

**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.

***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](http://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](http://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](http://www.ofcom.org.uk)

***Other sources of help***

***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](http://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](http://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](http://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](http://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service)

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| --- | --- | --- |
| 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.
 For support, contact Citizens Advice Leiston on **01728 832193** between 10am-2pm Monday, Tuesday, Thursday, and Friday.

