



Cost of Living Support

The below information has been created to help organisations support residents impacted by the cost of living crisis



HELPFUL INFORMATION

COST OF LIVING LEAFLETS

Suffolk County Council has produced cost of living leaflets with information on support for food, energy, housing and other essentials.

You can share the digital version or get in touch if you would like paper copies.

[Support in Babergh](#) | [Support in Mid Suffolk](#)

GETTING ADVICE

If you speak to someone who needs further advice and support, you can give them the contact details for their local Citizens Advice.

[Mid Suffolk Citizens Advice](#)

01449 676 060

[Sudbury & District Citizens Advice](#)

01787 321400

USEFUL WEBPAGES

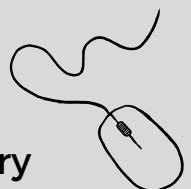
babergh.gov.uk/cost-of-living | midsuffolk.gov.uk/cost-of-living

infolink.suffolk.gov.uk/costofliving | helpforhouseholds.campaign.gov.uk

GETTING ONLINE

Resources to help people get online and details of in person support can be found on our webpages, or by visiting a local library

midsuffolk.gov.uk/digital-journey | babergh.gov.uk/digital-journey





IN A CRISIS

FOOD SUPPORT

A map of all food projects in Suffolk can be found on the [Suffolk Infolink](#) website. For food parcels, please ask them to contact Babergh & Mid Suffolk District Council on 0300 123 4 000, option 7 for a referral, or contact their local Citizens Advice.

ENERGY SUPPORT

If a person is unable to heat their home, you can give them contact details for their local Citizens Advice who may be able to apply for charitable assistance.



You can also refer people in need of emergency heating to Warm Homes Healthy People Suffolk for temporary oil filled heaters using their online referral [form](#).

HOUSING SUPPORT

If you speak to someone who is homeless, or at risk of homelessness (including unaffordable homes, or homes in poor condition), please ask them to contact the **Housing Solutions Team** for further advice and assistance.

BY PHONE



0300 123 4 000,
option 3

ONLINE



You can also refer a household for support via the [Duty to Refer form](#), if you have consent to share their details.

www.babergh.gov.uk/w/duty-to-refer | www.midsuffolk.gov.uk/w/duty-to-refer

WANT TO OFFER MORE SUPPORT?

FOOD SUPPORT

If you would like to set up or grow a food project in your community, such as a pantry or pop up shop, you can contact Community Action Suffolk's Food Partnership Team for advice and support to get started.

Visit www.communityactionsuffolk.org.uk/community-food-partnership/ for more information.