

## **Are You Worried About Debt?**

There are lots of places where you can get free and impartial advice if you are in debt. Please use this information to contact any one of the agencies listed on it – they will be pleased to help you.

Burying your head in the sand will not make your debts go away – this will only make things worse, so the sooner you get advice, the better.

Below, please find the agencies who can give you advice in the area where you live:

### **Bedford**

- Citizens Advice Bureau  
7A St Paul's Square  
Bedford, MK40 1SQ  
Telephone: 01234 354384  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0900-1500 Mon to Fri, 1000-1200 on Sat)

### **Breckland**

- Citizens Advice Bureau  
15 Earls Street  
Thetford, IP24 2AB  
Telephone: 01842 752777  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0930-1500 Mon to Fri)

### **Cambridge**

- Citizens Advice Bureau  
72-74 Newmarket Road  
Cambridge, CB5 8DZ  
Telephone: 08701 264010  
Website: [www.cambridgecab.org.uk](http://www.cambridgecab.org.uk)  
(Opening hours: 0930-1630 Mon to Fri, 1000-1200 on Sat)
- Cambridge Independent Advice Centre (CIAC)  
41 Mill Road  
Cambridge, CB1 2AW  
Telephone: 01223 712222  
Website: [www.ciac.org.uk](http://www.ciac.org.uk)  
(Opening hours: 1000-1300 Tuesdays and Thursdays only)

### **East Cambridgeshire**

- Citizens Advice Bureau  
70 Market Street  
Ely, Cambs, CB7 4LS  
Telephone: 08707 510933  
Website: [www.elycab.org.uk](http://www.elycab.org.uk)  
(Opening hours: 0915-1330 Mon to Fri, 1000-1200 on Sat)

### **East Hertfordshire**

- Citizens Advice Bureau  
74 South Street  
Bishops Stortford  
Herts, CM23 3AZ  
Telephone: 08701 264083  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 1000-1600 Mon-Fri, (except Weds-closes at 1300))

- Citizens Advice Bureau  
 The Manor House  
 21 High Street  
 Buntingford, SG9 9AB  
 Telephone: 01763 272024  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: 1000-1600 & 1800-2000 Mon, 1000-1300 Tues & Weds, 1000-1600 Thurs)
- Citizens Advice Bureau  
 Meade House  
 85 High Street  
 Ware, SG12 9AD  
 Telephone: 01920 463495  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: 1000-1530 Mon-Weds, 1000-1530 Fri)
- Citizens Advice Bureau  
 Tooke House  
 20 Bull Plain  
 Hertford, SG14 1DT  
 Telephone: 01992 581441  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: 1000-1230 Mon, 1000-1230 Weds-Fri)
- Citizens Advice Bureau  
 Swingate House  
 Danestrete  
 Stevenage, SG1 1AF  
 Telephone: 01438 369491  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: Drop In: 0930-1200 Mon-Weds, 0930-1200 Fri)  
 (Opening hours: Phone: 1300-1600 Mon-Weds, 1300-1600 Fri)

### **Fenland**

- Citizens Advice Bureau  
 12 Church Mews  
 Wisbech, PE13 1HL  
 Telephone: 01945 464367  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: 0930-1430 Mon-Fri)
- Citizens Advice Bureau  
 49 London Road  
 Chatteris, PE16 6AS  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: 0930-1200 Tuesdays only)
- Citizens Advice Bureau  
 130 High Street  
 March, PE15 9LP  
 Telephone: 01354 657622  
 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 (Opening hours: 0930-1430 Mon-Thurs)

### **Hatfield**

- Citizens Advice Bureau  
 Queensway House  
 Hatfield  
 Herts  
 AL10 OLW  
 Telephone: 01707 262607  
 Website: [www.welwynhatfieldcab.org.uk](http://www.welwynhatfieldcab.org.uk)

## **Huntingdonshire**

- Citizens Advice Bureau  
6 All Saints Passage  
Huntingdon, PE29 3LE  
Telephone: 01480 388900  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0930-1530 Mon, Tues, Thurs & Fri, 1230-1530 Weds)
- Citizens Advice Bureau  
Town Hall, Market Place  
St Ives, PE17 4AL  
Telephone: 01480 388909  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0930-1230 Tues-Fri)
- Citizens Advice Bureau  
The Health Centre  
Whytefield Road  
Ramsey, PE17 1AQ  
Telephone: 01487 812560  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 1330-1600 Weds only)
- Citizens Advice Bureau  
28 New Street  
St Neots, PE19 1AJ  
Telephone: 01480 388905  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 1000-1600 Mon, Tues & Fri, 1000-1300 Weds & Thurs)

