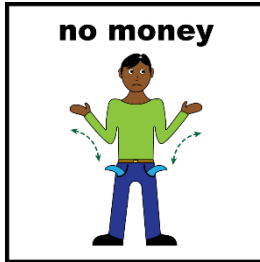
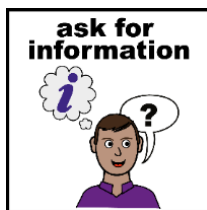


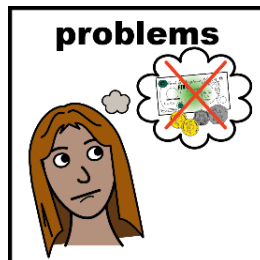
## Are you worried about money or about being in debt?



There may be lots of reasons why you are worried about money. You may suddenly have no money, be in debt, owe money, or you have to choose to spend money on food or heating or paying bills. Or you may be waiting on benefits payments.



Here is some information on the ways to contact people for help and advice with your money problems if you live in Glasgow.







### **Crisis Grant**

If you are experiencing a crisis or disaster and you have difficulties coping with unexpected expenses, you may be able to get a Crisis Grant.



**Contact Scottish Welfare Fund or  
GLASGOW CITY: Glasgow Central Citizens  
Advice Bureau or**

**NORTH WEST GLASGOW: North West Citizens  
Advice Bureau or Drumchapel Citizens  
Advice Bureau or Drumchapel Money  
Advice Centre or**

**NORTH EAST GLASGOW: Easterhouse Citizens  
Advice Bureau or Bridgeton Citizens Advice Bureau**

	<p>or Parkhead Citizens Advice Bureau or GEMAP or Govan Law Centre or</p> <p><b>SOUTH GLASGOW:</b> Govan Law Centre or Greater Pollok Citizens Advice Bureau or Money Matters or Castlemilk Citizens Advice Bureau or Castlemilk Law and Money Advice Centre</p>
<p>address and telephone</p> 	<p><b>Scottish Welfare Fund</b></p> <p>Phone – 0141 276 1177</p> <p>Website – <a href="http://www.glasgow.gov.uk/swf">www.glasgow.gov.uk/swf</a></p>
<p>address and telephone</p> 	<p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau</b></p> <p>Phone – 0141 552 5556</p> <p>Website – <a href="http://www.glasgowcentralcab.org.uk">www.glasgowcentralcab.org.uk</a></p>
<p>address and telephone</p> 	<p><b>NORTH WEST GLASGOW: North West Citizens Advice Bureau</b></p> <p>Phone – 0141 948 0204</p> <p>Email – <a href="mailto:bureau@gnwcab.org.uk">bureau@gnwcab.org.uk</a></p> <p>Website – <a href="http://www.gnwcab.org.uk">www.gnwcab.org.uk</a></p>
<p>address and telephone</p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau</b></p> <p>Phone – 0141 944 2612</p> <p>Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a></p> <p>Website – <a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>

<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Money Advice Centre</b></p> <p>Phone – 0141 944 2612</p> <p>Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a></p> <p><a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau</b></p> <p>Phone – 0141 771 2328</p> <p>Email – <a href="mailto:adminuser@easterhousecab.casonline.org.uk">adminuser@easterhousecab.casonline.org.uk</a></p> <p>Website – <a href="http://www.ehousecab.org.uk">www.ehousecab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Bridgeton Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0336</p> <p>Website – <a href="http://www.bridgetoncab.org.uk">www.bridgetoncab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Parkhead Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0004</p> <p>Email – <a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a></p> <p>Website – <a href="http://www.parkheadcab.org.uk">www.parkheadcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: GEMAP</b></p> <p>Phone – 0141 773 5850</p> <p>Email – <a href="mailto:info@gemap.co.uk">info@gemap.co.uk</a></p> <p>Website – <a href="http://www.gemap.co.uk">www.gemap.co.uk</a></p>

