

# WORRIED ABOUT THE COST OF LIVING?

## PLEASE KEEP THIS LEAFLET



Or you can keep this section in your purse or wallet

### Get support from City Advice

City Advice (the City of London Corporation's specialist, independent service) provides guidance to those who live, work or study in the Square Mile or live on a City Corporation estate.

Call **020 7392 2919**

Text **07432 658 083**

**city.advice@toynbeehall.org.uk**

**www.cityoflondon.gov.uk/cityadvice**

**Speak to City Advice for free, impartial and confidential advice on:**

- Welfare Benefits
- Debt and money
- Housing Support
- Employment rights and more

### Find out if you can get benefits

Contact our Benefits Team for more information.

Visit: **www.cityoflondon.gov.uk/claimingbenefits**

Call **020 7332 3937**

Or email **benefits@cityoflondon.gov.uk**



### Get online at our libraries

- Free wifi and access to a computer with Microsoft Office
- Low-cost printing and free scanning
- Sessions to help with form filling and basic IT
- A warm space to read, work, study or just relax

The Barbican Centre:

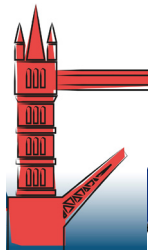
**020 7638 0569**

On Shoe Lane:

**020 7583 7178**

On Artizan Street:

**020 7332 3810**



### Help with jobs, skills and training

If you are currently looking for work, our Connecting Communities Service can help you find opportunities, build your CV, give you interview practice and support the cost of training and travel.

Email **bridgetosuccess@cityoflondon.gov.uk** or call **07599 102 164**.

### Healthy Start Digital Card

If you are pregnant or have children under the age of four years you could be eligible for a Healthy Start Digital Card to help you buy free milk, fresh or frozen vegetables and fruit.

Call the National Healthy Start helpline on **0300 330 7010**



## Other sources of help

The kinds of support you may be able to access have been pulled together onto a single web page.

Visit: [www.cityoflondon.gov.uk/costofliving](http://www.cityoflondon.gov.uk/costofliving)

*You can ask our library staff to help you view the page.*

## সিটি অ্যাডভাইস থেকে পরামর্শ নিন

যারা স্কয়ার মাইলে বাস করেন, কাজ করেন বা লেখাপড়া করেন বা সিটি কর্পোরেশন এস্টেটে থাকেন তাদের আবাসন সমস্যা, ঋণ, বেনিফিট এবং আরও অনেক কিছু বিষয়ে তারা নির্দেশনা প্রদান করে।

020 7392 2919 নম্বরে কল করুন, ইমেইল করুন [city.advice@toynbeehall.org.uk](mailto:city.advice@toynbeehall.org.uk)  
ঠিকানায় অথবা ভিজিট করুন [www.cityoflondon.gov.uk/cityadvice](http://www.cityoflondon.gov.uk/cityadvice)

## Obtenga consejos de City Advice

Ofrecen asesoramiento sobre problemas de vivienda, deudas, prestaciones y más a aquellos que viven, trabajan o estudian en la City de Londres o viven en una finca de la City Corporation.

Llame al 020 7392 2919

escriba un correo electrónico a [city.advice@toynbeehall.org.uk](mailto:city.advice@toynbeehall.org.uk)

o visite [www.cityoflondon.gov.uk/cityadvice](http://www.cityoflondon.gov.uk/cityadvice)

## Receba aconselhamento da City Advice

A City Advice oferece aconselhamento sobre problemas de habitação, dívidas, benefícios e muito mais a quem vive, trabalha ou estuda em Londres ou vive numa propriedade da City Corporation.

Contacte 020 7392 2919

envie um e-mail para [city.advice@toynbeehall.org.uk](mailto:city.advice@toynbeehall.org.uk)

ou visite a página [www.cityoflondon.gov.uk/cityadvice](http://www.cityoflondon.gov.uk/cityadvice)