

**Benefits...are you getting
all you may be entitled to?**

Personal Independence Payment

If you need extra help because of an illness, disability or mental health condition you might be able to get Personal Independence Payment.

0800 917 2222

Attendance Allowance

You need to have reached State Pension age to claim Attendance Allowance and have a disability or illness that makes it hard for you to look after yourself.

0800 731 0122

Carers Allowance

A benefit for people who are giving regular and substantial care to disabled people.

0800 731 0297

Pension Credit

If you've reached State Pension age, you may qualify for Pension Credit to boost your income. **0800 99 1234**


Universal Credit

You may get Universal Credit if you're not working or you're on a low income.

<https://www.gov.uk/universal-credit/how-to-claim>, **0800 328 5644**

Council Tax help

Your local council will have information on discounts and disregards



ask the link worker to
refer you to Citizens
Advice for a
benefit check



**IF YOU ARE SUFFERING FROM
RESPIRATORY HEALTH
CONDITION/S AND NEED
SUPPORT WITH OTHER ISSUES
THAT MAY BE AFFECTING YOUR
HEALTH, PLEASE ASK THE
CLINICIAN OR LINK WORKER TO
REFER YOU INTO OUR SERVICE
FOR SUPPORT**


**Citizens Advice Blackpool
6-10 Whitegate Drive
Blackpool
FY3 9AQ**

CONTACT

email:
wcp@blackpoolcab.org.uk

Registered charity number: 1130422
Registered company number: 6787075

CITIZENS ADVICE BLACKPOOL RESPIRATORY SUPPORT LINK WORKERS



Supporting patients
with respiratory
linked issues

**Respiratory Link Workers
providing
Holistic Support
Services**

**citizens
advice**

Blackpool



Winter Capacity Programme
BwD & Blackpool

**CITIZENS ADVICE OFFER ADVICE
ON THE FOLLOWING ISSUES:**

Benefits, Housing
Debt & Money
Family, Relationships
Work, Consumer

Citizens Advice Blackpool
6-10 Whitegate Drive
Blackpool
FY3 9AQ

Appointments - 01253 308405
Adviceline - 0808 278 7818
<https://blackpoolcab.org.uk>

Mental Health Services in Blackpool

Blackpool Light Lounge

A welcoming and non-judgmental space in Blackpool for people struggling socially and emotionally with life challenges or for those in a mental health crisis.

Contact 01253 713277
259 Whitegate Drive, FY3 9JL

Samaritans Blackpool, Fylde and Wyre

116 123 free from any phone
0330 094 5717 local call charges apply

Blackpool Talking Therapies

01253 955700
bfnh.talkingtherapies@nhs.net
Monday to Friday, 9am - 5pm
(excluding bank holidays)

Free support to stop smoking

FREE helpline number:
0808 1964324, speak to an
advisor for advice on stopping
smoking and access FREE
nicotine replacement
therapy to support your
quit attempt.

Help Through Hardship Helpline - A free phone service delivered in partnership with Citizens Advice.

What we can do to help:

There's lots of different ways to get financial support. We want to make sure you know about everything you could apply for. Our advisers will be able to give you advice when you call us, here are some of the things we can do:

- Check you're getting all the benefits you're eligible for
- Identify any grants you might be able to apply for
- Help you get some emergency support if you can't afford essentials

Monday to Friday,
9am-5pm. Closed on
public holidays.
0808 208 2138

**How can we
help?**