<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Govan Law Centre</b>  Phone – 0800 043 0306  Phone – 0141 440 2503  Email – m@govanlc.com  Website – www.govanlawcentre.org  Website – debtnavigator.scot (debt advice)</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Govan Law Centre</b>  Phone – 0800 043 0306  Phone – 0141 440 2503  Email – m@govanlc.com  Website – www.govanlawcentre.org  Website – debtnavigator.scot (debt advice)</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Greater Pollok Citizens Advice Bureau</b>  Phone – 0141 881 2462  Email – admin5@gpollokcab.org.uk  Website – www.gpollokcab.org.uk</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Money Matters</b>  Phone – 0141 445 5221  Email – advice@money mattersweb.co.uk  Website – www.money mattersweb.co.uk</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Castlemilk Citizens Advice Bureau</b>  Phone – 0141 634 0338  Website – www.castlemilkcab.org.uk</p>

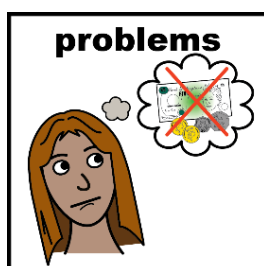


## **SOUTH GLASGOW: Castlemilk Law and Money Advice Centre**

Phone – 0141 634 0313

Email – [mail@castlemilklawcentre.co.uk](mailto:mail@castlemilklawcentre.co.uk)

Website – [www.castlemilklawcentre.co.uk](http://www.castlemilklawcentre.co.uk)



## **Making your money go further**

Anyone who is worried about money can get a free benefit check. This will make sure you are getting the right amount of money and get advice on other ways to save money. For example, cheaper gas or electricity or free school meals.

### **Contact**



**GLASGOW CITY: Glasgow Central Citizens Advice Bureau or**

**NORTH WEST GLASGOW: North West Citizens Advice Bureau or Drumchapel Citizens Advice Bureau or Drumchapel Money Advice Centre or**

**NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau or Bridgeton Citizens Advice Bureau or Parkhead Citizens Advice Bureau or GEMAP or Govan Law Centre or**

**SOUTH GLASGOW: Govan Law Centre or Greater Pollok Citizens Advice Bureau or Money Matters or Castlemilk Citizens Advice Bureau or Castlemilk Law and Money Advice Centre**






<p><b>address and telephone</b></p> 	<p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau</b>  Phone – 0141 552 5556  Website – <a href="http://www.glasgowcentralcab.org.uk">www.glasgowcentralcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: North West Citizens Advice Bureau</b>  Phone – 0141 948 0204  Email – <a href="mailto:bureau@gnwcab.org.uk">bureau@gnwcab.org.uk</a>  Website – <a href="http://www.gnwcab.org.uk">www.gnwcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau</b>  Phone – 0141 944 2612  Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a>  Website – <a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Money Advice Centre</b>  Phone – 0141 944 0507  Email – <a href="mailto:admin@d-mac.org.uk">admin@d-mac.org.uk</a>  Website – <a href="http://www.d-mac.org.uk">www.d-mac.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau</b>  Phone – 0141 771 2328  Email – <a href="mailto:adminuser@easterhousecab.casonline.org.uk">adminuser@easterhousecab.casonline.org.uk</a>  Website – <a href="http://www.ehousecab.org.uk">www.ehousecab.org.uk</a></p>

<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Bridgeton Citizens Advice Bureau</b>  Phone – 0141 554 0336  Website – <a href="http://www.bridgetoncab.org.uk">www.bridgetoncab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Parkhead Citizens Advice Bureau</b>  Phone – 0141 554 0004  Email – <a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a>  Website – <a href="http://www.parkheadcab.org.uk">www.parkheadcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: GEMAP</b>  Phone – 0141 773 5850  Email – <a href="mailto:info@gemap.co.uk">info@gemap.co.uk</a>  Website – <a href="http://www.gemap.co.uk">www.gemap.co.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Govan Law Centre</b>  Phone – 0800 043 0306  Phone – 0141 440 2503  Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a>  Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a>  Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Govan Law Centre</b>  Phone – 0800 043 0306  Phone – 0141 440 2503  Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a>  Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a>  Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>

