**Benefit Advice (useful contacts – last updated June 2023)**

**Trafford CAB**

No appointment necessary

**Monday**

Partington Hub 10am – 1pm Partington Library, Central Road, M31 4EL

The Hideaway 1.30 – 3.30pm Partington Shopping Centre, Central Road, M31 4EL

**Tuesday**

Stretford Public Hall 9.30am – 12.30pm & 1.30pm – 3.30pm - Chester Road, Stretford, M32 0LG

St. John’s Centre 9.30am – 3.30pm - St. John’s Road, Old Trafford, M16 7GX

**Wednesday**

Altrincham Hub 9.30am – 3.30pm - Pownall Road, Altrincham, WA14 2SZ

**Thursday**

Sale West Community Centre 10am – 12pm (appointment only in the afternoon) - Newbury Avenue, Sale, M33 4QH

**Friday**

Urmston Library 10am – 4pm - 34, Golden Way, Urmston, M41 0NA

**Tel – 0808 278 7803 for more information and locations visit casort.org**

**Welfare Rights 0161 912 2735**

Support for those who have been declined a benefit and have reached the appeal stage.

**Age UK 0161 746 3940**

Benefit support for those who are 50 plus.

**Other Useful Numbers**

Attendance Allowance Unit 0800 731 0122

Bereavement Support Allowance 0800 731 0469

Benefits (IS, JSA & ESA existing claims) 0800 169 0310

Carers Allowance 0800 731 0297

Child Benefit 0345 300 3900

DLA 0800 121 4600

HMRC 0300 200 3300

Maternity Allowance 0800 169 0283

Pension Credit 0800 99 1234

PIP 0800 121 4433

State Pension 0800 731 7898

Tax Credits 0345 300 3900

Universal Credit 0800 328 5644