

## Free Financial Health Check

East Dunbartonshire Citizens Advice Bureau (CAB) is offering a free financial health check to members of the community. The new service is funded by £3.3m by the Scottish Government over the next two years and CABs across Scotland are offering this service to members of the community.

*"Research has shown that around half a million Scots are not claiming all the support they are entitled to. That means families are struggling to heat their homes or put food on the table while missing out on financial assistance that could make a crucial difference. This service is all about identifying those people and linking them up with the grants, benefits or support that they need."*

*"The CAB service already does work every day to help people who are struggling, but it is an ongoing battle to make sure we are reaching all the people who need this support, so the funding we have received for this new service is extremely welcome and will allow us to offer this crucial help to thousands more people who could benefit from it."*

Citizens Advice Scotland Chief Executive Derek Mitchell  
(November 2018)

Advisers will check whether you are getting as much income as possible and find ways to enable you to pay out less each month. Examples include:

- Cheap deals on things like gas and electricity
- Claiming benefits to which you may be entitled
- Exploring grants and exemptions

Co-operation, Creativity, Honesty, Inclusion, Kindness, Respect

The initiative is available to anyone who wants it, but there are certain target groups who are encouraged in particular to contact the service. These include:-

- Lone parent families
- Families which include a disabled adult or child
- Larger families
- Minority ethnic families
- Families with a child under one year old
- Families where the mother is under 25 years of age
- Older people and those approaching pension age

**Please contact the Citizens Advice Bureau on 0141 775 3220  
or [edcab.org](http://edcab.org)**