



## **CARERS CENTRE TOWER HAMLETS FACTSHEET: MONEY**

Information and sources of advice about money locally and nationally, face to face and online.

### **Local**

#### **Age UK East London**

Helps those 50 and over and their carers with welfare benefits, housing, social care, health and disability, utility and keeping warm, travel and consumer issues. Find out more. – <https://www.ageuk.org.uk/eastlondon>

#### **Bromley By Bow Centre**

Advice on welfare benefits, housing and debt problems provided at the centre and at outreach centres in the local area. Money management support and specialist utility debt advice as well as advice and support to private tenants. Find out more - <https://www.bbbc.org.uk/>

#### **Financial Health Centre (Massingham Street)**

Offers a range of free, confidential and independent services to all residents of Tower Hamlets on a drop-in and appointment only basis including support on the following: debt, welfare benefits, universal credit, employment and training, housing, money management, and help with disability matters. Find out more – <http://island-advice.org.uk>

#### **Toynbee Hall**

Offers legal advice: employment, housing, debt, consumer, immigration, family and civil litigation. Specialist debt advice and money management. Macmillan welfare rights advice. Generalist advice for those who live, work or study in the City Square Mile. Find out more – <http://www.toynbeehall.org.uk>

## National

### **The Money Advice Trust**

Helps people across the UK to tackle their debts and manage their money with confidence. Find out more – <http://www.moneyadvice.org.uk/Pages/default.aspx>

### **StepChange Debt Charity**

Free debt advice: expert advice helps you deal with your debts and get the support you need. You can get advice online or over the phone, and StepChange recommend a range of practical debt solutions based on your situation. Find out more. – <https://www.stepchange.org.uk/>

### **Get in touch**

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