

COST LIVING SUPPORT

The cost of living crisis affects everyone and it is important to be aware of risks that may happen alongside the crisis.

Some of the risks to be aware of:


- Increased scams, including cold calls
- Domestic abuse and [coercive control](#)
- Lack of heating leading to cold houses
- Lack of funds to support their own mental health leading to further pressure on services
- Gambling
- Self-neglect as people are unable to afford heating/food, particularly those that live alone
- Increased vulnerability to [cuckooing](#)/exploitation

If you are in immediate harm, you should call the police on 999.

RESOURCES

The following will help you signpost adults to support networks, both locally and nationally.

WARM HUBS	
INTERGRATED CARE SYSTEM	Health and wellbeing
NORFOLK COUNTY COUNCIL	Advice and support
JUST ONE NORFOLK	Family focused information
NORFOLK COMMUNITY FOUNDATION	Localised hot spots / warm spaces
WARM WELCOME	National warm space directory
CRISIS SUPPORT	
NORFOLK ASSOCIATION OF LOCAL COUNCILS	Advice and support
EXPLOITATION AWARENESS	
INTRODUCTION TO EXPLOITATION AWARENESS TRAINING	Focused training module available to all
NORFOLK COUNTY COUNCIL CHILDREN'S SERVICES SUPPORT	Support and reporting information
NORFOLK COUNTY COUNCIL ADULT SOCIAL CARE SUPPORT	Support and reporting information



FINANCIAL SUPPORT	
NORFOLK ASSISTANCE SCHEME	Local financial support
NORFOLK TRADING STANDARDS	Advice on scams
FRIENDS AGAINST SCAMS	Information and advice on scams
DOMESTIC ABUSE SUPPORT	
HSBC	Financial support for those in abusive situations
LEEWAY NORFOLK	Local domestic abuse support
NORFOLK COUNTY COUNCIL DOMESTIC ABUSE SUPPORT	Information and support
DAWN'S NEW HORIZON	Broadland District support
FOOD SUPPORT	
NOURISHING NORFOLK NETWORK	Foodbank information
TRUSSELL TRUST	Foodbank directory
MENTAL HEALTH	
MIND NORFOLK AND WAVENEY	Information for 11 – 18 year olds
MIND NORFOLK AND WAVENEY	Information for adults
KOOOTH (11 – 24 YEARS)	Mental health app for children and young adults
QWELL (18+ YEARS)	Mental health app for adults
OTHERS	
NORFOLK CITIZEN'S ADVICE	Support and advice
CITIZEN'S ADVICE DISS, THETFORD AND DISTRICT	Support and advice
NORFOLK ADULT SAFEGUARDING BOARD SELF-NEGLECT & HOARDING	Support and advice
CARERS MATTER NORFOLK	Information and support for carers

This information has been created with support and information shared by the Central Locality Safeguarding Adults Partnership.