

April 2026

Universal Credit – managing your money in Scotland

This guide can help you:

- Understand how Universal Credit works
- Apply for Universal Credit
- Draw up a budget and cut back on your spending
- Discover how working affects your Universal Credit payment
- Deal with your housing costs

Money Helper

UC Universal Credit

HM Government

Helping you manage your money today and for the future

Whatever your circumstances, MoneyHelper is on your side. Online and over the phone, we offer clear and impartial guidance that's quick to find, easy to use and backed by government. We can also point you to trusted services if you need more support.

We can help you:

- deal with debt
- understand your pension options
- reduce your spending and build up savings
- navigate life events such as redundancy, relationship breakdown, retirement or bereavement
- budget for bills or major purchases
- learn about mortgages and renting
- find out about extra benefits and entitlements.

Just search for MoneyHelper: **moneyhelper.org.uk**

Free impartial guidance
online | over the phone

From
Money & Pensions Service

Here to help you

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1. How does Universal Credit work?

Universal Credit is a benefit to support you if you're on a low income, whether you are in or out of work.

You might be able to claim if:

- you're aged 18 or over (there are some exceptions if you're 16 or 17)
- you or your partner are under State Pension age
- you and your partner or spouse are on a low income and have less than £16,000 in savings
- you live in the UK.

If you're living with someone as a couple, you'll have to make a joint claim (see p4).

How much you'll get

Universal Credit is made up of a basic allowance plus different elements for things like housing costs, bringing up children, caring, or sickness and disability.

The amount of Universal Credit you get can go down or up, depending on what income you get from:

- working
- your pensions
- other benefits
- savings and investments above £6,000.

Our Benefits calculator is a quick and easy way to check what you could get: **moneyhelper.org.uk/benefits-calculator**

There are no limits on how many hours you can work. Instead, the amount you get will reduce or go up depending on your monthly income and profits from self-employment (see p18).

How it's paid

Universal Credit is paid as a single calendar monthly payment for your whole household, paid directly into your bank account. You can also choose to have two payments a month when you've received your first payment.

If this includes any help with your rent, you can choose to have your rent paid directly to your landlord or manage payments yourself. See p15 for more help.

You might have to wait up to five weeks for your first payment, as it's paid in arrears. But if you'll struggle, you can apply for an advance payment (see p10).

Don't delay making a claim for Universal Credit

Universal Credit payments can only be backdated for up to a month. So if you don't claim now, you could miss out on money you're entitled to.

You can always cancel the claim if you get a job or things improve financially.

The Citizens Advice Scotland Help to Claim service can support you to apply (see p9).

Find out more at **moneyhelper.org.uk/universal-credit-introduction**

2. Universal Credit has replaced six legacy benefits

If you're under State Pension age and on a low income, Universal Credit is the key benefit to give you extra money to live on.

Universal Credit has replaced these benefits:

- Housing Benefit
- Child Tax Credit
- Working Tax Credit
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance.

You can no longer make a new claim for legacy benefits and most people who were getting them have now moved on to Universal Credit.

If you have been receiving income-related Employment and Support Allowance, you will have been sent a letter inviting you to claim Universal Credit. You need to have applied for it before the deadline in your letter. If you haven't, you should still apply as soon as possible.

When you apply for Universal Credit, you will not need to provide medical evidence such as fit notes, or have a Work Capability Assessment (WCA) again if:

- you move from ESA to Universal Credit without a break
- you have already completed a WCA, and
- you were in the 'support group' or 'work-related activity group' in ESA when you made your claim to Universal Credit.

If you need any help or support, details will be provided within your letter (see p6). For more information you can visit **gov.uk/ucmove**

3. Applying for Universal Credit

Most people make and manage their application for Universal Credit online and it can take up to five weeks to get your first payment.

It's important to have all the information you need when you make an application.

How to apply checklist

When you apply, make sure you have:

- ☐ Bank, building society or credit union account details (see p5)
- ☐ An email address
- ☐ Housing information, including how much rent you pay and a tenancy agreement or mortgage statement
- ☐ Details of income, including payslips and income from self-employment
- ☐ Details of savings and additional income
- ☐ Details of how much you're paying for childcare
- ☐ Photo ID (passport, driving licence)

Joint claims

You have to make a joint application for Universal Credit if you live with someone as a couple.

