

## How to reach us

### Call us:

Telephone us on **01799 618840**. Calls are charged at the standard rate but we are happy to call you back if you would like us to.

### Visit our website:

Go to: **[www.uttlesfordcab.org.uk/advice](http://www.uttlesfordcab.org.uk/advice)** where you can find information and advice on a wide range of issues.

### Contact us through Uttlesford Frontline:

[www.uttlesfordfrontline.org.uk](http://www.uttlesfordfrontline.org.uk)

### Visit us:

You can visit us at our **Saffron Walden** or **Great Dunmow** offices. You can also make an appointment to see us at our Thaxted or Stansted Mountfitchet offices, or to speak to us via our video link service at our Takeley office.

### Let us come to you:

If you need to see someone from our Disability Benefit team but are unable to get to one of our offices we can make an appointment to see you at your home. To arrange this please telephone us on **01799 618840**.

Uttlesford Citizens Advice bureau  
Company Registered no. 3771142  
Charity Registration No. 1078222  
Citizens Advice Bureau Member no. 65/0048  
We are authorised and regulated by the  
Financial Conduct Authority: FRN 617778

## Where to find us

### Saffron Walden

Barnards Yard, Saffron Walden, CB11 4EB

**Open: M/T/Th/F, 9.30 - 3.30**

### Great Dunmow

The Chestnuts, Suite 8, 4 Stortford Road,  
Great Dunmow, CM6 1DA

**Open: Tuesday - Thursday, 9.30 - 3.30**

### Thaxted

Community Information Centre, CM6 2LD

*By appointment only:*

**Mondays, fortnightly 9.30 - 12.30**

### Stansted Mountfitchet

Spangles Children's Centre, CM24 8LR

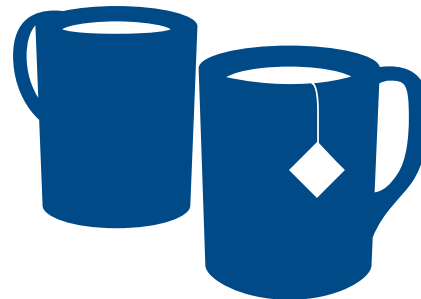
*By appointment only: Thursdays, 9.30-12.30*

**Mondays, fortnightly 9.30 - 12.30**

### Takeley video link service

Parish Council Offices, Takeley, CM22 6QA

*By appointment only: Mondays at 11.00 &  
2.00, Fridays at 9:30*



# Are you living with a disability?

citizens  
advice

Uttlesford

## Getting help

**Managing your finances whilst living with a disability can be difficult.**

Many people who live with a disability have had to balance a smaller income with a greater cost of living. At Uttlesford Citizens Advice we aim to provide practical advice and information to help you cope financially.

For those eligible there are benefits available that are paid whether you are working, unemployed, a pensioner, have a child with a disability, or have savings.

The benefit system is complicated and forms are complex. We can advise what you should apply for and will even assist you in filling out the paperwork.

### **Don't delay**

A benefit check and a chat about your circumstances may help you identify ways to improve your household finances.

Even if you have tried to make a claim for disability benefits before, changes in your circumstances may make a new claim successful.

## We can help

**Uttlesford Citizens Advice can provide practical support and advice. We can visit you home if it helps.**

Here are a few examples of issues we can help with:

- benefit entitlements and applications, including Carer's Allowance and disability benefit appeals
- checking eligibility for reduced council tax
- getting the best energy tariffs from your gas or electricity supplier
- signposting you to services that can provide information on mobility aids or modifying your home
- getting a Blue Badge for parking



## Our service

**Our service is confidential, free and impartial, and we love filling in complicated forms!**

If you are interested in knowing more about volunteering for Uttlesford Citizens Advice, please contact us for information about current opportunities, or visit our website:

[www.uttlesfordcab.org.uk/get-involved](http://www.uttlesfordcab.org.uk/get-involved)

