

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.

Local Authority Support:

Local authorities have lots of different schemes that you might be eligible for, including:

The Norfolk Assistance Scheme (NAS) <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme> helps people who are in financial hardship and cannot pay their living costs. There are many reasons why this might happen to you:

- Redundancy
- Work hours have been cut
- On a low income or benefits
- Waiting for Universal Credit payments
- A home emergency such a fire or flood
- Have a special educational need or disability
- Have mental health issues or in ill health
- Have left an abusive relationship
- Have dependent children
- In a resettlement scheme

If you are eligible they can:

- Provide emergency financial help
- Supply essential household goods and furniture
- Give support, guidance and advice

You will need to complete an application with evidence of your financial situation.

Local Authority may also be able to support with:

- > [Help with transport to school](#)
- > [Help with the cost of uniform](#)

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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