**Citizen’s Advice Bureau (CAB)**

You don’t have to be a UK citizen to get support from your local CAB, you just need to be
a resident of the local area. The CAB can help you with:

Getting benefits or other financial support organised

Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](https://www.citizensadvice.org.uk/)’s website or contact your local branch to book an appointment. Our nearest branch is **Citizen’s Advice Newcastle, 33 New Bridge Street, NE1 8AX.**

**Claim any benefits you’re entitled to**

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

  [Turn2us](https://benefits-calculator.turn2us.org.uk/)

  [Policy in Practice](https://www.betteroffcalculator.co.uk/calculator/new/step1)

  [Support for migrant families](https://migrantfamilies.nrpfnetwork.org.uk/) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you’re already feeling the squeeze - this is known as ‘a short-term benefit advance’ - you will need to contact the Department for Work and Pensions (DWP) office (Our nearest office is 1 Cathedral Square, Newcastle, NE1 1EE) that’s dealing with your claim.

**Check you’ve received all the government’s cost of living payments**

The government’s [cost of living payment](https://www.gov.uk/guidance/cost-of-living-payment) is available for those receiving certain benefits or tax credits. You don’t need to apply for these – if you’re eligible the money should go straight into your account.

If you think you’re due a payment, but haven’t received one – [report a missing payment](https://www.gov.uk/guidance/cost-of-living-payment#other-help) to the government here.