<div data-bbox="205 241 413 309" data-label="Text"> <p><b>address and telephone</b></p> </div> <div data-bbox="207 315 413 445" data-label="Image"> </div>	<div data-bbox="497 241 1406 331" data-label="Section-Header"> <p><b>SOUTH GLASGOW: Greater Pollok Citizens Advice Bureau</b></p> </div> <div data-bbox="497 340 1090 483" data-label="Text"> <p>Phone – 0141 881 2462  Email – <a href="mailto:admin5@gpollokcab.org.uk">admin5@gpollokcab.org.uk</a>  Website – <a href="http://www.gpollokcab.org.uk">www.gpollokcab.org.uk</a></p> </div>
<div data-bbox="205 589 413 656" data-label="Text"> <p><b>address and telephone</b></p> </div> <div data-bbox="207 663 413 792" data-label="Image"> </div>	<div data-bbox="497 589 1123 633" data-label="Section-Header"> <p><b>SOUTH GLASGOW: Money Matters</b></p> </div> <div data-bbox="497 642 1187 786" data-label="Text"> <p>Phone – 0141 445 5221  Email – <a href="mailto:advice@money mattersweb.co.uk">advice@money mattersweb.co.uk</a>  Website – <a href="http://www.money mattersweb.co.uk">www.money mattersweb.co.uk</a></p> </div>
<div data-bbox="205 884 413 952" data-label="Text"> <p><b>address and telephone</b></p> </div> <div data-bbox="207 958 413 1088" data-label="Image"> </div>	<div data-bbox="497 884 1337 974" data-label="Section-Header"> <p><b>SOUTH GLASGOW: Castlemilk Citizens Advice Bureau</b></p> </div> <div data-bbox="497 983 1107 1077" data-label="Text"> <p>Phone – 0141 634 0338  Website – <a href="http://www.castlemilkcab.org.uk">www.castlemilkcab.org.uk</a></p> </div>
<div data-bbox="205 1180 413 1247" data-label="Text"> <p><b>address and telephone</b></p> </div> <div data-bbox="207 1254 413 1384" data-label="Image"> </div>	<div data-bbox="497 1180 1337 1270" data-label="Section-Header"> <p><b>SOUTH GLASGOW: Castlemilk Law and Money Advice Centre</b></p> </div> <div data-bbox="497 1279 1193 1422" data-label="Text"> <p>Phone – 0141 634 0313  Email – <a href="mailto:mail@castlemilk lawcentre.co.uk">mail@castlemilk lawcentre.co.uk</a>  Website – <a href="http://www.castlemilk lawcentre.co.uk">www.castlemilk lawcentre.co.uk</a></p> </div>
<div data-bbox="205 1552 413 1597" data-label="Text"> <p><b>money advice</b></p> </div> <div data-bbox="207 1603 413 1805" data-label="Image"> </div>	<div data-bbox="497 1538 738 1583" data-label="Section-Header"> <p><b>Debt advice</b></p> </div> <div data-bbox="497 1592 1393 1686" data-label="Text"> <p>If you are in debt or owe money, you can get help and advice about ways to pay off your debts each month.</p> </div> <div data-bbox="497 1740 639 1785" data-label="Section-Header"> <p><b>Contact</b></p> </div> <div data-bbox="497 1794 1267 1888" data-label="Text"> <p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau or</b></p> </div> <div data-bbox="497 1942 1337 2036" data-label="Text"> <p><b>NORTH WEST GLASGOW: North West Citizens Advice Bureau or Drumchapel Citizens</b></p> </div>



	<p><b>Advice Bureau or Drumchapel Money Advice Centre or</b></p> <p><b>NORTH EAST GLASGOW:</b> Easterhouse Citizens Advice Bureau or Bridgeton Citizens Advice Bureau or Parkhead Citizens Advice Bureau or GEMAP or Govan Law Centre or</p> <p><b>SOUTH GLASGOW:</b> Govan Law Centre or Greater Pollok Citizens Advice Bureau or Money Matters or Castlemilk Citizens Advice Bureau or Castlemilk Law and Money Advice Centre</p>
<p><b>address and telephone</b></p> 	<p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau</b></p> <p>Phone – 0141 552 5556</p> <p>Website – <a href="http://www.glasgowcentralcab.org.uk">www.glasgowcentralcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: North West Citizens Advice Bureau</b></p> <p>Phone – 0141 948 0204</p> <p>Email – <a href="mailto:bureau@gnwcab.org.uk">bureau@gnwcab.org.uk</a></p> <p>Website – <a href="http://www.gnwcab.org.uk">www.gnwcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau</b></p> <p>Phone – 0141 944 2612</p> <p>Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a></p> <p>Website – <a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>

