



East Renfrewshire Citizens

Advice Bureau Weekly Update

04/03/2022

Debt Happens. You're Not Alone.

Feeling worried about debt?

You don't need to go through this alone. East Renfrewshire Citizens Advice is here to offer free, confidential and impartial advice, from our experienced debt adviser.

Where to get help:

- Access free support online from our [public advice site](#), including information on getting help with debt.
- Our [Money Map tool](#) directs you to online help finding ways to make the most of your money, boost your income, decrease your bills and help meet the costs of daily living.
- Find out if you're missing out on making savings on your council tax bills. Our [Council Tax tool](#) tells you quickly if you're entitled to a discount, reduction or exemption.

Visit <https://www.cas.org.uk/debt-happens> for further information on this.

For help with debt, please contact our money adviser, Julie on **07901607309**.

Best Start Grants and Best Start Foods

Best Start Grant and Best Start Foods are payments that help towards the costs of being pregnant or looking after a child. Best Start Grant and Best Start Foods are 2 separate payments. You apply for both Best Start Grant and Best Start Foods using the same form.

You may be able to get Best Start Grant and Best Start Foods if all of the following apply:

- you live in Scotland
- you or your partner are getting certain benefits or tax credits
- you or your partner are pregnant, or are the main person looking after a baby or child who's the right age for a payment

For more information, please visit; <https://www.mygov.scot/best-start-grant-best-start-foods>

Good News Story – Armed Services Advice Project (ASAP)

Client contacted ERCAB as he is suffering from poor mental health & had his Universal Credit (UC) sanctioned. He was unsure what to do and was struggling financially to cope. He is unemployed and lives alone, is ex-army and has his child with him 3 days per week. Client was also struggling with fuel costs so our ASAP adviser set up an appointment with Utilita on his behalf.

ERCAB's ASAP adviser also made a referral for a Scottish Welfare Fund Crisis Grant, shopping vouchers & fuel vouchers. Client was also supported with a UC mandatory reconsideration. A referral to Combat Stress & SSAFA was also made and he was provided with a SIM card for his Giff Gaff phone for 6 months.

Client was overwhelmed with the support he had received from ERCAB and would not have been able to do this on his own.

For support with benefits, please call the office on **0141 881 2032** to speak to one of our experienced benefits advisers.

Young Persons' Free Travel Scheme

If you're aged **16-21** and have a National Entitlement Card or Young Scot card, you can now download free bus travel onto your existing card using a new app without having to apply for a new card.

More for information please visit; https://www.eastrenfrewshire.gov.uk/young-persons-free-travel-scheme?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo

ERCAB have been working with East Renfrewshire Citizens to collect donations to help those currently fleeing the conflict in Ukraine.

Donations have been sorted and dropped for distribution - a huge thank you to everyone who has donated.

Clients can also get in contact with the bureau via:

Email - ere-bureau@eastrenfrewshirecab.casonline.org.uk

You can also keep up to date with recent news from ERCAB via our social media platforms.

Facebook – **East Renfrewshire CAB** & Twitter **@EastAdvice**