

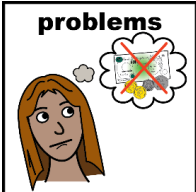






	<h2>Are you worried about money or about being in debt?</h2>
	<p>There may be lots of reasons why you are worried about money. You may suddenly have no money, be in debt, owe money, or you have to choose to spend money on food or heating or paying bills. Or you may be waiting on benefits payments.</p>
	<p>Here is some information on the ways to contact people for help and advice with your money problems if you live in Shropshire.</p>
	<h3>Council tax and housing costs</h3> <p>If you are finding it hard to pay your council tax or housing costs, you may be able to get housing benefit, or help to pay council tax.</p> <p>Contact Shropshire Council or Citizens Advice</p>
	<p>Shropshire Council – Housing and Benefits</p> <p>Phone – 0345 678 9002</p> <p>Website – www.shropshire.gov.uk/benefits</p>

	<p>Shropshire Council – Welfare Provision Phone – 0345 678 9078 Website – www.shropshire.gov.uk/local-welfare-team</p>
	<p>Citizens Advice Shropshire Phone – 0808 278 7894 (freephone) Phone – 01743 280 019 (debt advice) Text – 0800 144 8884 Website – www.cabshropshire.org.uk/</p>
	<p>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.</p> <p>Contact Citizens Advice or A4U or Age UK or Christians Against Poverty</p>
	<p>Citizens Advice Shropshire Phone – 0808 278 7894 (freephone) Phone – 01743 280 019 (debt advice) Text – 0800 144 8884 Website – www.cabshropshire.org.uk/</p>
	<p>A4U Phone – 01743 539 201 Email – advice@a4u.org.uk Website – www.a4u.org.uk</p>

<p>address and telephone</p> 	<p>Age UK Shropshire Telford and Wrekin Phone – 01743 233 123 Website – www.ageuk.org.uk/shropshireandtelford</p>
<p>address and telephone</p> 	<p>Christians Against Poverty Phone – 0800 328 0006 Email – contact@capuk.org Website – www.capuk.org</p>
<p>money advice</p> 	<p>Debt advice If you are in debt or owe money, you can get help and advice about ways to pay off your debts each month.</p> <p>Contact Citizens Advice or Christians Against Poverty or Keep Shropshire Warm</p>
<p>address and telephone</p> 	<p>Citizens Advice Shropshire Phone – 0808 278 7894 (freephone) Phone – 01743 280 019 (debt advice) Text – 0800 144 8884 Website – www.cabshropshire.org.uk/</p>
<p>address and telephone</p> 	<p>Christians Against Poverty Phone – 0800 328 0006 Email – contact@capuk.org Website – www.capuk.org</p>
<p>address and telephone</p> 	<p>Keep Shropshire Warm Phone – 0800 112 3743 Website – www.mea.org.uk</p>



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 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 Citizens Advice or A4U or Age UK



Citizens Advice Shropshire

Phone – 0808 278 7894 (freephone)

Phone – 01743 280 019 (debt advice)

Text – 0800 144 8884

Website – www.cabshropshire.org.uk/



A4U

Phone – 01743 539 201

Email – advice@a4u.org.uk

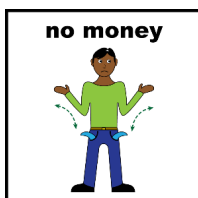
Website – www.a4u.org.uk



Age UK Shropshire Telford and Wrekin

Phone – 01743 233 123






Website – www.ageuk.org.uk/shropshireandtelford








Hardship payment

If you have had money stopped from your benefits, you may be able to get a hardship payment from the Department for Work and Pensions. These payments are not made straight away and reward is not guaranteed.

Contact Citizens Advice

<p>address and telephone</p> 	<p>Citizens Advice Shropshire Phone – 0808 278 7894 (freephone) Phone – 01743 280 019 (debt advice) Text – 0800 144 8884 Website – www.cabshropshire.org.uk/</p>
<p>amount of money</p> 	<p>If you get a hardship payment for Universal Credit you will need to pay this money back.</p> <p>If you get a hardship payment for Jobseeker's allowance or Employment support allowance, you do not need to pay this money back.</p>
<p>urgent advice</p> 	<p>Challenge a decision</p> <p>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.</p> <p>Contact Citizens Advice or A4U or Age UK</p>
<p>address and telephone</p> 	<p>Citizens Advice Shropshire Phone – 0808 278 7894 (freephone) Phone – 01743 280 019 (debt advice) Text – 0800 144 8884 Website – www.cabshropshire.org.uk/</p>
<p>address and telephone</p> 	<p>A4U Phone – 01743 539 201 Email – advice@a4u.org.uk Website – www.a4u.org.uk</p>

