

# FREE Help & Advice in Hook



**Hart**

**FREE, confidential advice service in Hook.**  
No appointment needed, simply pop in. We can help you find a way forward.

Tuesday 10.30 am – 12.30 pm  
(except 1<sup>st</sup> Tuesday of each month)

**Tel:** 03444 111306

**Email:** [citizensadvice@hartcab.cabnet.org.uk](mailto:citizensadvice@hartcab.cabnet.org.uk)

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**FREE 3 days of emergency food for local people in crisis**

Monday & Thursday 1.30 - 3.00pm

**Tel:** 07926 806256

**Email:** [hart.foodbk@hotmail.co.uk](mailto:hart.foodbk@hotmail.co.uk)

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**FREE confidential advice to anyone struggling with debt.**

Monday 7.30 – 9.30 pm

Wednesday 1.30 – 3.30 pm

For an appointment **Tel:** 01256 769953

**Email:** [advisers@junction5.org](mailto:advisers@junction5.org)

(Affiliated to Community Money Advice. Regulated and licensed by the Financial Conduct Authority)

**All available at Life Church Centre**  
**Elms Road, Hook, RG27 9DX**  
**Tel. 01256 762022**  
**Email: [office@lifechurchhook.org](mailto:office@lifechurchhook.org)**

