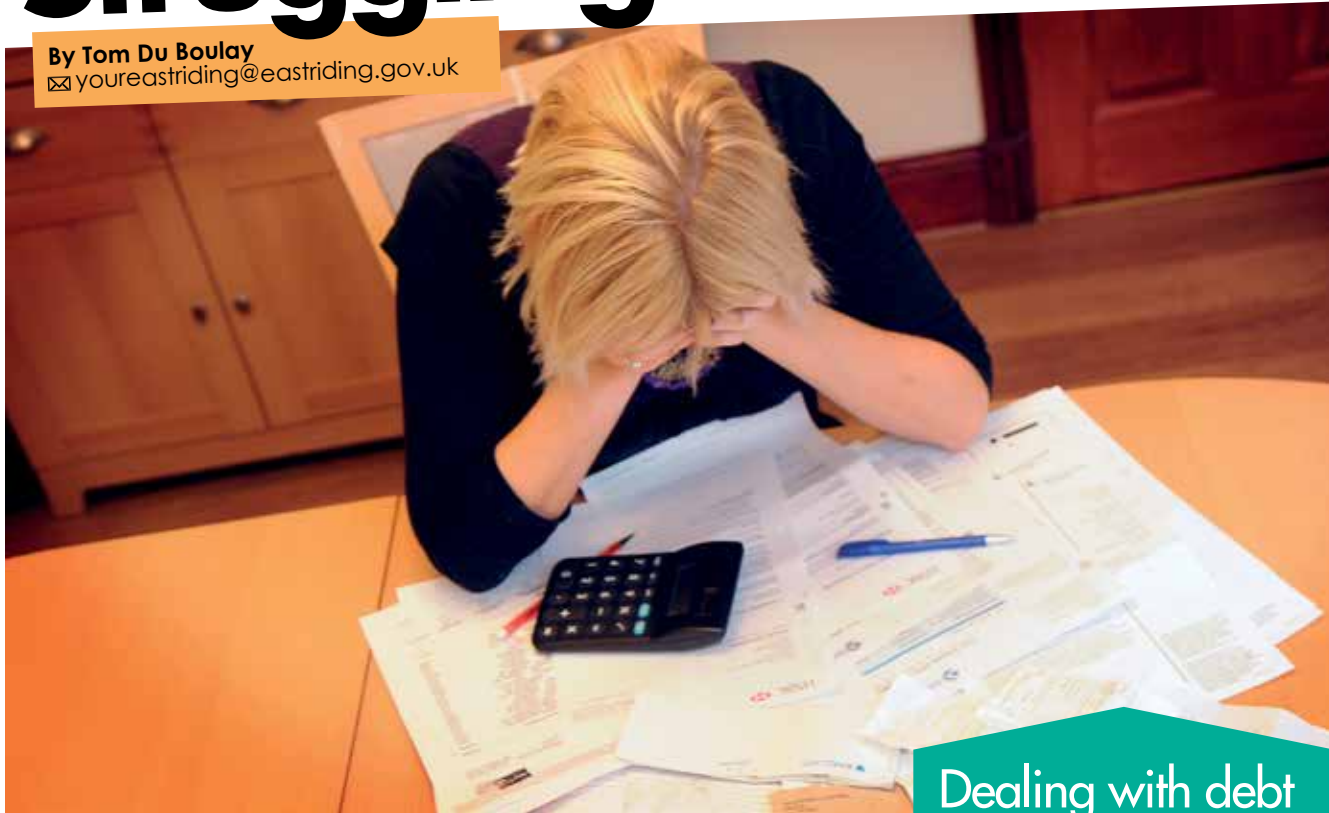


Struggling with debt?

By Tom Du Boulay
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Access legal advice for managing your debts

The months after Christmas are always the busiest times for the Hull and East Riding Citizens Advice Bureau (CAB) when it comes to helping clients with debts.

In the East Riding, the Community Legal Advice Network (CLAN) provides general advice and specialist legal assistance to help people resolve debt issues - as well as specialist advice on benefits, housing, employment and community care.

This can help you with reducing your debt, negotiating lower repayments with creditors, or even writing your debt off completely.

The service, which receives funding from local and national government, is free, confidential, impartial and available to everyone who needs advice.

Councillor Jonathan Owen, deputy leader of the council, said: "Citizens Advice Bureaux have been providing free, impartial advice for many years

and they are an integral and trusted part of local communities.

"Debt is never to be recommended but, if it happens, it is much better for people to seek help from the CAB rather than getting into the hands of unscrupulous loan sharks who charge extortionate rates of interest and just make things worse."

If you have experienced problems with credit, utility bills, rent or mortgage arrears or other debt, or you think your lender may not have acted fairly, you can get help from an experienced adviser at the CAB through the CLAN.

Dealing with debt

East Riding CLAN can be contacted at:
Beverley, 100 Lairgate, Beverley,
HU17 8JQ
Tuesdays and Fridays

Bridlington, 5a Prospect Arcade,
Bridlington, YO15 2AL
Tuesday to Thursday

Goole, 80 Pasture Road, Goole
DN14 6HD
Monday, Wednesday and Friday

A telephone service is available
between 9am–5pm Monday to
Friday, and appointments available
at nine outreaches across the East
Riding. Telephone – 0300 3300 888

Dignity Action Day

By Lisa Welton
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» MAKE A DIFFERENCE:
Support Dignity Action Day

Everyone has a role in providing dignity in care

Treating people with the dignity and respect they deserve will be the focus of Dignity Action Day.

The awareness day will take place on 1 February and as well as placing emphasis on the quality of care services in care homes, hospitals and home help services, it will also make the general public aware that Dignity in Care is their business too.

The Dignity in Care campaign was launched in 2006 and has a number of dignity champions across the East Riding who are committed to making a difference.

Claire Marson is a nurse in the East Riding and a dignity champion and she said: "For me, as a nurse, dignity is about allowing your patient to keep their self respect and dignity as well as treating them as an

individual.

"It's about showing them the same respect I would like to receive if it were me or my family needing care."

Councillor Richard Harrap, portfolio holder for adult and carer services at the council, said: "The Dignity in Care campaign is everyone's business, it's not just for those who work in the healthcare profession.

"Everyone, no matter what age they are or what disabilities they may have, deserves to be treated with the dignity and respect they deserve."

DID YOU KNOW?

Supporting Dignity Action Day will:

- raise awareness of the importance of Dignity in Care
- provide someone with an extra special day
- remind society that the dignity of those in your community is not the sole responsibility of health and social care staff – everyone has a part to play
- remind the public that staff have a right to be treated with dignity and respect
- For more information on Dignity in Care, go to www.dignityincare.org.uk