

Cost of Living Support

Support for local communities

Many local councils, along with partner organisations, have a range of support and signposting to other help, from general benefits and housing support to specific cost of living help for local residents.

Borough Council of King's Lynn & West Norfolk – Help with cost of living:

<https://www.westnorfolk.gov.uk/news/article/1291/cost-of-living-support-initiatives-introduced-for-west-norfolk-households>

Norfolk County Council – Help with cost of living:

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/help-with-living-costs>

Government Support

National Government support and updates on services can be found at:

UK Government: <https://helpforhouseholds.camp...>

Benefits: <https://www.gov.uk/browse/bene...>

Money, benefits, and debt advice

There are some useful resources offering support and advice on a wide range of money, benefits, and cost of living issues:

Citizens Advice: <https://www.citizensadvice.org...> Your local CAB branch may have additional local resources.

Money Saving Expert: consumer advice and cost of living support, energy saving tips: <https://www.moneysavingexpert...>

Money Helper: range of tools, resources, and access to support around money, debt and savings issues: <https://www.moneyhelper.org.uk...>

Christians Against Poverty (debt advice and support): <https://capuk.org/>

Step Change (debt advice and support): <https://www.stepchange.org/>

Money and Mental Health:

Money worries can be a significant contributor to mental health issues. There are a range of resources and support networks that can help:

MIND: <https://www.mind.org.uk/inform...>

Money and Mental Health: <https://www.moneyandmentalheal...>

Rethink: <https://www.rethink.org/advice...>

Food

Local councils and agencies should be able to signpost or refer people to local foodbanks. There is a growing network of national and local organisations offering support around food (and sometimes around other household costs).

King's Lynn Foodbank: <http://www.kingslynn.foodbank.org.uk>

Health Start: [Get help to buy food and milk \(Healthy Start\)](#)

Community spaces and warm hubs:

The Warm Welcome Campaign encourages churches to set up free, warm and welcoming spaces in communities across the UK. <https://www.warmwelcome.uk>

Local support [LILY](#)

LILY can tell you about community buildings that are being offered as 'warm spaces' where people can go to keep warm and get support. They can also signpost to other general cost of living support, as well as some specific resources.

LILY is a facility offered by the Borough Council of King's Lynn and West Norfolk. It provides a comprehensive range of support in west Norfolk to combat loneliness and social isolation in adults of all ages. The project is linked to the 'No Lonely Day' initiative and encourages people to develop friendships and engage in their local communities.

You can access Lily in a variety of ways:

- the Lily online directory: <http://asklily.org.uk>
- by telephoning 01553 616200
- email asklily@west-norfolk.gov.uk

Housing, Fuel and Energy

Local authorities and housing associations may be able to offer specific help around housing, but additional support can be accessed:

Shelter: <https://england.shelter.org.uk...>

Acts 435 equips the local church to help individuals in their communities with their specific needs using crowdfunding <https://www.acts435.org.uk>

The Norfolk Assistance Scheme (NAS) helps people who are in financial hardship and cannot pay their living costs. <https://ww.norfolk.gov.uk...>

Older People

Age UK: <https://www.ageuk.org.uk/infor...>

Scams and economic abuse

Surviving Economic Abuse: <https://survivingeconomicabuse...>

Stop Loan Sharks: <https://www.stoploansharks.co....>

Friends Against Scams: [Friends Against Scams - National Trading Standards \(NTS\) Scams Team initiative protecting and preventing people from becoming victims of scams](#)

Church Resources

If you're a church thinking about how to support local people around cost of living, you may find useful resources, prayers, and inspiration here:

Church Urban Fund: <https://cuf.org.uk/>

Joint Public Issues Team: <https://jpit.uk/>

Church Action on Poverty: <https://www.church-poverty.org...>

Jubilee Plus: <https://jubilee-plus.org/docs/...>

Parish Buying: <https://www.parishbuying.org.u...>

CUF hosted a webinar on heating your church sustainably this winter – you can watch the recording here: https://youtu.be/Dnkk_lh651k

And download the slides here: [Heating your church sustainably 2022](#)

Christians Against Poverty have produced a range of resources for churches looking to provide practical support in their communities: <https://kickstart.capuk.org/>

Children's Society producing updates and campaigning around cost of living: [Children in a Cost of Living Crisis | The Children's Society \(childrensociety.org.uk\)](#)