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 exorbitant 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

Access legal advice for managing your debts

Every time you write, phone or visit a CAB, it can help you with your debt.

Struggling with debt?

By Tom Du Boulay
youreastriding@eastriding.gov.uk

Dignity Action Day

Everyone has a role in providing dignity in care

By Lisa Welton
youreastriding@eastriding.gov.uk

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