

## **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](#)

Norfolk Community Foundation [Household Support Fund](#)

grants up to £100 per household

Support from Boroughs/Districts:

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

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