

**WINTER HEALTH QUICK GUIDE: SERVICES**

	<b>Benefits</b>	<b>Debt</b>	<b>Grants &amp; Energy</b>	<b>Health</b>	<b>Homeless</b>
<b>Adult 20+</b>	<b>Job Centre Plus</b> Claim, stop or change your details for Job Seekers, Employment Support or Income Support. Tel: 0345 604 3719 <a href="http://www.jobcentreonline.com">www.jobcentreonline.com</a>	<b>Money Advice Service</b> Free unbiased money advice service. Tel: 0300 500 5000 <a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a> <b>CAP UK</b> Debt Counselling Tel: 01274 760 720 <a href="http://www.capuk.org">www.capuk.org</a>	<b>Charis Grants Ltd</b> Designed to alleviate financial hardship. Tel: 01733 421021. <a href="http://www.charisgrants.com">www.charisgrants.com</a>	<b>NHS Health Services</b> Tips, help and advice during Winter. Tel: 111 <a href="http://www.nhs.uk/winterhealth">www.nhs.uk/winterhealth</a>	<b>Shelter</b> National Organisation specialising in Housing and Homelessness Advice. Tel: 0808 800 4444 <a href="http://www.shelter.org.uk">www.shelter.org.uk</a>
<b>Children 0-19</b>	<b>Child Benefit</b> Benefit for parents that have Children under 20 that are in education, training or registered for work. Tel: 0300 200 3100 <a href="http://www.hmrc.gov.uk">www.hmrc.gov.uk</a>	<b>Money Advice Service</b> Free unbiased money advice service. Tel: 0300 500 5000 <a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a> <b>CAP UK</b> Debt Counselling Tel: 01274 760 720 <a href="http://www.capuk.org">www.capuk.org</a>	<b>Buttle UK</b> Charity that aims to give children living in poverty a fighting chance by providing support and small grants. Tel: 0207 828 7311 <a href="http://www.buttleuk.org">www.buttleuk.org</a>	<b>Family Fund</b> Organisation providing grants for disabled or seriously ill children and their families towards things such as Healthcare. Tel: 01904 621115 <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>	<b>Council Housing Teams</b> Cambridge: 01223 457918 : <a href="http://www.cambridge.gov.uk/housing">www.cambridge.gov.uk/housing</a> Fenland: 01354 654321: <a href="http://www.fenland.gov.uk">www.fenland.gov.uk</a> E. Cambs: 01353 665555 : <a href="http://www.eastcambs.gov.uk/housing">www.eastcambs.gov.uk/housing</a> S. Cambs: 0345 045 0500 : <a href="http://www.scambs.gov.uk/services/housing">www.scambs.gov.uk/services/housing</a> Hunts: 01480 388388 : <a href="http://www.huntingdonshire.gov.uk/housing">www.huntingdonshire.gov.uk/housing</a>
<b>Families</b>	<b>Working / Child Tax Credit</b> Benefits designed to help single parents or families with a low income. Tel: 0345 300 3900 <a href="http://www.gov.uk/benefits">www.gov.uk/benefits</a>	<b>Gardeners Benevolent Society</b> Support and Debt advice for families and children. Tel: 0800 210 0547 <a href="http://www.perennial.org.uk">www.perennial.org.uk</a>	<b>Cambridgeshire Energy Switch</b> Switch energy supplier to make average savings of £224 pr yr. <a href="http://cambridgeshire.gov.uk/switch">cambridgeshire.gov.uk/switch</a> Tel: 01223 507164	<b>NHS Health Services</b> Tips, help and advice during Winter. Tel: 111 <a href="http://www.nhs.uk/winterhealth">www.nhs.uk/winterhealth</a>	<b>Council Housing Teams</b> Cambridge: 01223 457918 : <a href="http://www.cambridge.gov.uk/housing">www.cambridge.gov.uk/housing</a> Fenland: 01354 654321: <a href="http://www.fenland.gov.uk">www.fenland.gov.uk</a> E. Cambs: 01353 665555 : <a href="http://www.eastcambs.gov.uk/housing">www.eastcambs.gov.uk/housing</a> S. Cambs: 0345 045 0500 : <a href="http://www.scambs.gov.uk/services/housing">www.scambs.gov.uk/services/housing</a> Hunts: 01480 388388 : <a href="http://www.huntingdonshire.gov.uk/housing">www.huntingdonshire.gov.uk/housing</a>
