Emergency help with bills, food and other items



If you find yourself in need of some help this winter, the Essential Living Fund can help pay for heating, electricity, water and food. We can also help you get essential household items like a fridge, cooker or table.

To get a grant you must

- Live in Essex, Southend or Thurrock
- Be aged over 16

How to apply

Check if this applies to you.
Visit **www.southend.gov.uk/elfforessex**

Or if you are vulnerable or have no access to the internet you can call **0300 7900124** (between 8:45am - 5:00pm).

thurrock.gov.uk

southend on sea BOROUGH COUNCIL

Essex County Council