



**Are you an older person worried about rising fuel and food prices?**

**Norfolk Assistance Scheme**

is working in partnership with Age UK Norfolk and Age UK Norwich to help you get support and financial assistance for food, energy, water and other essentials including white goods and beds.

Anyone can apply to NAS on your behalf including our Age UK partners if you are not able to contact us yourself. NAS, Age UK Norfolk and Age UK Norwich are here to help you through this difficult time.

The fastest way to apply is online: [www.norfolk.gov.uk/NAS](http://www.norfolk.gov.uk/NAS)  
If you do not have internet access, call **0333 996 8333**

If you are unsure whether this is for you please contact: **Your Norfolk Advice Line**  
**Tel: 0333 996 8333** or by email at [helpline@ncan.co.uk](mailto:helpline@ncan.co.uk)