

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.

Early Help

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support>

Early Help is for children of any age (0-17) and their family. It's about getting information, advice and guidance to prevent family worries escalating into bigger issues.

Some of the worries may include:

- Children with poor mental health affecting their everyday life and activities
- Domestic abuse or parental conflict which is having an impact the children's wellbeing and parents and carers in the family
- Someone may be suffering from drug or alcohol dependency and are not sure where to get help
- Children may be refusing to go to school, and you feel there is no support in place
- You may be a single parent who needs some advice and information to support your family
- You may be having some worries about finances or issues around housing

Early Childhood and Family Service (children 0-5)

<https://www.norfolk.gov.uk/children-and-families/early-childhood-and-family-service>

The Early Childhood and Family Service (ECFS) provided by Action for Children can offer you extra support. They plan the level of support with you to meet the individual needs of your family. This could be in your own home or in an ECFS base.

They may be able to offer some financial support depending on your circumstances.

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](#)
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