



PROBLEMS WITH BENEFITS AND HELP IN A CRISIS

- Don't know what to claim?
- Don't know whether you're claiming all you can?
- Confused by the rules and conditions?

➤ www.gov.uk/browse/benefits

➤ www.turn2us.org.uk

Call Every Pound Counts (for people who are elderly, disabled, ill or caring for someone): ☎ **0207 926 4804**

➤ www.onelambethadvice.org.uk

Or call: ☎ **0800 254 0298**

- Can't afford essential items?

Consider searching for 'budgeting loan' at:

➤ www.gov.uk

Or look for a grant: Click on 'Grants Search' at: ➤ www.turn2us.org.uk

- Been sanctioned?

Search for 'sanctions' at:

➤ www.moneyadvice.org.uk

- Facing an unexpected crisis?

Search for 'emergency support' at:

➤ www.lambeth.gov.uk

Consider using your local foodbank:

➤ www.trusselltrust.org

- Need help paying your rent?
- In arrears or threatened with eviction?

Search for 'discretionary housing payment' at: ➤ www.lambeth.gov.uk

Click 'get advice' at: ➤ www.shelter.org.uk

Or call: ☎ **0344 515 1540**



MY NEXT STEPS...

1 Follow the guidance on the front of this card.

2

3

Local help and support:

Getting online - Digibuddies

 0203 691 5111

Getting a bank account - SHP banking project


 anorman@shp.org.uk


Free money knowhow sessions - Money A+E

 jerryduring@moneyaande.co.uk

Free money mentor sessions - Face Project

 edric.allen@metropolitan.org.uk

 shingirai.nyabango@metropolitan.org.uk

 0203 535 4051

Becoming a Money Champion yourself

 laura.mccullagh@wlm.org.uk

 020 3242 0954