## **Kings Lynn & West Norfolk**

- Citizens Advice Bureau  
Thoresby College  
Queen Street  
Kings Lynn, PE30 1HX  
Telephone: 01553 774719  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0930-1530 Mon-Thurs)
- Citizens Advice Bureau  
11 London Road  
Downham Market  
PE38 9BX  
Telephone: 01366 387025  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0930-1400 Mon, Tue & Fri)

## **Newmarket**

- Citizens Advice Bureau  
Foley Gate  
Wellington Street  
Newmarket, CB8 0HY  
Telephone: 01638 665999  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
(Opening hours: 0930-1430 Mon, Tues & Thurs)

## **Northampton**

- Citizens Advice Bureau  
72a St Giles Street  
Northampton  
NN1 1JW  
Telephone: 0844 855 2122  
Website: [www.northamptoncab.org.uk](http://www.northamptoncab.org.uk)

### **North Hertfordshire**

- Citizens Advice Bureau  
Town Hall  
Royston, SG8 7DA  
Telephone: 01763 238020  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 0930-1200 Mon, & Weds-Fri)
- Citizens Advice Bureau  
Old Grammar School  
Broadway  
Letchworth, SG6 3TD  
Telephone: 01462 679060  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 0930-1200 Mon-Fri)
- Citizens Advice Bureau  
Thomas Bellamy House  
Bedford Road  
Hitchin, SG5 1HL  
Telephone: 01462 622999  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 0930-1200 Mon, Tues, Thurs & Fri)

### **Norwich**

- Citizens Advice Bureau  
St Vedast House  
5-7 St Vedast Street  
Norwich  
NR1 1BT  
Telephone: 01603 679678  
Website: [www.ncab.org.uk](http://www.ncab.org.uk)

### **St Edmundsbury**

- Citizens Advice Bureau  
Risbygate Centre  
90 Risbygate Street  
Bury St Edmunds, IP33 3AA  
Telephone: 01284 753675  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 0930-1600 Mon-Fri, 1000-1200 Sat)
- Citizens Advice Bureau  
Lower Downs Slade  
Haverhill, CB9 9HB  
Telephone: 01440 704012  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 0930-1400 Mon, Tues, Thurs & Fri)

### **South Cambridgeshire**

- Citizens Advice Bureau  
72-74 Newmarket Road  
Cambridge, CB5 8DZ  
Telephone: 08701 264010  
Website: [www.cambridgecab.org.uk](http://www.cambridgecab.org.uk)  
  
(Opening hours: 0930-1630 Mon to Fri, 1000-1200 on Sat)
- Cambridge Independent Advice Centre (CIAC)  
41 Mill Road  
Cambridge, CB1 2AW  
Telephone: 01223 712222  
Website: [www.ciac.org.uk](http://www.ciac.org.uk)  
  
(Opening hours: 1000-1300 Tuesdays and Thursdays only)

## **Uttlesford**

- Citizens Advice Bureau  
Barnards Yard  
Saffron Walden, CB11 4EB  
Telephone: 08701 264010  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 0930-1530 Mon, Tues, Thurs & Fri)
- Citizens Advice Bureau  
Council Offices  
46 High Street  
Great Dunmow, CM6 1AN  
Telephone: 08701 264010  
Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
  
(Opening hours: 1000-1400 Tues, Thurs & Fri)

**As well as the above, you can also get free, confidential and independent advice from a number of national organisations (below):**

### **National Debtline**

Freephone 0808 808 4000 (9.00am-9.00pm Mon-Fri, 9.30am-1.30pm on Sat)  
Website: [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

### **Consumer Credit Counselling Service**

Freephone 0800 138 1111 (8.00am-8.00pm Mon-Fri)  
Website: [www.cccs.co.uk](http://www.cccs.co.uk)

### **PayPlan**

Freephone 0800 085 4298 (8.00am-8.00pm Mon-Fri)  
Website: [www.payplan.com](http://www.payplan.com)