	<p><b>NORTH WEST GLASGOW: Drumchapel Money Advice Centre</b></p> <p>Phone – 0141 944 0507</p> <p>Email – <a href="mailto:admin@d-mac.org.uk">admin@d-mac.org.uk</a></p> <p>Website – <a href="http://www.d-mac.org.uk">www.d-mac.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau</b></p> <p>Phone – 0141 771 2328</p> <p>Email – <a href="mailto:adminuser@easterhousecab.casonline.org.uk">adminuser@easterhousecab.casonline.org.uk</a></p> <p>Website – <a href="http://www.ehousecab.org.uk">www.ehousecab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Bridgeton Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0336</p> <p>Website – <a href="http://www.bridgetoncab.org.uk">www.bridgetoncab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Parkhead Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0004</p> <p>Email – <a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a></p> <p>Website – <a href="http://www.parkheadcab.org.uk">www.parkheadcab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: GEMAP</b></p> <p>Phone – 0141 773 5850</p> <p>Email – <a href="mailto:info@gemap.co.uk">info@gemap.co.uk</a></p> <p>Website – <a href="http://www.gemap.co.uk">www.gemap.co.uk</a></p>

<div data-bbox="209 241 413 443" data-label="Image"> </div>	<p><b>NORTH EAST GLASGOW: Govan Law Centre</b></p> <p>Phone – 0800 043 0306  Phone – 0141 440 2503  Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a>  Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a>  Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>
<div data-bbox="209 647 413 848" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Govan Law Centre</b></p> <p>Phone – 0800 043 0306  Phone – 0141 440 2503  Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a>  Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a>  Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>
<div data-bbox="209 1043 413 1245" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Greater Pollok Citizens Advice Bureau</b></p> <p>Phone – 0141 881 2462  Email – <a href="mailto:admin5@gpollokcab.org.uk">admin5@gpollokcab.org.uk</a>  Website – <a href="http://www.gpollokcab.org.uk">www.gpollokcab.org.uk</a></p>
<div data-bbox="209 1368 413 1570" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Money Matters</b></p> <p>Phone – 0141 445 5221  Email – <a href="mailto:advice@money mattersweb.co.uk">advice@money mattersweb.co.uk</a>  Website – <a href="http://www.money mattersweb.co.uk">www.money mattersweb.co.uk</a></p>
<div data-bbox="209 1664 413 1865" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Castlemilk Citizens Advice Bureau</b></p> <p>Phone – 0141 634 0338  Website – <a href="http://www.castlemilkcab.org.uk">www.castlemilkcab.org.uk</a></p>

**address and  
telephone**



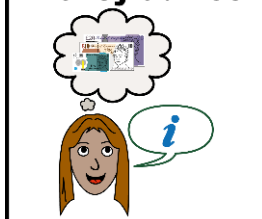
**SOUTH GLASGOW: Castlemilk Law and Money  
Advice Centre**

Phone – 0141 634 0313

Email – [mail@castlemilklawcentre.co.uk](mailto:mail@castlemilklawcentre.co.uk)

Website – [www.castlemilklawcentre.co.uk](http://www.castlemilklawcentre.co.uk)

**money advice**



**Benefit help**

If you have made a new claim for benefits you might be able to get money in advance to pay for things like rent or food. This money is a loan and must be paid be back. It will be taken from your benefits once they start, so make sure you talk to someone before you ask for an advance benefit payment.

**Contact**






**GLASGOW CITY: Glasgow Central Citizens  
Advice Bureau or**

**NORTH WEST GLASGOW: North West Citizens  
Advice Bureau or Drumchapel Citizens  
Advice Bureau or Drumchapel Money  
Advice Centre or**

**NORTH EAST GLASGOW: Easterhouse Citizens  
Advice Bureau or Bridgeton Citizens Advice Bureau  
or Parkhead Citizens Advice Bureau or GEMAP or  
Govan Law Centre or**

**SOUTH GLASGOW: Govan Law Centre or Greater  
Pollok Citizens Advice Bureau or Money Matters or  
Castlemilk Citizens Advice Bureau or Castlemilk  
Law and Money Advice Centre**

