



COST OF LIVING SUPPORT IN SUFFOLK



HELP WITH DEBTS AND HOUSEHOLD EXPENSES

Suffolk Advice and Support Service Helpline (SASS)

For financial advice or support with access to food, you can call **0800 068 3131** between 9am-5pm Monday to Friday.

You can call them to get advice about debt, rent or mortgage arrears, access to food or one-off grants for things like white goods, fuel vouchers.



Local Welfare Assistance scheme

The Local Welfare Assistance Scheme (LWAS) helps those experiencing financial hardship, whereby local organisations across Suffolk can submit an application for support, on behalf of an individual or family. The LWAS can help with household furniture and white goods, fuel vouchers (electricity and gas top-ups), supermarket vouchers, and contributions towards increasing costs during the winter months.

Applications on your behalf can be made by our trusted gateway partner organisations only. Members of the public that wish to apply for this support should contact a gateway partner, who will assess your circumstances and submit an application for you (you cannot directly refer yourself). To find a gateway partner in your area who can support you with an application, such as CAB, district and borough councils, health services, voluntary organisations, visit:

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



Warm Homes, Healthy People

Suffolk's Warm Homes Healthy People is a project designed to help vulnerable people and families make their homes cheaper to heat.

The project can provide the following for eligible residents in Suffolk:

- **Grants for First Time Central Heating**
- **Boiler or heater stopped working?** Warm Homes Healthy People can lend you electric heaters and point you in the direction of any grant funding available such as assistance in applying for a local authority renovation or home assistance grant.
- **Do you own or privately rent your property?** Warm Homes Healthy People can arrange for an **independent surveyor** to visit your home and discuss energy efficiency improvements that could make a real difference to your heating bills.
- The project can also access grants to help pay for **insulation** and basic **draught proofing**

Call Warm Homes Healthy People on **03456 037 686** or email **whhp@eastsoffolk.gov.uk** if you have a question.

Suffolk Infolink

Suffolk Infolink is our directory that lists a wide range of community services across Suffolk. It's a great place to find organisations that can help.

Visit infolink.suffolk.gov.uk and search:

- Debt advice
- Foodbanks

Citizens Advice

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



SUPPORT FOR FAMILIES

Home Start in Suffolk

Home Start is ready to support families through their toughest times. Call: **01473 621104** Email: headoffice@homestartinsuffolk.org Visit: www.homestartinsuffolk.org

Healthy Start

Healthy Start provides vouchers for pregnant women and families with a child under four years old on a low income to buy basic food items. Call: **0345 607 6823** Visit: 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 are eligible for support for the school holiday periods covering May half term and the Summer Holidays. Further information will be available from your school on what support is being offered.

Where a child is eligible for income related free school meals, families will be contacted directly by their child's school regarding supermarket voucher grants of £15 per week, available to them during the school holiday from May until September 2022.

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/FinancialHardship

CAREER / WORK ADVICE

National Careers Service

Call: **0800 100 900**, or visit: www.nationalcareers.service.gov.uk

