

Gu h-ann chan eil airgead agam

- EDLUDJEDDOO has lugha uairean
- LUJHDGJDEDOO cosgais gun dail
- EDLW (me tuil no teine)
- LPDEULHDG UR
- LUJHDGJDWDGPH GHEDLPHLGJUHDE
-)RPDEGED - IDLEURJDL5

air ghaibnean: 1 2 5 6

Chan eil mo chuid airgid a dol fada gu leir

- 5RJDLHDGDU biadh/connadh/fin
- HDEGDWHDEFURDO REPDWDLU
- LJHDGLHL5HDEGDLO URURDO
- UELW PLRURJDEGD LURWDLF
- LGHDEFDGLUDWDUUDFDG (PHOHDDF EWLHD air cille fhgail)

Faic oghainn: 2

Tha fiachan orm

-)LEDEPLORURHRPDLUOH
- Gas RGHODD
-)DDGDODWDSLUJLG
- araidean is teahach
- is- h i hidhean sochaire

air o hainn: 3

DPLDHLWHDPSLUJHDG ERGDG FDH

- 5LPLWJUDGJDLURRFDLU
- DGLODSLUJHDGREFDLUH
- HLWHDPERGEGPREFDLU

)DLE5RJDL 1 4

1

D6FDDO

6ZFDDDHWDHDFD WHDFUDOWDDWD ID PDDH

6HSHDDWDHDFEFHDWDF FWDWOHFDHDDF ODIHPDWDDWDD SHDDD (FDHLDDGDWD).

Cait am faigh mi taic? A B C

2

Meudaich Do Theachd-a-steach

DDHDPWDWDDWUOHRP DFDHIDFPDDHDD DDUPDIDFPDDHDF

1UDEFHFWHDFHOWD IDDDIDDDHOWD DPDDWDDFDHDEFDD FDDFPDDHDF FHFDDDFPDWDDDH DDPDHDDDDDP FWHDFDFHOWDEFDODPDEFDD PDWDDWDDDFOHDDH DDD

Cait am faigh mi taic? A B

3

omhair e mu fiachan

)DRGDLGGHLDPDLWDELWDDP (LEDE)DRGDLGERPDLUOHLWDLFDDJDLG GRELGHDEFDGGJPDGDEPDLODLUD ILDEFDDJGDJDWDWDSLUJHDGJDF PURDOJGDEFDGP

Cait am faigh mi taic? A B

4

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

Where can I get help? A B

5

Pàigheadh Cruadail

Ma chaidh do chur fo smachd-bhann, math dh'fhaodte gum faod thu paigheadh cruadail iarraidh on Ionad-obrach. Chan eil paighidhean cruadail an-còmhnaidh air am paigheadh sa bhad, agus chan eil iad rim faotainn dhan a h-uile duine. Feumar paighidhean cruadail Creideas Uile-choitcheann a paigheadh air ais (iasad), ach chan fheumar paighidhean cruadail Cuibhreann Sireadair Obrach no Cuibhreann Taic Cosnaidh (chan e iasad).

Cait am faigh mi taic? A B

6

Cuir an ghaidh C -dh nadh

Faodaidh tu cur an aghaidh co-dhùnadh mu shochair ma chaidh an t-sochair agad a stad / chur fo smachd-bhann / lùghdachadh / dhiùltadh, no ma chaidh cus a paigheadh dhut. Mar as trice feumar cuir an aghaidh co-dhùnadh taobh a-staigh mìos.

Cait am faigh mi taic? A B

Step 3: Where can I get help?

A Highland Council

The Welfare Support Team provide free, impartial and confidential support to claim all entitlements that are due to you

0800 090 1004

welfare.support@highland.gov.uk

B Citizens Advice Bureau

Free, impartial and confidential advice on benefits, debt, money and housing

Caithness

01847 894243

bureau@caithnesscab.casonline.org.uk

North and West Sutherland

01971 521730

NWS-Bureau@NWSCAB.casonline.org.uk

East and Central Sutherland

01408 633000

advice@ecscab.org.uk

Ross and Cromarty

01349 883333

bureau@alnesscab.casonline.org.uk

Skye and Lochalsh

01478 612032

adviser@slcab.org.uk

Nairn

01667 456677

bureau@nairncab.casonline.org.uk

Lochaber

01397 705311

adviser@lochaberCAB.casonline.org.uk

Inverness Badenoch and Strathspey

01463 237664

enquiries@invernesscab.casonline.org.uk

Step 3: Where can I get help?

C Scottish Welfare Fund

Crisis Grants to cover the costs of an emergency

0800 083 1887

www.highland.gov.uk/welfare-fund

Other Support

Home Energy Scotland

Free and impartial energy efficiency advice

0808 808 2282

www.homeenergyscotland.org

Shelter

Free housing advice

0808 800 4444

scotland.shelter.org.uk

Social Security Scotland

Speak with someone about a benefit application

0800 182 2222

www.mygov.scot/benefits

Breathing Space

Confidential phoneline for anyone feeling low, anxious or depressed

0800 83 85 87

www.breathingspace.scot

Clear Your Head

Ways to help mental health and wellbeing

www.clearyourhead.scot

Salvation Army

Housing Advice

01463 234123

invernessresettlement@salvationarmy.org.uk

Updated on: 16/11/20

Feedback? Share your experience of using this guide by visiting www.bit.ly/moneyadvicefeedback

Worrying about money?

Financial advice and support is available if you're struggling to make ends meet.

Follow these steps to find out where to get help in Highland.



Social Security Scotland
Tèarainteachd Shòisealta Alba



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FOOD AID
NETWORK