

# Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

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## Contact your local Citizen's Advice Bureau or Family Hub

### Citizen's Advice Bureau (CAB)

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](#)'s website or call [0800 144 8848](tel:08001448848) For the Norfolk Citizen's advice website use: <https://www.ncab.org.uk/> or visit the DROP-IN SERVICE available 10am to 12pm Monday to Friday in the Forum, Norwich.

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### Further information

- Contact [StepChange](#), if you're struggling with debt
- Contact [Shelter](#) if you're having issues related to housing
- Get free household goods on [Freecycle](#)
- Contact the [Salvation Army](#) for emergency assistance
- See if you're eligible for [grants from Turn2us](#)
- Single parents can get support from [Gingerbread](#)