

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.

Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

Community Action Norfolk 01362 698210 – charity offering help including warm homes and collective oil buying

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](#)