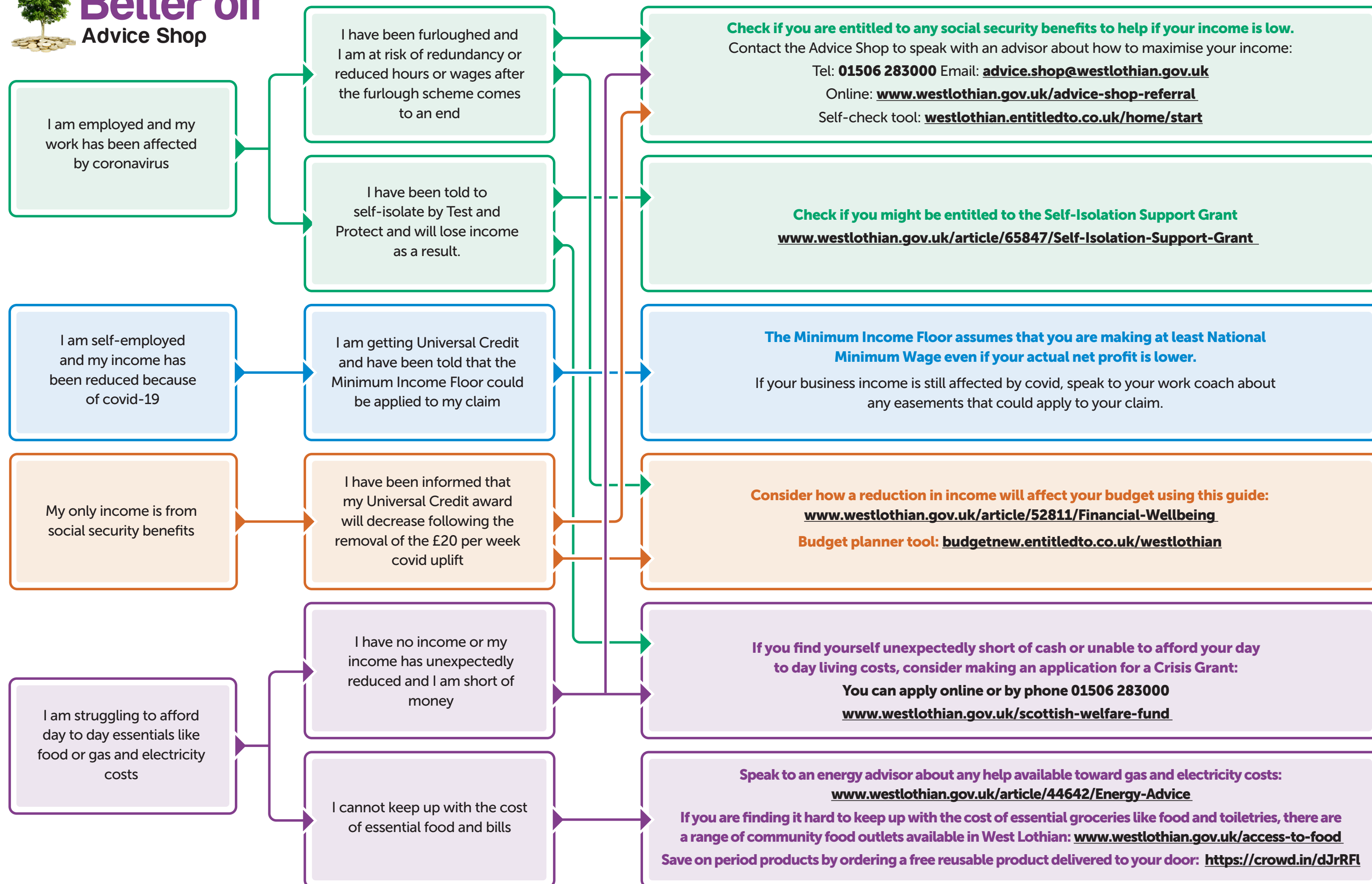




# Better off Advice Shop



# Where can I go for help?



## Income Maximisation Advice

West Lothian has a number of advice agencies that can help you to make sure you are getting everything you are entitled to including:

West Lothian Council Advice Shop – 01506 283000  
Citizens Advice Bureau West Lothian – 01506 432977  
The Action Group West Lothian – 0131 475 2315  
Some tenants can also access advice through their Housing Association.

Find local advice agencies online:  
[www.westlothianadvicenetwork.org](https://www.westlothianadvicenetwork.org)



## DWP

Universal Credit, Employment & Support Allowance  
Jobseekers Allowance, Carers Allowance,  
Personal Independence Payment

For more information, visit

<https://www.gov.uk/browse/benefits>

For information about help to claim Universal Credit,  
<https://www.cabwestlothian.org.uk/services/help-claim>

## Social Security Scotland

Best Start Grant, Scottish Child Payment  
Young Carer Grant, Job Start Payment  
Funeral Support Payment

For more information, visit  
<https://www.socialsecurity.gov.scot/benefits>



## Energy Advice

Specialist advice is available for help with energy related issues including:

Support to ensure you are getting the best deal  
Help to access grants and other financial support with energy costs  
Assistance to understand your bills and resolve any billing problems

West Lothian Council Advice Shop – 01506 283000  
Citizens Advice Bureau West Lothian – 01506 432977  
Home Energy Scotland – 0808 808 2282

To find local energy advice providers, visit  
<https://westlothianadvicenetwork.org>



## Debt Advice

There are a number of services in West Lothian that can help you to deal with debt including:

West Lothian Council Advice Shop – 01506 283000  
Citizens Advice Bureau West Lothian – 01506 432977  
Bridge Community Project – 01506 238980  
CAP Debt Centre – 0800 328 0006

To find local support to suit your needs, visit  
<https://westlothianadvicenetwork.org>



## Help with Food Costs

There are many options if you are finding it difficult to afford food:

Foodbank emergency food aid  
The Larder Catalyst Kitchen chilled meals  
Community pantries and shops  
Community Meals  
Community Gardens  
Free School Meals and holiday payments

For more information, visit  
[www.westlothian.gov.uk/access-to-food](https://www.westlothian.gov.uk/access-to-food)



## Employment Support

There are several specialist services available to help with employability skills, training and practical job search assistance

Access2Employment – 0800 032 9768  
Supported Employment Service – 07917 814440  
Business Gateway – 01506 283400  
Skills Development Scotland – 0800 917 8000

For further details of local support to meet your needs, visit <https://westlothianadvicenetwork.org>