

Worried about paying bills?

Talk to your utility service providers.

Talk to your G.P. practice - ask to be referred to a social prescriber/community connector.

Avoid Loan Sharks!



General advice and assistance

The Norfolk Assistance Scheme ([NAS](#))

Norfolk [CABx](#)

[MoneyHelper](#)

[Stepchange](#)



Energy costs

Money Saving Expert ([MSE](#))

[Ask Bill](#)

National Energy Action ([NEA](#))

[Warm and Well](#)

[SCOPE](#)

[AGE UK](#)



Food costs

[Trussell Trust](#)

[Nourishing Norfolk](#)

[Foodbanks](#)

Community [Fridges](#)

Low cost/free meals

[Norwich](#)

[Elsewhere](#)

[Too Good To Go](#)

[Olio](#)



Sanitary Products and Toiletries

Libraries [Tricky Period and Toiletries](#)

Morrisons [A package for Sandy](#)



Water & sewage charges

[Anglian Water](#) [Help](#)

[Essex & Suffolk Water](#) [Help](#)



Broadband & telephone costs – social tariffs

[Ofcom](#)

Money Saving Expert ([MSE](#))

For further help

Norfolk County Council [Living Support Scheme](#)

[Healthwatch Norfolk](#)

Norfolk Community Foundation [Household Support Fund](#)

grants up to £50 per household

Support from Boroughs/Districts:

[Breckland](#)
[Great Yarmouth](#)
[North Norfolk](#)

[Broadland and South Norfolk](#)
[Kings Lynn and West Norfolk](#)
[Norwich](#)