

Need to save on your Energy Bills?

We can now provide one-to-one advice on energy issues throughout the year. If you are concerned about your energy bills and how to make savings, request an **Energy Best Deal Extra** appointment – by phone on 0344 848 7903 or telephone call-back request, visit to the bureaux or by emailing ebdx@hillingdoncab.org.uk



Pension Wise is a **FREE** service for people who are aged 50 or over and have a defined contribution pension*.

The 3 ways to access the service are:

Online at www.pensionwise.gov.uk

By phone – call Pension Wise on 0300 330 1001

Face to Face – using the CAB service

*A defined contribution pension is based on how much you and possibly your employer paid into your pot. It is not a final salary pension.

Interested in Volunteering for Us?

Hillingdon Citizens Advice is an independent charity staffed mainly by volunteers in a wide range of rewarding roles.

If you would like more information on volunteering, please visit our website www.hillingdoncab.org.uk for an information pack.

Hillingdon Citizens Advice



How to Access Our Services

(for residents of Hillingdon)

Free, Independent, Confidential, Impartial
Advice and Information
and
Campaigning for Change

< Advice for Residents of Hillingdon >

Save yourself a trip to the bureau!

Use our new and improved

TELEPHONE ASSESSMENT HELPLINE:

0344 848 7903

(Calls cost 5p per minute from a BT landline)

Available Monday to Friday

9.30am – 3.30pm

(Using the Helpline will not affect your chances of getting an appointment)

Our Telephone Assessors will make a quick assessment of your needs and offer assistance from a range of services.

You can also ask us to phone you by making a call-back request online at www.hillingdoncab.org.uk

Uxbridge CAB

The Colonnade, Civic Centre, Uxbridge UB8 1UW.

Reception Opening Hours

Monday, Tuesday, Wednesday, Thursday 9.30am – 4.00pm

An initial assessment will be made and assistance offered from a range of services including an appointment with an Adviser, a free Solicitor appointment and information about other help and services available.

Hayes CAB

Botwell Green Library, Hayes UB3 2HW

Reception Opening Hours

Tuesdays and Thursdays

9.00am - 1.00pm

Ruislip CAB

9 Eastcote Road, Ruislip HA4 8BD

Reception Opening Hours

Mondays and Wednesdays

9.30am - 12.00pm

If you call in at Hayes or Ruislip at these times, we will help you find useful information and arrange an assessment of your needs.

For reliable information at any time:

Check the 24-hour CAB adviceguide service on

www.citizensadvice.org.uk

Self-help information to help you solve your problems at any time.

Our Money Advice Services

Capitalise!

Advice for people with debts in the borough of Hillingdon

Telephone 0344 848 7903

(Monday - Thursday 9.30am – 3.30pm)

or email us on cap@hillingdoncab.org.uk

Advice for Hillingdon council tenants with rent arrears

You can access our Money Advice for Tenants service by telephoning **01895 556056**, leaving your name and phone number or by emailing mat@hillingdoncab.org.uk

Advice for people with Mental Health Needs who need help with Welfare Benefits or Debts

Telephone **01895 277304** leaving your name and phone number

or email: mentalhealth@hillingdoncab.org.uk