<b>Migrant Workers</b>	<b>Job Centre Plus</b> Claim, stop or change your details for Job Seekers, Employment Support or Income Support. Tel: 0345 604 3719 <a href="http://www.jobcentreonline.com">www.jobcentreonline.com</a>	<b>British Gas Energy Trust</b> Can clear domestic gas and electricity debts as well as other essential debts. Tel: 01733 421060 <a href="http://www.britishgasenergytrust.org.uk">www.britishgasenergytrust.org.uk</a>	<b>Charis Grants Ltd</b> Designed to alleviate financial hardship. Tel: 01733 421021 <a href="http://www.charisgrants.com">www.charisgrants.com</a>	<b>NHS Health Services</b> Tips, help and advice during Winter. Tel: 111 <a href="http://www.nhs.uk/winterhealth">www.nhs.uk/winterhealth</a>	<b>Council Housing Teams</b> Cambridge: 01223 457918 : <a href="http://www.cambridge.gov.uk/housing">www.cambridge.gov.uk/housing</a> Fenland: 01354 654321: <a href="http://www.fenland.gov.uk">www.fenland.gov.uk</a> E. Cambs: 01353 665555 : <a href="http://www.eastcambs.gov.uk/housing">www.eastcambs.gov.uk/housing</a> S. Cambs: 0345 045 0500 : <a href="http://www.scambs.gov.uk/services/housing">www.scambs.gov.uk/services/housing</a> Hunts: 01480 388388 : <a href="http://www.huntingdonshire.gov.uk/housing">www.huntingdonshire.gov.uk/housing</a>
<b>Older People 65+</b>	<b>Pension Service</b> Help with eligibility, claims and payments. Tel: 0800 731 7898. <a href="http://www.pensionsonline.com">www.pensionsonline.com</a> <b>AFTAid</b> - Charity that provides grants for beds and walk-in showers. Tel: 0870 803 1950. <a href="http://www.aftaid.org.uk">www.aftaid.org.uk</a>	<b>StepChange</b> Charity that provides advice and guidance on debt problems and the best route for you. Tel: 0800 038 1111 <a href="http://www.stepchange.org">www.stepchange.org</a>	<b>Action on Energy</b> Energy saving improvements for Cambridgeshire residents including the Green Deal. Tel: 0800 093 3303 <a href="http://www.actiononenergy.net">www.actiononenergy.net</a>	<b>Age UK Safer Homes</b> Handypersons Scheme can fit grabrails, fit carpets, remove slip hazards, paint walls and fences. Tel: 0300 666 9860 <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	<b>Council Housing Teams</b> Cambridge: 01223 457918 : <a href="http://www.cambridge.gov.uk/housing">www.cambridge.gov.uk/housing</a> Fenland: 01354 654321: <a href="http://www.fenland.gov.uk">www.fenland.gov.uk</a> E. Cambs: 01353 665555 : <a href="http://www.eastcambs.gov.uk/housing">www.eastcambs.gov.uk/housing</a> S. Cambs: 0345 045 0500 : <a href="http://www.scambs.gov.uk/services/housing">www.scambs.gov.uk/services/housing</a> Hunts: 01480 388388 : <a href="http://www.huntingdonshire.gov.uk/housing">www.huntingdonshire.gov.uk/housing</a>
<b>Vulnerable Adults 18+</b>	<b>Welfare Rights</b> Identifies each benefit and who is eligible for each. Tel: 01387 266 888 <a href="http://www.welfarerights.net">www.welfarerights.net</a>	<b>StepChange</b> Charity that provides advice and guidance on debt problems and the best route for you. Tel: 0800 038 1111 <a href="http://www.stepchange.org">www.stepchange.org</a>	<b>Charis Grants Ltd</b> Designed to alleviate financial hardship. Tel: 01733 421021 <a href="http://www.charisgrants.com">www.charisgrants.com</a>	<b>Disability Rights UK</b> Provide advice on a variety of things such as benefits and independent living. Tel: 020 7250 8181 <a href="http://www.disabilityrightsuk.org">www.disabilityrightsuk.org</a>	<b>Council Housing Teams</b> Cambridge: 01223 457918 : <a href="http://www.cambridge.gov.uk/housing">www.cambridge.gov.uk/housing</a> Fenland: 01354 654321: <a href="http://www.fenland.gov.uk">www.fenland.gov.uk</a> E. Cambs: 01353 665555 : <a href="http://www.eastcambs.gov.uk/housing">www.eastcambs.gov.uk/housing</a> S. Cambs: 0345 045 0500 : <a href="http://www.scambs.gov.uk/services/housing">www.scambs.gov.uk/services/housing</a> Hunts: 01480 388388 : <a href="http://www.huntingdonshire.gov.uk/housing">www.huntingdonshire.gov.uk/housing</a>

For advice and support with benefits, grants and local housing contact your District Council

[www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)

Advocacy Services are provided by the following organisations:

<b>CAB</b>	66 Devonshire Road Cambridge CB1 2BL	0844 848 7979	<a href="http://www.cambridgecab.org.uk">www.cambridgecab.org.uk</a>
<b>Age UK</b>	2 Victoria Street Chatteris Cambridgeshire PE16 6AP	0800 666 9860	<a href="http://www.ageuk.org.uk/cambridgeshire/">www.ageuk.org.uk/cambridgeshire/</a>  <i>For over 60's</i>
<b>British Legion</b>	South Fens Business Park Fenton Way Chatteris Cambridgeshire PE16 6TT	0808 802 8080	<a href="http://www.britishlegion.org.uk/counties/cambridgeshire/">www.britishlegion.org.uk/counties/cambridgeshire/</a>  <i>For those who have service in the armed forces</i>