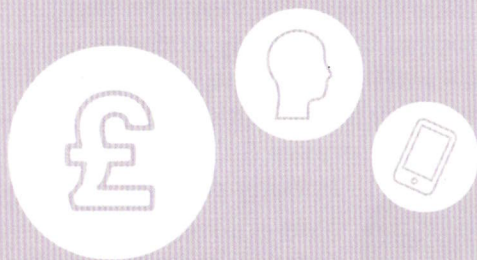


Looking after yourself and others

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



More help

For tips on reducing everyday living costs from Anglia Care Trust visit: www.angliacaretrust.org.uk 01473 622888

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

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

Cost OF Living SUPPORT



For residents in Babergh

If you need support with the cost of living, **Babergh District Council** can give you information and find other organisations who can help you.

They can also offer advice and support if you are at risk of losing your home.

For more information visit: www.babergh.gov.uk/web/babergh/cost-of-living

If you are a tenant and struggling with housing costs or service charges, you might be eligible for support from the Household Support Fund. For more information visit www.babergh.gov.uk/w/household-support-fund

Alternatively, you can call **0300 123 4000**, Monday to Friday.

Citizens Advice give free advice on many issues. They can help with benefits, debt, increasing your income, problems at work or with your landlord. If your energy supplier wants to put you on a prepayment meter they can help.

More information can be found on the Citizens Advice website www.sudburycab.org.uk or call Sudbury and District Citizens Advice on **01787 321400** Monday to Thursday 10am to 3pm.



Support with Food

If you are struggling with the cost of food and essentials, take a look at www.babergh.gov.uk/food-and-essentials

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

If you need a food parcel please contact **0300 123 4000** or your local Citizens Advice for a referral.



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 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

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



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

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:

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

• Solar panels and renewable heating including heat pumps.
www.warmhomessuffolk.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