<p><b>address and telephone</b></p> 	<p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau</b>  Phone – 0141 552 5556  Website – <a href="http://www.glasgowcentralcab.org.uk">www.glasgowcentralcab.org.uk</a></p>
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<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau</b>  Phone – 0141 944 2612  Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a>  Website – <a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH WEST GLASGOW: Drumchapel Money Advice Centre</b>  Phone – 0141 944 0507  Email – <a href="mailto:admin@d-mac.org.uk">admin@d-mac.org.uk</a>  Website – <a href="http://www.d-mac.org.uk">www.d-mac.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau</b>  Phone – 0141 771 2328  Email – <a href="mailto:adminuser@easterhousecab.casonline.org.uk">adminuser@easterhousecab.casonline.org.uk</a>  Website – <a href="http://www.ehousecab.org.uk">www.ehousecab.org.uk</a></p>

	<p><b>NORTH EAST GLASGOW: Bridgeton Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0336</p> <p>Website – <a href="http://www.bridgetoncab.org.uk">www.bridgetoncab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Parkhead Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0004</p> <p>Email – <a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a></p> <p>Website – <a href="http://www.parkheadcab.org.uk">www.parkheadcab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: GEMAP</b></p> <p>Phone – 0141 773 5850</p> <p>Email – <a href="mailto:info@gemap.co.uk">info@gemap.co.uk</a></p> <p>Website – <a href="http://www.gemap.co.uk">www.gemap.co.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Govan Law Centre</b></p> <p>Phone – 0800 043 0306</p> <p>Phone – 0141 440 2503</p> <p>Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a></p> <p>Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a></p> <p>Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>
	<p><b>SOUTH GLASGOW: Govan Law Centre</b></p> <p>Phone – 0800 043 0306</p> <p>Phone – 0141 440 2503</p> <p>Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a></p> <p>Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a></p> <p>Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>

<div data-bbox="220 241 427 450" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Greater Pollok Citizens Advice Bureau</b></p> <p>Phone – 0141 881 2462  Email – <a href="mailto:admin5@gpollokcab.org.uk">admin5@gpollokcab.org.uk</a>  Website – <a href="http://www.gpollokcab.org.uk">www.gpollokcab.org.uk</a></p>
<div data-bbox="220 584 427 792" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Money Matters</b></p> <p>Phone – 0141 445 5221  Email – <a href="mailto:advice@money mattersweb.co.uk">advice@money mattersweb.co.uk</a>  Website – <a href="http://www.money mattersweb.co.uk">www.money mattersweb.co.uk</a></p>
<div data-bbox="207 880 414 1088" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Castlemilk Citizens Advice Bureau</b></p> <p>Phone – 0141 634 0338  Website – <a href="http://www.castlemilkcab.org.uk">www.castlemilkcab.org.uk</a></p>
<div data-bbox="207 1176 414 1384" data-label="Image"> </div>	<p><b>SOUTH GLASGOW: Castlemilk Law and Money Advice Centre</b></p> <p>Phone – 0141 634 0313  Email – <a href="mailto:mail@castlemilk lawcentre.co.uk">mail@castlemilk lawcentre.co.uk</a>  Website – <a href="http://www.castlemilk lawcentre.co.uk">www.castlemilk lawcentre.co.uk</a></p>
<div data-bbox="180 1547 443 1809" data-label="Image"> </div>	<p><b>Hardship payment</b></p> <p>If you have had money stopped from your benefits, you may be able to get a hardship payment from the DWP (Department for Work and Pensions). These payments are not made straight away and not everyone will be able to get one.</p> <p><b>Contact</b>  <b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau or</b></p>

