

# Cost of Living Support<sup>+</sup>



**Visit the ELFT website for advice, tips and hacks to help reduce cost of household bills, food, and other daily living expenses. Includes support available in your local area.**



**[www.elft.nhs.uk/service-users-and-carers/cost-living](http://www.elft.nhs.uk/service-users-and-carers/cost-living)**

Cost of Living



**Cost of Living**

**NHS**

**East London**

**NHS Foundation Trust**