

**INFORMATION PACK**

**SOURCES OF ADVICE AND INFORMATION**

**Advice UK**

Comprehensive listings of sources of advice on a wide variety of subjects

<http://www.adviceuk.org.uk>

020 7407 4070

**Age Concern**

Advice, information and services for older people

<http://www.ageconcern.org.uk/>

0800 00 9966

**Benevolent Fund of the Institution of Civil Engineers**

Advice and counselling for members of the ICE

<http://www.bfice.org.uk/>

0800 587 3428

**Business Debtline**

Advice on business debts

<http://www.bdl.org.uk>

**Child Support Agency**

Advice on child maintenance

<http://www.csa.gov.uk>

0845 7133 133

**Citizens Advice Bureau**

Advice

<http://www.citizensadvice.org.uk/>

020 7833 2181

**Citizens Advice Scotland**

Advice

<http://www.cas.org.uk>

0131 550 1000

**Consumer Credit Counselling Service**

Debt advice

<http://www.cccs.co.uk/>

0800 138 1111

**Counsel and Care**

Advice and information for older people

<http://www.counselandcare.org.uk/>

0845 300 7585

**Directgov**

Government website for citizens

<http://www.direct.gov.uk/>

**Disabled Living Foundation**

Advice about equipment for disabled people

<http://www.dlf.org.uk/>

0845 130 9177

**Elderly Accommodation Counsel**

Advice on housing and care for older people

<http://www.eac.org.uk/>

020 7820 1343

**Employment Opportunities for People with Disabilities**

Advice and information for disabled people

<http://www.opportunities.org.uk/>

020 7448 5420

**Help the Aged**

Advice and information for older people

<http://www.helptheaged.org.uk/>

020 7278 1114

**National Debtline**

Debt advice

<http://www.nationaldebtline.co.uk/>

0808 808 4000

**Northern Ireland Citizens Advice Bureau**

Advice

<http://www.citizensadvice.co.uk>

028 9023 1120

**Payplan**

Debt advice

<http://www.payplan.com/>

0800 716 239

**Relatives & Residents Association**

Advice and information for those in residential care and their families

<http://www.relres.org/>

020 7359 8136

**USEFUL TELEPHONE NUMBERS****Benefit Enquiries (including Attendance Allowance and Disability Living Allowance)**

0800 882200

**Carers allowance**

01253 856123

**State Pension**

0800 731 7898

**Pension Credit**

0800 99 1234

**Child and Working Tax Credits**

0845 300 3900

**The Motability Scheme**Help with leasing or buying a car if a person is getting *War Pensions Mobility Supplement* or *the higher rate of Disability Living Allowance*

0845 456 4566

**The local Job Centre Plus** (see phone book)

Bereavement (Widows) benefits, Income Support, Maternity Allowance, Job Seekers Allowance, Incapacity Benefit and Employment and Support Allowance. (It is advisable to telephone them first and make enquiries before visiting.)

**The Local Authority** (see phone book)

Housing and Council Tax Benefits