

Times are hard for many in our communities at the moment and are likely to get harder. We set out below some new sources of advice and assistance available to anyone who is struggling to make ends meet.

Free energy advice and awareness:

[Community Action Norfolk](#) (CAN) are offering FREE online energy advice and awareness sessions:

Rapidly rising energy costs, combined with the coldest months of winter, are a major worry for almost everyone. Factoring in the continuing COVID pandemic, with many people still needing to isolate at home, means that energy usage is also high.

If you or your beneficiaries are worried about energy bills, why not come along to one of their FREE online energy advice and awareness sessions?

The content covers:

- how and where to get help and support with energy bills
- how to save on energy use in the home
- understanding fuel poverty
- switching energy supplier (updated advice in light of the present volatile market)

Sessions currently planned:

- Tuesday 1 February from 12 noon-1pm
- Monday 7 February from 12 noon-1pm
- Tuesday 8 February from 12 noon-1pm
- Monday 14 February from 12 noon-1pm
- Thursday 17 February from 12 noon-1pm
- Monday 21 February from 12 noon-1pm
- Tuesday 22 February from 1-2pm (West Norfolk residents and organisations)
- Wednesday 23 February from 12 noon-1pm
- Monday 28 February from 12 noon-1pm

Email office@communityactionnorfolk.org.uk to register and you'll receive a Teams or Zoom link a few days before.

Can't make it? They'll make it to you!

They can also deliver a session solely for your group or organisation at a day and time convenient to you – call Steve Nunn on 01362 545027 or email steve.nunn@communityactionnorfolk.org.uk to arrange.

Also

- CAN run a collective heating oil buying scheme at www.thinkingfuel.org.uk
- They also help promote collective electricity and gas buying scheme www.bigcommunityswitch.co.uk

Other information on sources of help for people in need include:

[Sources of fuel and Energy Support](#)

[Priority Services Register for Clinically Extremely Vulnerable](#)

[Auriga Help with Water and Energy booklet](#)

HELPING HAND AT THE LIBRARIES

Bags of items are available for collection in all libraries.

Keep Warm and Go – Bags contain; Hat, blanket, scarf, gloves, thermal vest and thermal socks

Toiletries to Go – Bags contain; deodorant, soap, toothbrush, toothpaste, shampoo, shower gel and hand gel

Cleaning to Go – Bags contain spray cleaner, cleaning cloths, washing up liquid and washing powder

Tricky Period – Bags contain one pack regular and one pack of super/night sanitary pads

Tricky Period Sustainable – Menstrual cup; choice of either size A or size B Washable sanitary pads (three regular & three super pads)

There is additional information on these webpages:

<https://www.norfolk.gov.uk/keepwarm>

<https://www.norfolk.gov.uk/trickyperiod>

Just a cuppa groups in libraries have added instant soup, hot chocolate and wrapped snacks in addition to their regular offer.

Please see your local library for times and dates for Just a cuppa or visit the website:

[What's on in Norfolk Libraries - Norfolk County Council](#)