

# EASE THE SQUEEZE



## ARE YOU, OR SOMEONE YOU KNOW, WORRIED ABOUT THE RISING COST OF LIVING?

We are helping East Suffolk Ease the Squeeze on the rising cost of living with a range of projects, initiatives and information which is all available at

**[WWW.EASTSUFFOLK.GOV.UK/SQUEEZE](http://WWW.EASTSUFFOLK.GOV.UK/SQUEEZE)**



### FIND ADVICE AND PRACTICAL SUPPORT ON:

- FOOD AND ESSENTIALS
- FUEL AND ENERGY
- MONEY AND DEBT
- HOUSING
- ACTIVITIES AND OFFERS



### CAN'T ACCESS THE WEBSITE?

Call 0333 162 000 to access Ease the Squeeze support. Also ask about face-to-face sessions with a Digital Champion who can help you get online.

**HELPING EAST SUFFOLK EASE THE SQUEEZE  
ON THE COST OF LIVING**