



THE THREE SHIRES MEDICAL PRACTICE

Coleme, Marshfield, Pucklechurch and Wick Surgeries

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Financial Support

Many people worry about money at some point in their lives. You may be struggling with bills, debt, food costs, housing costs or benefits. Support is available, and you do not have to manage these problems alone. This leaflet explains where to find free advice and practical help.

Many people are finding life more expensive.

You may be worried about:

- Paying bills
- Food costs
- Energy costs
- Rent or mortgage payments
- Debt
- Benefits
- Work and income

Money worries can affect your health and wellbeing.
Support is available, and it is okay to ask for help.

Why Get Help Early?

Money problems can feel overwhelming.

- Getting advice early may help you:
- Reduce stress
- Access benefits you are entitled to
- Manage debt
- Stay warm and well
- Find support for food and household costs

Many support services are free and confidential.

! Do not ignore letters or bills.

! Ask for help as soon as possible.

Benefits Advice

You may be entitled to financial support even if you are working.

Benefits may help with:

- Living costs
- Housing costs
- Disability
- Caring responsibilities
- Long-term health conditions

If you are unsure what help you can get, ask for advice.

Services That Can Help

Citizen Advice

They give advice to help people solve problems. For example, if you're struggling with money, have issues with a company, or need help with benefits. Anyone can use Citizen Advice, and it is free.

South Gloucestershire – 0808 278 7947

Wiltshire – 0808 278 7995

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

Social Prescribing

Support may be available if you are struggling to afford food and other essentials. A Social Prescriber can help connect you to local support and community services.

01174 034238

<https://southernbrooks.org.uk/social-prescribing/>

Warm and Well

It is important you live in a warm and safe home. Warm and well can help with energy advice, and how you can reduce your energy bill. They may be able to come to your home.

0800 500 3076

<https://warmandwell.co.uk/>

WorkWell West

WorkWell West can help you to stay in work, find work or return to work. It is free, tailored to you and does not affect benefits.

0117 922 3623

<https://www.workwellwest.org/>

Age UK

They give advice to over 50s. This includes benefit checks and support if you feel lonely. They can also offer help finding local services to support living at home.

South Gloucestershire – 01454 411707

Wiltshire – 0808 196 2424

MoneyHelper

MoneyHelper provides free information about: Budgeting, Borrowing money, Debt, Benefits, Pensions

www.moneyhelper.org.uk

Turn2us

www.turn2us.org.uk

Finally

We hope you have found this information helpful. Many people need financial support at some point in their lives. If you are worried about money, bills, debt, housing or benefits, please ask for help.

Support is available, and you do not have to face these problems alone.