Financial Support

Resources to use if you or a loved one is in need of financial assistance.

Carers: a free phone helpline providing advice to carers about their legal rights and entitlements. Call 0808 808 7777 or visit https://www.carersuk.org/

Citizens Advice offers confidential advice online, over the phone and in person, for free. They also give advice on consumer rights on our consumer helpline, support witnesses in courts through the Witness Service and give pension guidance to people aged over 50. Call 0800 144 8848 or visit www.citizensadvice.org.uk/

StepChange offers free, flexible debt advice that is based on a comprehensive assessment of your situation. They provide practical help and support. Call 0800 138 1111or visit www.stepchange.org

National Debtline is a debt advice charity run by the Money Advice Trust, offering a free and confidential debt advice service for people in England, Wales, and Scotland. Call 0808 808 4000 or visit www.nationaldebtline.org

There's some really great **recipe ideas** out there for eating on a budget, for example: https://www.puregym.com/blog/15-tasty-recipes-you-can-make-for-less-than-1/

The Money Charity's vision is that everyone achieves financial wellbeing by managing their money well. Their website offers lots of helpful resources, including webinars and workshops. https://themoneycharity.org.uk