

Managing money after stroke: who can help?

Organisation	Service	Website	Phone
Citizens Advice	Free confidential advice on benefits, debt, family matters, employment, housing, anything. Internet, face to face, webchat and phone. Some branches offer home visits.	www.citizensadvice.org.uk	Local numbers and branches.
Money Advice Service	Free and impartial service to help people manage their money, including debt, budgeting, financial planning.	www.moneyadviceservice.org.uk	0800 138 7777 Tynetalk 18001 0300 500 5000*
Stepchange	Debt advice by phone, internet, email.	www.stepchange.org	0800 138 1111
National Debtline	Debt advice by phone, internet, webchat.	www.nationaldebtline.org	0808 808 4000
Citizens Advice Consumer helpline	Advice on consumer issues eg problems with energy suppliers, goods and services, by phone, email, and internet.	www.citizensadvice.org.uk/consumer/	03454 04 05 06 Textphone: 18001 03454 04 05 06
Money Saving Expert	Website dedicated to helping people manage money better and cut bills. On-line forums for mutual support.	www.moneysavingexpert.com	n/a
Turn2us	National charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services.	www.turn2us.org.uk	0808 802 2000 Also text relay
Age UK	Advice on issues affecting older people. Particularly good on housing, care and finance.	www.ageuk.org.uk	0800 678 1174
Tax Help for Older People	Advice on tax issues for over- 60s.	www.taxvol.org.uk	0845 601 3321 or 01308 488066

Tax Aid	Advises working age people on low incomes whose problems cannot be resolved with HMRC.	www.taxaid.org.uk	0345 120 3779 Text assist 020 7803 4950
ACAS	Advice about work issues including disability issues, for employers and employees.	http://www.acas.org.uk	0300 123 1100 Text relay 18001 0300 123 1100
Disabled Motoring UK	Advice on motoring issues including Blue Badge scheme.	www.disabledmotoring.org	01508 489 449
Motability Charity	Supports disabled people with their personal mobility, including grants.	www.motability.org	01279 635999
Disability Grants	Searchable database of grants for equipment	www.disability-grants.org	n/a
Energy grants	Calculator for energy grants: you can also phone the Energy Saving Advice Service	https://www.gov.uk/energy-grants-calculator	0300 123 1234
Government	Government website with clear and authoritative information on all government services.	www.gov.uk	n/a
Office of Public Guardian	Official body which deals with power of attorney.	www.gov.uk/government/organisations/office-of-the-public-guardian	0300 456 0300 Textphone: 0115 934 2778
Stroke Association	Charity for stroke patients, various services including life after stroke grants.	stroke.org.uk/finding-support/life-after-stroke-grants	0303 3033 100
Scope	Charity for people with disabilities, various services.	www.scope.org.uk/support	0808 800 3333

Always check that you are on the right website: there are many copycat websites, which try to look official, but make money from people e.g. by charging for debt management plans. Note that some things work differently if you are in Scotland, Wales or Northern Ireland.