

Factsheet - Citizens Advice Bureau

Citizens Advice Bureau (CAB) can help you sort out your legal, money, consumer, employment, housing and other problems. Advice is free, confidential, independent, open to everyone and regularly available from over 2,800 locations across the UK. CAB advisers can:

- Provide free, independent and confidential advice on any subject face-to-face and by phone
- Offer practical help filling out forms and drafting letters
- Speak to and negotiate with third parties such as creditors

Many bureaux also provide:

- Home visits for people who cannot make it to a bureau
- Preparation of cases for tribunals
- Specialist services such as debt, employment and housing advice
- Email advice
- Free advice sessions with local solicitors

As well as having offices in most high streets, the CAB also give regular advice from places such as hospitals, health centres, village halls, prisons, courts and in people's homes as well as by phone, email and even on the website at www.adviceguide.org.uk

Each CAB is a charity reliant on trained volunteers. They use evidence of problems clients bring to them to campaign to change policies and services for everyone.

For further information:

Contact the Citizens Advice Bureau - look in your phone book under 'C' or visit their website as outlined above.