

SUFFOLK COST OF LIVING

**Surviving**  
**Winter**  
**APPEAL**



**CAN WE HELP YOU**  
**STAY WARM?**

For help, please call 01473 298 634

# Are you struggling to stay warm this winter?

There is a way to get the help, support and advice you need.

Suffolk partners have come together to create an appeal that encourages those who don't need their Winter Fuel Payment to donate it. This isn't a new initiative in our county, it's been gaining momentum and helping more and more people over the past decade.

This starts with financial help needed to keep the heating on. Over 1800 households in Suffolk have received this immediate help over the past twelve months, but the support we can offer doesn't stop there. The Surviving Winter team including partners at Citizens Advice and Suffolk councils' Warm Homes Healthy People can also explore ways to help you make significant savings on living costs and maximise income as well as reduce your energy consumption through home improvement measures.

Support from Surviving Winter is completely free of charge, confidential and available to people of all ages.

For further information please call  
Citizens Advice on 01473 298 634



“The help we have received has really changed our lives. Yes, you do have to be brave to receive help, you feel that you should be managing but you just have to accept sometimes that you can't carry on as you are and must ask for help. The team for the appeal have been lovely, caring and trustworthy and we just can't thank everyone enough for all they have done to help us.”

- SUSAN

“I'm independent and I don't like asking for help and I felt really nervous about doing it, but I'm so glad that I did. It's made a huge difference to my life and now I can stay warm at home. I want to say how kind the people at Surviving Winter are and how much help they have been.”

- GEORGETTE

“Before I received help, I had taken to staying in bed much more and using hot water bottles to stay warm. But now I can get out of bed and sit and move around a little, which really helps with pain and everything. Thank you so much for the help.”

- CHRISTINE