



Are you worried about paying monthly bills?

Here are some things to check, that could help save you money.



Broadband & telephone costs – social tariffs

Did you know some people on a low income may be able to get a cheaper broadband or telephone package? Visit <https://www.ofcom.org.uk/> and search for “cheaper broadband”.



Water & sewage charges

Talk to your water provider about getting help if you are finding it hard to pay. They may have another tariff available and can explain how they can help.

Anglian Water 03457 919 155

Other contact options: <https://www.anglianwater.co.uk/contact-us/>

<https://www.anglianwater.co.uk/account-and-bill/help-paying-your-water-bill/>

Essex & Suffolk Water 0345 782 0111

Other contact options <https://www.eswater.co.uk/help/contact/>

<https://www.eswater.co.uk/services/extra-support/financial-support/>



Food costs

Community fridges

Community fridges provide business and individuals with the opportunity to share food that otherwise would have been wasted. They are public places where surplus food is shared between people in a community. Anybody can access the community fridge, there is no need to register.

<https://www.norfolkrecycles.com/communityaction/communityfridges/>



Social supermarket

This is a new way of shopping, offering a wide range of affordable groceries to help people eat healthily. This brings together food that larger supermarkets might not sell, such as items with minimal damage to packaging or past their best before date. The priority is helping the community - not profit. This page gives an overview in Norfolk.

<https://www.norfolkfoundation.com/nourishing-norfolk-network>



Transport costs

If you get the state pension, have you applied for a concessionary bus pass? If you have a disability, have you checked if you could get a disability bus pass?

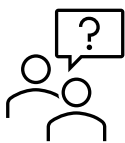
www.norfolk.gov.uk/concessionarytravel

Telephone Norfolk County Council customer service centre 0344 8008020 Text Relay 18001 0344 800 8020

If you still need extra help

You may be able to get help from a charity based on what job you do or have done, if you have a specific health condition, or live in a particular town/village. Some focus on people over/under a particular age.

Turn2us grant search tool <https://www.turn2us.org.uk/> Norfolk Citizens advice grants directory <https://www.ncab.org.uk/grants-directory> List of benevolent (job based) funds <https://britainexplained.com/list-of-benevolent-funds/>



Client Hardship Service – Norfolk County Council

They can support you to get back on track with information and guidance on a wide range of issues including money management and budgeting. They can also support you financially with essential household items.

www.norfolk.gov.uk/nas Phone: 0344 800 8020