

Wellbeing Newsletter - Help available to support Norfolk residents with living costs

Norfolk County Council's Cost of Living Support Scheme has a £7.7m package of support to help households struggling to pay for food, fuel, energy and water bills, and other essentials.

If you come across anyone who needs help with their everyday living costs, support is available on their website at

Norfolk website

or by contacting them on 0344 800 8020.

Here is some more information about the support available in Norfolk.

Support directly available for parish councils to help residents in need

Town and Parish councils and VCSE organisations can apply to the Norfolk Community Foundation for grants of up to £50 per household to help **older people, disabled people and carers** with the cost of household energy bills and other regular utility bills.

Norfolk Household Support Fund

Empowering communities for winter resilience

Town and Parish Councils can also apply for funding to develop capacity in any services that support vulnerable people in their community to stay safe, well and connected this winter.

Empowering Communities Fund

Cost of Living Vouchers

Families that are eligible for free school meals will automatically receive a monthly 'cost of living' voucher. The vouchers will be £15 per month, per child. There's a larger payment of £30 for August, to coincide with the school holidays. The vouchers will be paid up to and including October 2022

The vouchers are provided by Edenred, which can be used in all supermarkets for essentials, including clothing.

Find out if someone is [eligible for free school meals](#) and help them apply.

Norfolk Assistance Scheme

Norfolk Assistance Scheme (NAS) helps people in financial hardship to pay for their living costs. The scheme can provide emergency financial help, supply essential household goods and furniture and give support, guidance and advice.

People can apply themselves. They will need to complete an application with evidence of their financial situation to show they are eligible for support. For more information and to apply go to:

Emergency funding/housing related costs

Local district, borough or city council can offer a wide range of support:

- [Breckland District Council Community Support hub](#)
- [Broadland Council and South Norfolk District Council help hub](#)
- [Great Yarmouth Borough Council residents support](#)
- [King's Lynn and West Norfolk Borough Council support directory](#)
- [North Norfolk District Council help hub](#)
- [Norwich City Council services and support](#)

Nourishing Norfolk

Community supermarkets and community fridges offer a long-term solution. They offer a wide range of affordable groceries and enable people to choose the food they would like to buy so they can put together well-balanced, nutritious meals. Norfolk County Council is supporting Norfolk Community Foundation's [Nourishing Norfolk](#) movement to develop 15 food hubs in Norfolk.

Find out more about how people can access foodbanks, community supermarkets and community fridges On Norfolk County Council's website:

[Help with food and drink](#)

The Tricky Period and Toiletries to Go

All Norfolk Libraries have free bags of sanitary products and toiletries available to grab and go. They are freely available and there is no need to ask.

More information about what is available is on Norfolk County Council's website:

[Tricky Period and Toiletries](#)

Community Learning

Norfolk's Adult Learning service is running:

- Budgeting courses such as "beat the bills".
- Cooking courses in conjunction with Community Supermarkets.
- Family learning activities in school holidays.

Find out [what's available and book online](#).

Help with paying water bills

Norfolk County Council is working with Anglian Water to help older, vulnerable residents with their water debts. Anglian Water will be getting in touch with all those on the social tariff who are eligible for support. However, if you know someone of any age who is struggling to pay their water bills please they should contact

[Anglian Water](#) directly.

Webinars

Join us on our upcoming webinars:

Homes for Ukraine

Meet with Natasha Hayes Head of Communities for Norfolk County Council and Simon Shreeve from the People from Abroad Team at Norfolk County Council, to hear about the latest developments in providing support for refugees fleeing the conflict in Ukraine.

[Book Here](#)