



## Problems with Council Tax ?

**FirstSteps** offer a non-judgemental and supportive service that is sensitive to your individual circumstances. They will help you to:

- avoid rising costs by providing immediate intervention
- check you're claiming all the benefits and support you're entitled to
- let you know about any schemes and organisations that could help you
- book you in for an appointment with Citizens Advice North Somerset
- work with you to find a repayment plan that is affordable and adaptable if your circumstances change

[firststeps@liberata.com](mailto:firststeps@liberata.com)

## Looking to upgrade your cooking skills??



If you would like to grow your cooking knowledge and confidence or know someone who would, please email Amy at [cooking@wsmfoodbank.org.uk](mailto:cooking@wsmfoodbank.org.uk) for more information. A full year of cooking sessions planned for 2023!



## WORRIED ABOUT MONEY ?

Here are some contacts that will help

### CITIZENS ADVICE NORTH SOMERSET

Help with benefits, housing, employment problems, debt advice and more  
0808 278 7973  
[www.nscab.org.uk](http://www.nscab.org.uk)

Help with options: 1 2 3 4 5 6

### BRISTOL LAW CENTRE

Specialist legal advice and casework including housing, benefit appeals, immigration issues and employment  
0117 924 8662 or 0330 024 0389 (freephone)  
[www.bristolawcentre.org.uk](http://www.bristolawcentre.org.uk)

Help with options: 1 2 3 4 5 6

### Benefits and Welfare Provision Scheme

Information on benefits and ways to access a grant  
01934 888 035 or 0800 138 5665  
[www.n-somerset.gov.uk/wps](http://www.n-somerset.gov.uk/wps)

### CHRISTIANS AGAINST POVERTY

Debt advice and ongoing support for those with problem debt or in financial difficulty  
0800 328 0006 | [www.capuk.org](http://www.capuk.org)

Help with option: 3

### ALLIANCE HOUSING SUPPORT

Provide advice and guidance on housing, benefits, debt, health and wellbeing and employment matters

03000 120 120 (option 3)  
[support@alliancehomes.org.uk](mailto:support@alliancehomes.org.uk)  
[www.alliancehomes.org.uk](http://www.alliancehomes.org.uk)

Help with options: 1 2 3

### AGE UK SOMERSET

Information and advice service for older people, their families and carers  
01823 345 613

[infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)  
[www.ageuk.org.uk/somerset](http://www.ageuk.org.uk/somerset)

Help with options: 1 2

## Get help to buy food and milk

(the Healthy Start scheme)

## What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

**How do I apply ?** Check your availability and complete an online form at :

[www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)

## Anxious ? Depressed ?

If you live in England and are aged 18 or over, you can access NHS talking therapies services for anxiety and depression.

A GP can refer you, or you can refer yourself directly without a referral (as long as you are registered with a GP)

NHS talking therapies services offer:

- talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help
- help for common mental health problems, like anxiety and depression

**Find out more** at [care.connect@n-somerset.gov.uk](mailto:care.connect@n-somerset.gov.uk) or phone **01275 888801**



## Need help with finding a job ?

Did you know that the Salvation Army provides expert guidance and support in finding employment. For details go to

<https://www.salvationarmy.org.uk/employment-plus/local-support-jobseekers>

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