



# South Gloucestershire advice charities are open for **FREE** phone advice

"I was paying off my debts... but I can't afford to right now, what can I do?"

"I am claiming Tax Credits – but would I be better off claiming Universal Credit?"

"I am a pensioner struggling to make ends meet... can I get pension credit?"

"I've lost my job and can't pay my rent. Can my landlord evict me?"

Coronavirus has caused and deepened problems for people in our community. Please don't worry on your own; our expert advice is free.

**Get in touch for help today.**



Specialist advice and information for people 50 and over.  
**Call 01454 411707** or email [info@ageuksouthglos.org.uk](mailto:info@ageuksouthglos.org.uk)  
[www.ageuk.org.uk/southgloucestershire](http://www.ageuk.org.uk/southgloucestershire)

---



Advice and support for people living with HIV  
**Call 0117 955 5038** or email [info@brigstowe.org](mailto:info@brigstowe.org)  
[www.brigstowe.org](http://www.brigstowe.org)

---



Helping people access justice

Employment, discrimination, benefits appeals & housing.  
**Call 0117 924 8662** or email [mail@bristollawcentre.org.uk](mailto:mail@bristollawcentre.org.uk)  
[www.bristollawcentre.org.uk](http://www.bristollawcentre.org.uk)

---



The Home Energy team helps people in fuel poverty.  
**Call 0800 082 2234** or email [home.energy@cse.org.uk](mailto:home.energy@cse.org.uk)  
[www.cse.org.uk](http://www.cse.org.uk)

---



Independent advice on employment, debt, benefits & more.  
**Telephone advice: 01454 334961**  
Monday to Friday: 10am-4pm  
[www.southgloscab.org.uk](http://www.southgloscab.org.uk)

---



Specialist debt & welfare benefits advice, including appeals.  
**Call 07731 842 763 or 07595 047 278**  
email [team@northbristoladvice.org.uk](mailto:team@northbristoladvice.org.uk)  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

---



We can help people with bad housing or homelessness.  
**Call 0344 515 1430**  
Urgent help out of hours: 0808 800 4444  
[england.shelter.org.uk](http://england.shelter.org.uk)

---



Specialist debt, benefits and income maximisation advice.  
**Call 0117 954 3990** or email [mail@talkingmoney.org.uk](mailto:mail@talkingmoney.org.uk)  
[www.talkingmoney.org.uk](http://www.talkingmoney.org.uk)

---