

## Connect Well

Online referral made via  
[Connect Well Online](#) or  
[Enquiries@ConnectWellHull.org.uk](mailto:Enquiries@ConnectWellHull.org.uk)

## Adviceline

03444 111 444 (local rate)  
Or webchat Online here  
Or emailing [e-advice@hull-eastridingcab.org.uk](mailto:e-advice@hull-eastridingcab.org.uk)

## Universal Credit

0800 144 8 444 (freephone)  
Or webchat [Online here](#)

### Wellbeing Coordinators (North Bank Forum Employees sub-contracted to CAB **under Connect Well**) able to assist with:

- Social Prescribing
- Social isolation
- Well-being support
- Linking people with community volunteers offering support

### Wide ranging advice including:

- Employment issues
- Entitlement to SSP
- Benefit delays and sanctions
- Mandatory Reconsiderations
- New PIP enquiries
- Housing issues
- Budgeting/Income Maximisation
- Travel cancellations and refunds

### Specialist Debt Advice including:

- Dealing with creditors
- Requesting a temporary hold on recovery action
- Bailiff advice
- Responding to court action for debts
- Negotiating repayments
- Understanding liability
- Insolvency options

### Advice and assistance with:

- Making a new claim for Universal Credit
- Enquiries relating to ongoing universal credit
- Advice on income replacement benefits

**citizens  
advice**

**Hull &  
East Riding**

Self help information also available at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)