

Citizens Advice Barking & Dagenham



Is part of the national Citizens Advice network of 300+ local offices who all focus on helping local people to find a way forward.

- Offering free, independent, confidential and impartial advice on people's rights and responsibilities
- Working to improve the policies and practices that affect people's lives

We value diversity, promote equality & challenge discrimination and work to tackle poverty and disadvantage.

Areas of Advice most in demand from Barking & Dagenham residents:

- Welfare Benefits & Universal Credit
- Housing Eviction and Homelessness
- Debt & Money
- Employment Law and Discrimination
- Family & Domestic Abuse
- Consumer & Scams

Telephone Advice line 0808 278 7870

Universal Credit Help to Claim 0800 144 8444

Domestic Abuse Solicitor Advice 0208 507 5994

Consumer Helpline 0808 223 1133

Scams Action Helpline 0808 250 5050

bdcab.org.uk to find tons of **self-help advice & more access info**

citizensadvice.org.uk offers **advice by web chat**