	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau or Drumchapel Money Advice Centre or</b></p> <p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau or Bridgeton Citizens Advice Bureau or Parkhead Citizens Advice Bureau or GEMAP or Govan Law Centre or</b></p> <p><b>SOUTH GLASGOW: Govan Law Centre or Greater Pollok Citizens Advice Bureau or Money Matters or Castlemilk Citizens Advice Bureau or Castlemilk Law and Money Advice Centre</b></p>
	<p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau</b></p> <p>Phone – 0141 552 5556</p> <p>Website – <a href="http://www.glasgowcentralcab.org.uk">www.glasgowcentralcab.org.uk</a></p>
	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau</b></p> <p>Phone – 0141 944 2612</p> <p>Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a></p> <p>Website – <a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>
	<p><b>NORTH WEST GLASGOW: Drumchapel Money Advice Centre</b></p> <p>Phone – 0141 944 0507</p> <p>Email – <a href="mailto:admin@d-mac.org.uk">admin@d-mac.org.uk</a></p> <p>Website – <a href="http://www.d-mac.org.uk">www.d-mac.org.uk</a></p>



<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau</b>  Phone – 0141 771 2328  Email – <a href="mailto:adminuser@easterhousecab.casonline.org.uk">adminuser@easterhousecab.casonline.org.uk</a>  Website – <a href="http://www.ehousecab.org.uk">www.ehousecab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Bridgeton Citizens Advice Bureau</b>  Phone – 0141 554 0336  Website – <a href="http://www.bridgetoncab.org.uk">www.bridgetoncab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Parkhead Citizens Advice Bureau</b>  Phone – 0141 554 0004  Email – <a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a>  Website – <a href="http://www.parkheadcab.org.uk">www.parkheadcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: GEMAP</b>  Phone – 0141 773 5850  Email – <a href="mailto:info@gemap.co.uk">info@gemap.co.uk</a>  Website – <a href="http://www.gemap.co.uk">www.gemap.co.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>NORTH EAST GLASGOW: Govan Law Centre</b>  Phone – 0800 043 0306  Phone – 0141 440 2503  Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a>  Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a>  Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>

<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Govan Law Centre</b>  Phone – 0800 043 0306  Phone – 0141 440 2503  Email – m@govanlc.com  Website – www.govanlawcentre.org  Website – debtnavigator.scot (debt advice)</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Greater Pollok Citizens Advice Bureau</b>  Phone – 0141 881 2462  Email – admin5@gpollokcab.org.uk  Website – www.gpollokcab.org.uk</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Money Matters</b>  Phone – 0141 445 5221  Email – advice@money mattersweb.co.uk  Website – www.money mattersweb.co.uk</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Castlemilk Citizens Advice Bureau</b>  Phone – 0141 634 0338  Website – www.castlemilkcab.org.uk</p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Castlemilk Law and Money Advice Centre</b>  Phone – 0141 634 0313  Email – mail@castlemilk lawcentre.co.uk  Website – www.castlemilk lawcentre.co.uk</p>



If you get a hardship payment for Universal Credit you **will** need to pay this money back.

If you get a hardship payment for Jobseeker's Allowance or Employment Support Allowance, you **do not need** to pay this money back.



### **Challenge a decision**

You can challenge a decision about your benefits. This may be because they have been stopped or reduced. Or you have been refused benefits or told you have been overpaid. You will have to make this challenge within one month.

#### **Contact**





**GLASGOW CITY:** Glasgow Central Citizens Advice Bureau or

**NORTH WEST GLASGOW:** North West Citizens Advice Bureau or Drumchapel Citizens Advice Bureau or Drumchapel Money Advice Centre or




**NORTH EAST GLASGOW:** Easterhouse Citizens Advice Bureau or Bridgeton Citizens Advice Bureau or Parkhead Citizens Advice Bureau or GEMAP or Govan Law Centre or







**SOUTH GLASGOW:** Govan Law Centre or Greater Pollok Citizens Advice Bureau or Money Matters or Castlemilk Citizens Advice Bureau or Castlemilk Law and Money Advice Centre

