

# Co-operatives East

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### of Co-operatives and Co-operators in the East

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#### Co-operative Assistance Network Limited (CAN)

[www.can.coop](http://www.can.coop)



Co-operative Assistance Network Limited  
[www.can.coop](http://www.can.coop)

CAN has been delivering training, consultancy, development work and business services to co-operatives, social enterprises, community enterprises and credit unions since 1989. Because we are a workers co-operative ourselves, we “walk the walk” as well as “talk the talk”. We provide practical,affordable solutions with a “can do” attitude.

#### Services offered by CAN

We can help with every stage of the development your co-operative, from feasibility study to business planning to registration to growth, even dissolution. Our consultancy service covers all aspects of running a co-operative enterprise and your initial consultation is free. We also provide business services such as running financial systems and we can help with governance troubleshooting, conflict resolution etc. Please visit our website [www.can.coop](http://www.can.coop) for the full menu.

#### Free services

Our website is peppered with free-to-download information sheets and usefool tools.

#### Eastern Savings and Loans Credit Union Ltd

[www.eslcu.co.uk](http://www.eslcu.co.uk)



Eastern Savings and Loans helps people save when they can, borrow when they need to. Budgeting accounts, prepaid Debit card and loans of up to £7,000 available to anyone who lives in Suffolk, Cambridgeshire or Norfolk. Group accounts for small groups also available

## Green Energy Nayland

[www.greenenergynayland.org.uk](http://www.greenenergynayland.org.uk)



Green Energy Nayland (GEN) is a community owned energy business seeking to reduce the carbon footprint of public buildings.

### Products

Renewable energy systems, solar PV, heat pumps, etc - how to reduce your energy costs

## Rainbow Saver Anglia Credit Union Ltd

[www.rainbowsaver.co.uk](http://www.rainbowsaver.co.uk)



Rainbow Saver  
Anglia Credit Union Ltd

Rainbow Saver helps people save when they can, borrow when they need to. Budgeting accounts, prepaid Debit card and small loans available to anyone who lives in Suffolk, Cambridgeshire or South Norfolk. Group accounts for small groups also available

### Services

Prepaid Debit card can be used for managing petty cash, staff or volunteer expenses and other expenditure

## Social Enterprise East of England

[www.seee.co.uk](http://www.seee.co.uk)



A membership organisation of Social Enterprises in the East. SEEE helps social enterprises to promote their organisations through its regular and well established communication channels including a website, newsletter and twitter. We aim to help individuals and organisations to buy social and are always looking for new members

### Offer to members

We have SEEEemail which we could offer to members for a small charge to disseminate information to our SEEE's mailing list using a bespoke email. Advertising space on our website and stands/exhibition space at our annual conference