

## USEFUL CONTACT DETAILS FOR ADVICE & SUPPORT

<https://www.redbridge.gov.uk/jobs/work-redbridge/>

Work Redbridge is a free service available to Redbridge residents aged 16 years and over to help residents seeking employment.

<https://www.turn2us.org.uk/>

Turn to us is a Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.

<https://www.gov.uk/browse/benefits> -government website.

<https://www.redbridge.gov.uk/benefits/discretionary-housing-and-hardship-payments/>

Website gives information about payments to address shortfalls in benefits.

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

The Mary Ward Legal Centre provides free, independent advice to people who live and work in London to help them access their legal rights and entitlements. The main areas of advice covered are debt, benefits and housing

The centre is based on Holborn, Central London, but operates outreach debt advice sessions for Redbridge residents at Olympic House, Ilford, Redbridge Citizens Advice in Ilford and RAMFEL in Ilford.

For more information or to request an appointment call 0207 269 5455 or 0207 269 0292

[www.nationaldebtline.org](http://www.nationaldebtline.org)

National Debtline is a debt advice charity run by the **Money Advice Trust**. They offer free and confidential debt advice via email, webchat or by calling them on 0808 808 4000. Lines are open Monday - Friday 9am - 8pm & Saturday 9:30am - 1pm

<http://capitalise.org.uk/>

Capitalise offers free, independent face to face debt advice across London. Contact them on 0808 164 2480 for more information or to request an appointment.

<https://www.citizensadvice.org.uk/local/redbridge/>

Redbridge CA offer advice on a range of issues including benefits, debt and housing. They are located in Ilford and South Woodford. Contact them on 0208 514 1878 for general service enquiries; this is not an advice line.

<http://capitalise.org.uk/>

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

Liberty Credit Union – offers convenient savings and low interest loans Email

[libertycu@btconnect.com](mailto:libertycu@btconnect.com) Telephone 01708 741899