

FREE ADVICE—near you !

The organisations listed below provide free, confidential advice and support to local people.

After initial advice, an organisation may then be able to offer you an appointment to see an adviser at
Appleby Library, Shap Medical Practice, Alston Town Hall

**Kirkby Stephen Eden Housing Association - Mill Gardens
available from June 2015**



CARLISLE AND EDEN DISTRICTS CITIZENS ADVICE BUREAU **01768 891503**

.....provides independent and impartial advice, available to all people whatever their age, income or problem. We also have a specialist debt team able to support with all aspects of debt problems.



CUMBRIA LAW CENTRE **01228 515129**

.....provides legal advice and representation, focussing on Housing, Welfare Benefits, and Employment matters, prioritising those on the lowest incomes, and delivered by qualified solicitors and specialist caseworkers.



AGE UK CARLISLE AND EDEN **01768 863618**

.....provides support and advice for older people to help make later life a fulfilling and enjoyable experience. Promoting health and wellbeing, with a commitment to combat social isolation, and our Information and Advice team can offer support on a range of topics.

