

# COST OF LIVING SUPPORT



## ADVICE

### Ask Us Wirral

A wide ranging and comprehensive service offering Information, Advice and Specialist casework (benefits, debt and housing), and Social Prescribing provided in partnership with Age UK Wirral, Wirral Mind, Wirral Change and Wirral Mencap. The service also provides OISC Level 1 Immigration advice.

Call **0808 2787848** 10am - 4pm Monday - Friday

### Pension Wise

Service that offers free, impartial pensions guidance about your pension options.

Call **0800 138 3944**

### Involve North West

Free advice on welfare benefits (for individuals with poor health conditions and/or disabilities) and debt and money management issues as well as employment support through their **ReachOut** service.

Call **0151 644 4500**

### RAISE

Free advice on welfare benefits, debt, financial capability issues, and employment support.

Call **0151 459 1556**



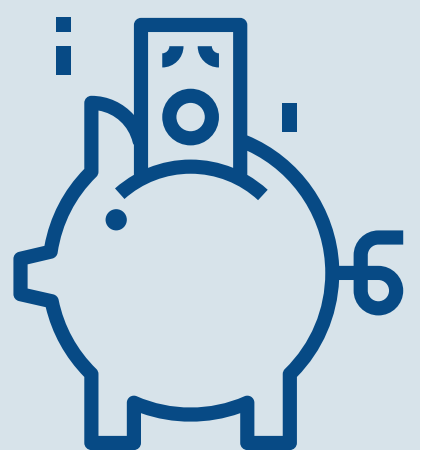
## SAVING MONEY

### ABL Stop Smoking Support

Call **0151 541 5656**

### Social Supermarkets

Search "social supermarkets" on the **Wirral Infobank website**



## KEEPING WARM THIS WINTER

### Energy Projects Plus

A charity delivering projects that focus on improving domestic energy efficiency and reducing fuel poverty.

Call **0800 043 0151**

### Warm Hubs

Visit <https://www.warmwelcome.uk/> and type in your postcode to find your nearest warm hub.



## GETTING HELP WHEN YOU NEED IT

### Stepchange

Free debt support.

Call **0800 138 1111** Monday to Friday 8am to 8pm and Saturday 8am to 4pm

### Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers in the UK.

Call **0300 555 2222**

### Wirral FUSS

Provides free second hand school uniforms.  
Call **07731 831936**

### Action Fraud

National reporting centre for fraud and cyber crime

Call **0300 123 2040**

### Beacon Counselling Trust

Gambling-related harms support

Call **0151 226 0696**

### GamCare

Support for anyone affected by gambling problems

Call **0808 8020 133**

