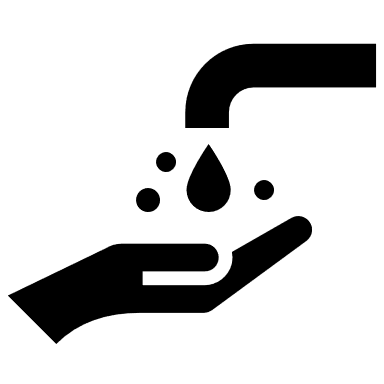
 **Are you worried about paying monthly bills?**

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

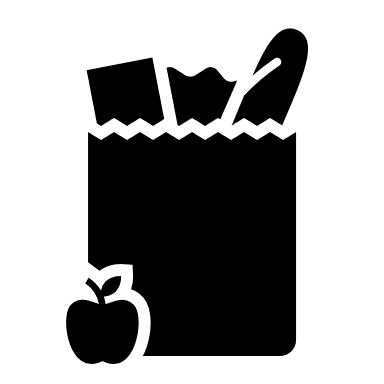
Other contact options: <https://www.anglianwater.co.uk/contact-us/>

<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/>

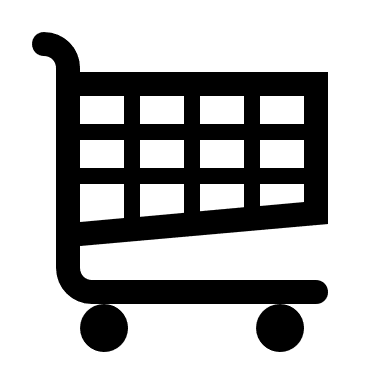
**Food costs**

**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/>

Your nearest community fridge is:

**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. Your nearest social supermarket is:

**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](http://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 has a grant search tool <https://www.turn2us.org.uk/> Norfolk Citizens advice grants directory <https://www.ncab.org.uk/grants-directory>

**Money Support Service – Norfolk County Council**

There are many reasons why people struggle with money. It may be a loss of benefits or a job, a relationship breakdown, an increase in living costs or a lack of budgeting skills. We can offer help and advice over the phone, or face-to-face support in your own home if needed.

[www.norfolk.gov.uk/moneysupportservice](http://www.norfolk.gov.uk/moneysupportservice) Phone: 01603 223392 (option 4) Email: [MSS@norfolk.gov.uk](mailto:MSS@norfolk.gov.uk)