

Coping with the Rising Cost of Living

If you are struggling or worried about how you are going to manage due to the rising cost of living, these organisations may be able to help.

East Suffolk Council and the Community Partnership Board are developing a programme to tackle the increasing costs of living focussing on Money, Food, Energy and Housing. We have our own financial inclusion officers who may be able to support you to make your money go further – contact communities@eastsoffolk.gov.uk

Getting immediate help with your bills

Struggling to pay your bills? Or pay for your food shopping?

Contact Citizens Advice Leiston. **Tel: 01728832193** between 10am-2pm Monday, Tuesday, Thursday, and Friday: www.citizensadvice.org.uk/consumer/energy/energy-supply

Are you getting all the income you are entitled to?

You can use www.entitledto.co.uk

Could you cut some of your spending?

Anglian Water, Essex and Suffolk Water or TV Licensing may be able to help. Deals may also be available for mobile or broadband, including a social tariff. www.ofcom.org.uk

Energy Saving Trust

Find out how to make your home more energy efficient and reduce your energy bills, and how to understand your energy bill: www.energysavingtrust.org.uk

National Energy Action

NEA is a national fuel poverty and energy efficiency charity that offers a free support service known as WASH (Warm and Safe Homes) providing energy advice.

Tel: 0800 304 7159. www.nea.org.uk

Warm Home discount

£140 off your electricity bill or a voucher for a prepayment meter (the Government has announced that this will rise to £150 in April 2022). Contact your supplier for eligibility. Claim as soon as possible if your supplier's scheme is still open. www.gov.uk/the-warm-home-discount-scheme

Support from Suffolk County Council for Financial Hardship

www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service

Income	Regular Outgoings	Other Outgoings
£	Rent/mortgage £	Alcohol/cigarettes £
£	Gas £	Fast food/takeaways £
£	Water £	Clothing £
£	Council Tax £	Haircuts £
£	TV Licence £	School Uniforms etc £
£	Electricity £	TV package/subscriptions £
£	Sewage £	Arrears/debts £
£	Food £	Childcare costs £
£	Phone/Broadband £	Birthdays/Christmas £
£	Car(s) Insurance: £ Tax: £ MOT: £ Repairs: £	Savings £
£	Petrol/diesel £	£
£	Household products £	£
£	Mobile/Contracts £	£
Total income: £	Total outgoings and other outgoings: £	

If your total outgoings are greater than your total income, you will need to re-budget.
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