



## Winter support from SNG

**We know the cost of living is still a worry, so we wanted to remind you of the many different, free services we have to support you.**

If you'd prefer to speak to someone then please call 0300 5000 926 and ask to talk to one of the teams below.

### **Money guidance and debt support**

If you're worried about debt, benefits or paying your bills and rent then we have support available. Please speak to our Customer Income Advisors and Debt Advice team by emailing [debtadviceteam@sovereign.org.uk](mailto:debtadviceteam@sovereign.org.uk)

### **Work**

Our Employment and Skills team offer a personalised service of guidance, support and practical help to access training, work or better work.

We also offer help to those looking to start, maintain or grow their own business.

For details, please email [employmentandskills@sovereign.org.uk](mailto:employmentandskills@sovereign.org.uk)

### **Getting online**

Don't have good access to the internet or devices to get online? Our Digital Inclusion team can help. To find out more, please call 0300 5000 926 or email [fidi@sovereign.org.uk](mailto:fidi@sovereign.org.uk)

### **Cost of living**

You can find plenty of advice on our website on what support is available both nationally and locally, plus lots of money-saving tips.



[www.sovereign.org.uk/col](http://www.sovereign.org.uk/col)

Feeling sad, worried or stressed? Text **NOTALONE** to **85258** for free, confidential support 24/7 from our mental health partner Shout.

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