

# Financial worries? Think of us first.

Continued cuts to benefits mean it's more difficult to manage your finances and pay household bills.

If you're looking for advice, we can help.

## We can offer you advice on:

- Maximising your income
- Reducing high heating bills
- Accessing banking services
- Making grant applications
- Reducing rent arrears
- Taking money management training courses
- Accessing home contents insurance

## We can also help you with:

- Food and fuel bank vouchers
- Support with expenses
- Referrals to other advice agencies
- Sourcing responsible lenders through the credit union
- Referrals for stress caused by money management

If you would like more information, please call  
0208 996 8847 or email us at [income.team@sbhg.co.uk](mailto:income.team@sbhg.co.uk).