

### Could a Debt Self-Help Guide assist you?

You can download a copy of our easy-to-use guide to prioritising debts, drawing up a personal budget and dealing with your creditors from [www.hillingdoncab.org.uk](http://www.hillingdoncab.org.uk).

### Could a grant help you with your water bill?

If you are a customer of Veolia Three Valleys Water with debts you can telephone 01895 277310 or email us on [tvw-help@hillingdoncab.org.uk](mailto:tvw-help@hillingdoncab.org.uk) for an appointment.

To access our 24-hour **Advice and Information Line**, call

**0844 848 7903.**

Telephone advisers are available on  
**Tuesdays, Wednesdays and Thursdays**  
from 9.30am - 12.30pm & 1.00 - 3.00pm.

Requests for telephone advice can also be made via our website,  
[www.hillingdoncab.org.uk](http://www.hillingdoncab.org.uk).

You can also check the 24-hour CAB website service on

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

for useful information on a wide range of enquiry issues.

Hillingdon Citizens Advice is an independent charity staffed mainly by volunteers in a wide range of rewarding roles. If you have time to spare and would like more information on volunteering, please visit our website [www.hillingdoncab.org.uk](http://www.hillingdoncab.org.uk) for an information pack.

# Hillingdon Citizens Advice



## How to Access Our Services

(for residents of Hillingdon)

***"The Charity for your Community"***

Free, Independent, Confidential, Impartial  
**Advice and Information**

*and*

***Campaigning for Change***

**Personal callers: the CAB Reception opening hours for dropping in without an appointment are below.**

**An initial assessment will be made and assistance offered from a range of advice and information services.**

### **Hayes CAB**

*49-51 Station Road, Hayes UB3 4BE.*

#### **Reception Opening Hours**

**Tuesday** - 9.00am - 11.30am  
**Thursday** - 9.00am - 11.30am

### **Uxbridge CAB**

*The Colonnade, Civic Centre, Uxbridge UB8 1UW.*

#### **Reception Opening Hours**

**Monday** - 9.30am – 4.00pm  
**Tuesday** - 9.30am – 4.00pm  
**Wednesday** - 9.30am – 4.00pm  
**Thursday** - 9.30am – 4.00pm

### **Ruislip CAB**

*9 Eastcote Road, Ruislip HA4 8BD.*

#### **Reception Opening Hours**

**Monday** - 9.30am - 11.30am  
**Tuesday** - 9.30am - 11.30am  
**Thursday** - 9.30am - 11.30am

**Do you use the mental health services at Mill House, Mead House or the Pembroke Centre?**

If so you can make an appointment with a CAB Adviser for debt and benefits advice by contacting a Receptionist at the Centres.

**Are you a tenant of Hillingdon Homes with rent arrears?**

If so, you can access our Money Advice for Tenants service by telephoning **01895 556056**, leaving your name, address and telephone number or by emailing **mat@hillingdoncab.org.uk**.

**Are you a GP patient at Yiewsley Health Centre, Harefield Health Centre, Uxbridge Health Centre or Belmont Medical Centre?**

If so, then the Receptionists at the Health Centres can make you an appointment with the CAB Adviser who visits weekly.

**Do you have a child under the age of 5?**

If so, then you can drop in to access a CAB adviser at the following **Children's Centres**:

**Mondays 1.00pm-3.00pm** Nestles Avenue Children's Centre  
Nestles Avenue, Hayes UB3 4QA

**Tuesdays 9.30-11.30am** Hayes College Campus,  
College Way, Hayes UB3 1BB

**Wednesdays 9.30-11.30am** Belmore Children's Centre  
Belmore Nursery & Primary School  
Owen Road, Hayes UB4 9LF

**Thursdays 9.30-11.30am** Colham Manor Children's Centre  
Moorcroft School, Bramble Close  
Hillingdon UB8 3BF