	<p><b>GLASGOW CITY: Glasgow Central Citizens Advice Bureau</b></p> <p>Phone – 0141 552 5556</p> <p>Website – <a href="http://www.glasgowcentralcab.org.uk">www.glasgowcentralcab.org.uk</a></p>
	<p><b>NORTH WEST GLASGOW: North West Citizens Advice Bureau</b></p> <p>Phone – 0141 948 0204</p> <p>Email – <a href="mailto:bureau@gnwcab.org.uk">bureau@gnwcab.org.uk</a></p> <p>Website – <a href="http://www.gnwcab.org.uk">www.gnwcab.org.uk</a></p>
	<p><b>NORTH WEST GLASGOW: Drumchapel Citizens Advice Bureau</b></p> <p>Phone – 0141 944 2612</p> <p>Email – <a href="mailto:bureau@drumchapelcab.casonline.org.uk">bureau@drumchapelcab.casonline.org.uk</a></p> <p>Website – <a href="http://www.drumchapelcab.org.uk">www.drumchapelcab.org.uk</a></p>
	<p><b>NORTH WEST GLASGOW: Drumchapel Money Advice Centre</b></p> <p>Phone – 0141 944 0507</p> <p>Email – <a href="mailto:admin@d-mac.org.uk">admin@d-mac.org.uk</a></p> <p>Website – <a href="http://www.d-mac.org.uk">www.d-mac.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Easterhouse Citizens Advice Bureau</b></p> <p>Phone – 0141 771 2328</p> <p>Email – <a href="mailto:adminuser@easterhousecab.casonline.org.uk">adminuser@easterhousecab.casonline.org.uk</a></p> <p>Website – <a href="http://www.ehousecab.org.uk">www.ehousecab.org.uk</a></p>

	<p><b>NORTH EAST GLASGOW: Bridgeton Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0336</p> <p>Website – <a href="http://www.bridgetoncab.org.uk">www.bridgetoncab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Parkhead Citizens Advice Bureau</b></p> <p>Phone – 0141 554 0004</p> <p>Email – <a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a></p> <p>Website – <a href="http://www.parkheadcab.org.uk">www.parkheadcab.org.uk</a></p>
	<p><b>NORTH EAST GLASGOW: GEMAP</b></p> <p>Phone – 0141 773 5850</p> <p>Email – <a href="mailto:info@gemap.co.uk">info@gemap.co.uk</a></p> <p>Website – <a href="http://www.gemap.co.uk">www.gemap.co.uk</a></p>
	<p><b>NORTH EAST GLASGOW: Govan Law Centre</b></p> <p>Phone – 0800 043 0306</p> <p>Phone – 0141 440 2503</p> <p>Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a></p> <p>Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a></p> <p>Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>
	<p><b>SOUTH GLASGOW: Govan Law Centre</b></p> <p>Phone – 0800 043 0306</p> <p>Phone – 0141 440 2503</p> <p>Email – <a href="mailto:m@govanlc.com">m@govanlc.com</a></p> <p>Website – <a href="http://www.govanlawcentre.org">www.govanlawcentre.org</a></p> <p>Website – <a href="http://debtnavigator.scot">debtnavigator.scot</a> (debt advice)</p>

<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Greater Pollok Citizens Advice Bureau</b></p> <p>Phone – 0141 881 2462</p> <p>Email – <a href="mailto:admin5@gpollokcab.org.uk">admin5@gpollokcab.org.uk</a></p> <p>Website – <a href="http://www.gpollokcab.org.uk">www.gpollokcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Money Matters</b></p> <p>Phone – 0141 445 5221</p> <p>Email – <a href="mailto:advice@money mattersweb.co.uk">advice@money mattersweb.co.uk</a></p> <p>Website – <a href="http://www.money mattersweb.co.uk">www.money mattersweb.co.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Castlemilk Citizens Advice Bureau</b></p> <p>Phone – 0141 634 0338</p> <p>Website – <a href="http://www.castlemilkcab.org.uk">www.castlemilkcab.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>SOUTH GLASGOW: Castlemilk Law and Money Advice Centre</b></p> <p>Phone – 0141 634 0313</p> <p>Email – <a href="mailto:mail@castlemilk lawcentre.co.uk">mail@castlemilk lawcentre.co.uk</a></p> <p>Website – <a href="http://www.castlemilk lawcentre.co.uk">www.castlemilk lawcentre.co.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>You may be eligible for support from Social Security Scotland</b></p> <p>Contact – Social Security Scotland</p> <p>Phone – 0800 182 2222</p> <p>Website – <a href="http://mygov.scot/benefits">mygov.scot/benefits</a></p>