This means you'll get one payment paid into a single bank account. If you have children, the payment usually goes into the bank account of the main carer.

If you're not used to managing your money together or you sometimes argue about money, visit **moneyhelper.org.uk/talking-about-money**

If you're worried about making a joint claim, for example because of domestic abuse, or your partner's gambling or misuse of drink or drugs, you can tell your work coach in confidence. They are trained to help you and can arrange for money to be paid to you separately.

If you're worried about financial abuse, visit **moneyhelper.org.uk/protecting-against-financial-abuse**

Make sure your tenancy agreement is up to date to say whether it is a joint or single tenancy. If it isn't, it could delay the payment of your Universal Credit or you could end up with the wrong amount of money.

4. Having the right bank account

To receive Universal Credit and pay your rent and other bills, your bank, building society or Credit Union account must let you:

- receive automated payments
- set up Direct Debits and standing orders.

If you've not used Direct Debits or standing orders before, talk to your account provider about how to arrange the best date for payments to go out. Don't set them up until you know how much Universal Credit you will get and you've got your first payment. This will help you avoid having to pay charges or fees for going into your overdraft.

To receive benefits like Universal Credit, you'll usually need an account that can receive automatic payments. See a step-by-step guide at **moneyhelper.org.uk/uc-bank-account**

Fee-free basic bank accounts

Eligibility for a basic bank account isn't automatic. If you don't qualify for a standard bank account, such as if you have a poor credit history, you might be offered a fee-free basic bank account instead.

Some banks, including HSBC, RBS, Lloyds, Barclays and Halifax, now accept a Universal Credit statement as identification for opening an account, if you don't have the usual identification needed.

Fee-free basic bank accounts:

- allow you to make and receive automated payments
- don't allow you to have an overdraft
- won't charge you any fees (but the people you owe money to might if you miss a payment).

Find out more about which banks offer fee-free basic bank accounts at **moneyhelper.org.uk/fee-free-basic-bank-accounts**

Choosing the right bank checklist

To open a bank account you usually need:

- ☐ Identification (eg passport, driving licence)
- ☐ Proof of address (e.g. utility bill, tenancy agreement)

Discover more about how to open a bank account at **moneyhelper.org.uk/open-bank-account**

5. Universal Credit if you're sick or disabled

Claiming Universal Credit online may be more difficult if you have an illness or disability that makes it hard for you to use the internet or manage things yourself.

If you need help, you can call the Universal Credit helpline to book an appointment for someone to call you back to make the claim over the phone.

The DWP also operate a visiting service if you are unable to leave your home or are in hospital. A Citizens Advice Scotland Help to Claim adviser can also support you throughout your claim for Universal Credit. They can also help you arrange a DWP home visit (see p9).

Using a representative or appointee

You can also appoint a representative. They will be able to find out information for you and help you understand things about your claim.

A representative should be someone you know and trust, such as a friend, family member or a support worker. You'll have to give permission for someone to become your representative. You can do this through your online journal, over the phone or face-to-face with your work coach.

If you want to do this formally, you can arrange for someone to be an appointee. Becoming an appointee is a legal arrangement.

The DWP interviews potential appointees and can remove the right to be one too. An appointee might also be held responsible for overpayments. Find out more at **gov.uk/become-appointee-for-someone-claiming-benefits**

Work Capability Assessments

If you are making a new claim because of sickness or disability, you will need to have a Work Capability Assessment. This is designed to assess how your disability or illness affects your ability to work. A Help to Claim adviser can support you to prepare for the assessment (see p9).

If you have moved from Employment and Support Allowance (ESA) you will get a letter telling you what you need to do. You shouldn't be automatically told you need a new assessment.

How does Universal Credit affect ADP?

The Adult Disability Payment (ADP) has replaced Personal Independence Payment (PIP). The Disability Living Allowance (DLA) has been replaced by Scottish Adult DLA. The Pension Age Disability Payment has replaced Attendance Allowance. If you get any of these they will continue to be paid separately as usual, alongside your Universal Credit payment and won't affect the amount you get.

Find out more about claiming Universal Credit if you're sick or disabled at **moneyhelper.org.uk/universal-credit-for-disabled-people**

6. Universal Credit if you have children

If you're responsible for children, you could get an extra payment each month.