	<p>Age UK Shropshire Telford and Wrekin Phone – 01743 233 123 Website – www.ageuk.org.uk/shropshireandtelford</p>
	<p>For energy advice and small grants for people struggling with fuel bills Contact – Community Resource Phone – 01743 360 641 Email – enquiries@community-resource.org.uk Website – www.community-resource.org.uk</p>
	<p>For advice on income maximisation, budgeting, debt and more Contact – The Shropshire Larder Website – www.shopshirelarder.org.uk</p>
	<p>For support, hardship funds and more for people in need Contact – The Shrewsbury Ark Phone – 01743 363 305 Email – ark@shrewsburyark.co.uk Website – www.shrewsburyark.org.uk</p>
	<p>Provide safe home for savings with access to affordable low cost loans Contact – Just Credit Union Phone – 01743 252 325 Email – info@justcreditunion.org Website – www.justcreditunion.org</p>

**For safe and secure savings and loans**

Contact – FAIRshare Credit Union

Phone – 01952 200 200

Email – info@fairshare.uk.com

Website – www.fairshare.uk.com

**For mental health support**

Contact – The Samaritans

Phone – 0330 094 5717

Website –

www.samaritans.org/scotland/branches/shrewsbury/

**For mental health support**

Contact – Shropshire Council, Mental Health and Wellbeing

Website – www.shropshire.gov.uk/healthy-shropshire/mental-health-and-wellbeing/

**Support for anyone affected by domestic abuse or sexual violence**

Contact – Shropshire Domestic Abuse Service

Phone – 0300 303 1191 (Shropshire)

Phone – 0808 2000 0247 (National helpline)







Website – www.shropsdas.org.uk






**For mental health support**

Contact – Shropshire Mental Health Support

Phone – 01743 368 647

Email – manager@shropshiremhs.com

	<p>Mental health support for adults and young people</p> <p>Contact – Crane Quality Counselling</p> <p>Phone – 01743 240 546</p> <p>Email – admin@cranecounselling.co.uk</p> <p>Website – www.cranecounselling.co.uk</p>
	<p>For debt advice and money management</p> <p>Contact – StepChange</p> <p>Phone – 0808 138 1111</p> <p>Website – www.stepchange.org</p>
	<p>For information and financial support</p> <p>Contact – Turn2us</p> <p>Website – www.turn2us.org.uk</p> <p>Website – benefits-calculator.turn2us.org.uk/</p>
	<p>For advice to help improve your finances</p> <p>Contact – MoneyHelper</p> <p>Phone – 0800 138 7777</p> <p>Website – www.moneyhelper.org.uk</p>
	<p>Grants for older people</p> <p>Contact – Friends of the Elderly</p> <p>Phone – 0207 730 8263</p> <p>Website – www.fote.org.uk/contact-us</p>
	<p>For advice and information on housing problems or for people who are homeless</p> <p>Contact – Shelter</p> <p>Phone – 0808 800 444</p> <p>Website – england.shelter.org.uk</p>

	<p>For help to buy fruit, vegetables and milk if you are pregnant or have a child under 4 and are on a low income</p> <p>Contact – Healthy Start Vouchers Phone – 0300 330 7010 Email – healthy.start@nhsbsa.nhs.uk Website – www.healthystart.nhs.uk</p>
	<p>For migrants with No Recourse to Public Funds (NRPF) who need advice on housing and money for families with children</p> <p>Contact – Project 17 Phone – 07963 509 044 Website – www.project17.org.uk</p>
	<p>For migrants with No Recourse to Public Funds (NRPF) support with issues around housing, benefits, work, medical support and more</p> <p>Contact – Shropshire Supports Refugees Phone – 01743 216 758 Website – www.shropshiresupportsrefugees.org</p>
	<p>For migrants with No Recourse to Public Funds (NRPF) support to have NRPF condition removed if applicable and other support</p> <p>Contact – The Unity Project Website – www.unity-project.org.uk</p>
	<p>For migrants with No Recourse to Public Funds (NRPF) support after you receive refugee status</p> <p>Contact – Citizens Advice Immigration Support Website – www.citizensadvice.org.uk/immigration/after-you-get-refugee-status/</p>



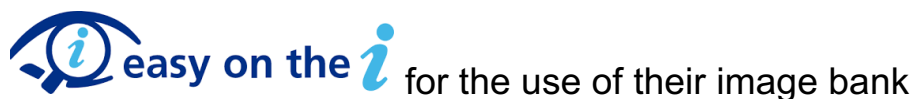
For migrants with No Recourse to Public Funds (NRPF) independent advice and guidance to assist asylum seekers in the UK

Contact – Migrant Help

Phone – 0808 801 0503

Website – www.migranthelpuk.org

With thanks to



for the use of their image bank



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

This information was last updated on 21/08/2025.