<p><b>address and telephone</b></p> 	<p><b>For legal services on human rights, immigration, asylum and more</b></p> <p>Contact – Ethnic Minorities Law Centre</p> <p>Phone – 0141 204 2888</p> <p>Email – <a href="mailto:admin@emlc.org.uk">admin@emlc.org.uk</a></p> <p>Website – <a href="http://www.emlc.org.uk">www.emlc.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>For advice and representation in courts</b></p> <p>Contact – Legal Services Agency</p> <p>Phone – 0800 316 8450 (freephone)</p> <p>Phone – 0141 353 3354</p> <p>Email – <a href="mailto:mail@lsa.org.uk">mail@lsa.org.uk</a></p> <p>Website – <a href="http://www.lsa.org.uk">www.lsa.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>For energy efficiency advice</b></p> <p>Contact – Home Energy Scotland</p> <p>Phone – 0808 808 2282</p> <p>Website – <a href="http://www.moneyhelper.org.uk">www.moneyhelper.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>For housing advice</b></p> <p>Contact – Shelter</p> <p>Phone – 0808 800 4444</p> <p>Website – <a href="http://scotland.shelter.org.uk">scotland.shelter.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>For support and advice (single parent families)</b></p> <p>Contact – One Parent Families Scotland</p> <p>Phone – 0141 847 0444</p> <p>Phone – 0808 801 0323 (helpline)</p> <p>Website – <a href="http://opfs.org.uk">opfs.org.uk</a></p>

<p><b>address and telephone</b></p> 	<p><b>For mental health support</b>  Contact – Breathing Space  Phone – 0800 83 85 87  Website – <a href="http://www.breathingspace.scot">www.breathingspace.scot</a></p>
<p><b>address and telephone</b></p> 	<p><b>For support for anyone experiencing domestic violence</b>  Contact – Scotland’s Domestic Abuse and Forced Marriage Helpline  Phone – 0800 027 1234 (24 hours)</p>
<p><b>address and telephone</b></p> 	<p><b>For support, information and advice</b>  Contact – Glasgow Helps  Phone – 0141 276 1185  Website – <a href="http://www.glasgowhelps.org">www.glasgowhelps.org</a></p>
<p><b>address and telephone</b></p> 	<p><b>For support to those affected by asbestos</b>  Contact – Action on Asbestos  Phone – 0800 089 1717  Website – <a href="http://actiononasbestos.org.uk">actiononasbestos.org.uk</a></p>
<p><b>address and telephone</b></p> 	<p><b>For independent advocacy</b>  Contact – Independent Advocacy  Website – <a href="http://www.siaa.org.uk/find-an-advocate">www.siaa.org.uk/find-an-advocate</a></p>
<p><b>address and telephone</b></p> 	<p><b>For migrants with No Recourse to Public Funds (NRPF), Refugees and Asylum Seekers</b>  Contact – Govan Community Project  Phone – 0800 310 0054  Website – <a href="http://www.govancommunityproject.org.uk">www.govancommunityproject.org.uk</a></p>



	<p><b>For migrants with No Recourse to Public Funds (NRPF), Refugees and Asylum Seekers</b></p> <p>Contact – Scottish Refugee Council  Phone – 0808 196 7274  Website – <a href="http://www.scottishrefugeecouncil.org.uk">www.scottishrefugeecouncil.org.uk</a></p>
	<p><b>For migrants with No Recourse to Public Funds (NRPF), Refugees and Asylum Seekers</b></p> <p>Contact – Migrant Help  Phone – 0808 801 0503  Website – <a href="http://www.migranthelpuk.org">www.migranthelpuk.org</a></p>
	<p><b>For migrants with No Recourse to Public Funds (NRPF), Refugees and Asylum Seekers</b></p> <p>Contact – CWIN (Central and West Integration Network)  Phone – 0141 573 0978  Email – <a href="mailto:info@cwin.org.uk">info@cwin.org.uk</a>  Website – <a href="http://www.cwin.org.uk">www.cwin.org.uk</a></p>

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Exclusively Inclusive for making this information in Easy Read



Adapted from the Craven Easy Read leaflet by the Independent Food Aid Network

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations at the top of this leaflet. You can access the Worrying about Money leaflets at [www.foodaidnetwork.org.uk/cash-first-leaflets](http://www.foodaidnetwork.org.uk/cash-first-leaflets). This information was last updated on 21/08/2025.