

Money support



- Money Helper is a free money advice service Tel: **0800 138 7777**
- If you think you've been the victim of a scam, phone your bank and Citizens Advice Consumer Service Tel: **0808 223 1133** for support and advice
- StepChange Debt Charity Tel: **0800 138 1111**
- Youth Legal and Resource Centre Tel: **0203195 1906**
- Debt Advice Foundation Tel: **0800 622 61 51**
- Don't be tempted by loan sharks, speak to your local Credit Union instead:
 - For Bassetlaw: 2Shires Credit Union Tel: **01909 500575**
 - For the rest of Nottinghamshire: Notts and Lincs Credit Union Tel: **0330 004 0842**
- Multiply - free courses to help you budget better

If you're aged 19+ and do not already have a GCSE at grade C (or equivalent) in maths, Multiply is available to you.

Courses and drop-in sessions are available to help improve basic maths and number skills which help when cooking on a budget.

You can find out more about Multiply by calling:

Inspire Tel: **01623 677 200** or ask when visiting your local library

Futures Tel: **0800 085 8520**

Vision West Notts College Tel: **0808 100 3626**