

# Are you facing housing problems?

**Rent arrears?**

**Is your landlord  
asking you to leave  
the property?**

**Are you  
struggling to get  
your deposit  
returned?**

**Home in  
disrepair?**

We can help if you feel your problems may be affecting your health, sense of stability and security.

To book an appointment for free, independent, impartial and non-judgmental advice, please call or email us on:

**citizens  
advice**

**Redbridge**

**[gpadvice@redbridge.cabnet.org.uk](mailto:gpadvice@redbridge.cabnet.org.uk)**

**020 8092 5900**

The **GP Outreach Project** aims to provide accessible, timely and effective advice to Redbridge residents at a surgery local to them.

# Is your home environment having a bad effect on your health?

My disability means it's hard for me to use the shower, but the council won't modify my bathroom.

The damp and mould in my walls is giving me respiratory problems, but my landlord won't help.

**citizens  
advice** Redbridge

Citizens Advice Redbridge can provide advice to help with your housing problem. Our advice is free, independent, confidential and impartial.

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*I'm struggling to meet my day-to-day expenses because of my low income. I don't know how I'll be able to cover my rent, pay all of my bills, or even have enough money to put a meal on the table for my family.  
But what can I do?*

**Citizens Advice Redbridge** can help you find out the benefits you may be entitled to, including Universal Credit.

We can:

- perform benefit checks
- assist you with your application(s)
- where appropriate, help challenge any negative decisions

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# Are you disabled or struggling with a long term health condition?

Do you feel you may be entitled to more financial support to help improve the quality of your life, but don't know where to start?

**Citizens Advice Redbridge** can provide free and confidential advice on the disability benefits you may be entitled to, including Personal Independence Payment (PIP).

We can:

- check to confirm your entitlement
- assist with your application
- where appropriate, help challenge any negative decisions

Call or email to arrange an appointment:

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