



Hello to all Spring Gardens families. My name is Caren and I work for Citizens Advice North Tyneside. We are a charity and offer free, independent and confidential advice. I am currently working in local schools to make our service more accessible for parents, carers and guardians, and will be available for drop-ins in your school every Friday afternoon after the Christmas holidays. I am a parent of two children myself so understand how busy and stressful life can be, particularly with the current cost of living crisis.

I can offer free, independent advice on:

Benefit entitlement – Are you receiving everything you should be?

Help with challenging benefit decisions.

Income based free school meal entitlement check and help applying.

Help with managing debts and available options.

Advice on lowering bills such as energy and utilities.

Advice around housing and dealing with rent increases.

Support with employment and consumer issues.

If you would like assistance, please call in to the drop-in service on Friday afternoons between 2.30 and 3.45. Alternatively, contact me on the details below and advice can be provided over the telephone if this is more convenient.

Telephone number – 0191 2704464

caren.thompson@ntcab.org.uk – please provide your name, contact details and the name of your child's school and I will get in touch.

Thank you.