



Pillar C4

Deal with financial demands

Whether you are having to reduce your hours at work, are off sick from work and considering claiming benefits or are out of work and already claiming benefits, or managing on a limited retirement pension the stress of making ends meet, dealing with the impersonal benefits system and generally trying to work out what to do and where to turn is likely to be exacerbating your pain.

Whilst there may not be a quick solution, there are services you can go to and information that is available to help you.

Access Dorset: Information, Advice and Crisis Advocacy Free, Independent advice and support to disabled people, people with long term health conditions, older people and carers, living in Dorset, Bournemouth and Poole www.accessdorset.org.uk/dial-information-and-advice/ 01202 771336

Age UK www.ageuk.org.uk/information-and-advice/

Bournemouth – 01202 530530

Dorchester – 01305 269444

Benefits

Department of Work and Pensions (DWP)

Tel: 0345 850 3322

www.gov.uk/browse/benefits/disability

Benefits calculator - www.gov.uk/benefits-calculators

- PIP Claims – 0800 917 2222
- ESA, Income Support claims – 0800 055 6688
- Industrial Injuries Disablement Benefit claims – 0345 758 5433
- Attendance Allowance (for over 65's if not previously claimed DLA/PIP) claims – 0345 605 6055
- Carer's Allowance claims – online at www.gov.uk/carers-allowance

Christians Against Poverty, in Dorset, Life Skills Groups provide support and skills to manage on a low income. <https://capuk.org/i-want-help>

Citizens Advice Bureau – www.citizensadvice.org.uk

Bournemouth and Poole - Adviceline – 03444 111 444 www.bournemouthcab.co.uk/

West, North and East Dorset - Adviceline – 0344 245 1291

West / North - <http://westdorsetca.org.uk/>

Christchurch - www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=100931

Wimborne/Ferndown/Verwood - www.eastdorsetca.com/

Diverse Abilities Advice Team – 0300 330 55414 <https://diverseabilities.org.uk/advice/>

Dorset First Point – homeless prevention service 01305 216230

Faithworks Wessex Money Matters

Tel: 01202 304004

Email: office@faithworkswessex.org.uk

Web: <http://faithworkswessex.org.uk/our-services/money/>

Help&Care – 896 Christchurch Road, Bournemouth, BH7 6DL 0300 111 3303
www.helpandcare.org.uk/information-and-advice/ for downloadable factsheets

Help with Health Costs - 0300 330 1343 www.nhs.uk/healthcosts

My Life My Care Information and advice about care and support for adults in Bournemouth, Dorset and Poole (hosted by the 3 councils)
www.mylifemycare.com/Financial-help-and-advice

Shelter – advice for any housing-related issues 0344 515 1400 www.shelter.org.uk/advice

Turn 2 Us – a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services www.turn2us.org.uk/

Your Money Team, Poole Housing Partnership

Beech House, 28-30 Wimborne Road, Poole, BH15 2BU.

Help with benefits and other sources of income, managing bills, budgeting and debt. Available to: PHP Tenants and any other residents across the Borough of Poole – 01202 264400 or email yourmoney@poole.gov.uk

<http://advisedorset.org.uk/services/poole-housing-partnership-your-money-team/>