The child element of Universal Credit helps with the costs of bringing up children.

You can get a monthly payment for your first and second or subsequent children. There was a limit on the number of children that you could claim for (usually two) but that was abolished in April 2026.

This payment continues until they turn 16, or 19 if they stay in full-time non-advanced education. Your payment would stop on the 31 August after their birthday.

Learn more at **moneyhelper.org.uk/child-benefit**

If your child has a disability

Depending on your child's condition, you might get an extra payment called the disabled child addition.

You can still claim Child Benefit

Any Universal Credit payment is separate to Child Benefit, so you can claim both at the same time.

Childcare costs and Universal Credit

If you're working and need help with childcare costs, the childcare costs element of Universal Credit can cover up to 85 per cent of your fees. This amount is capped and changes every year. This is capped at £1071.09 a month for one child and £1836.16 a month for two or more children.

If you're making a joint claim, both of you must be working unless one of you can't work because of ill health because you care for a severely disabled adult or child or because you need to spend some of the time away from the home.

If you're moving into work or increasing your hours, you can claim your childcare costs upfront.

It's also worth checking if you qualify for funded childcare. Check the **mygov.scot** website to see what is available.

If you think you'll struggle to find or keep a childcare place because you're starting work or have a break between jobs, ask your work coach about the Flexible Support Fund .

The Flexible Support Fund might also be able to help you:

- pay the deposit for a childcare place if you find a job
- keep a childcare place while you're on maternity leave or have a short break between jobs.

If you're worried about how you'll budget for childcare costs before you get your first payment, a Help to Claim adviser (see p9) or your work coach can help you.

You cannot get help from the Tax-Free Childcare Scheme at the same time as getting help with childcare from Universal Credit.



To check how much help you could get with childcare costs, use the calculator at **gov.uk/childcare-calculator**

7. Using the Citizens Advice Scotland Help to Claim support service

Citizens Advice Scotland has a free, independent and impartial Help to Claim service.

The service is available to everyone and can support you in the early stages of your Universal Credit claim – from the application through to your first payment.

How the Help to Claim Service works

You can contact Help to Claim advisers via telephone, webchat and video calls.

You can contact the Citizens Advice Scotland Help to Claim support service on:
Telephone: 0800 023 2581
(Mon-Fri, 8am-6pm)
Relay: 18001 0800 144 8 444
relayuk.bt.com
cas.org.uk/helptoclaim

British Sign Language (BSL) Video Relay Service can help you with the early stages of your Universal Credit claim. Find out more by searching "BSL" at: **cas.org.uk**

If you need face to face support

If you need face to face help with your claim, your local Citizens Advice Scotland office can refer you to your local Jobcentre Plus so you can get support from a specialist work coach.

The first thing an adviser will do is check Universal Credit is the right benefit for you.

They will then talk to you about your own situation to assess the level of support you need.

If you need support to start your Universal Credit claim, the types of things they can help you with include:

- setting up an email address and/or a Universal Credit account
- getting a bank account
- working through the to-do list for making a successful claim
- explaining the online journal and how it is used
- accessing the Universal Credit phone claim service
- accessing DWP home visit support.

If you need help getting ready for your first payment, support can include helping you to:

- verify your identity
- get your important paperwork and documents together
- prepare for coping with your first monthly payment
- make sure your work coach understands your personal circumstances
- apply for an advance and get additional financial support.

After you've received your first Universal Credit payment, Advicelocal can provide other help and support with benefits. Find out more at **advicelocal.uk**

8. Universal Credit advance payments

It can take up to five weeks to get your first Universal Credit payment. If that will cause you a problem, ask at the Job Centre for an advance payment

You need to explain why you need the advance and you should get a decision the same day. Any advance agreed should be paid into your bank in five working days.

You can ask for up to a full month's payment as an advance. But be careful to only ask for what you need, as you will have to repay this interest-free from your future Universal Credit payments for up to 24 months.

If you only claim a part payment but find you need more money, you can make a further claim for the remainder of your first full payment.

Once the first assessment period is over, you can't claim another advance payment.

To ask for an advance:

- talk to your work coach
- ask through your online account
- call the Universal Credit helpline (see Useful contacts on p21)
- talk to a Citizens Advice Scotland Help to Claim adviser.

Find out more about advance payments at **moneyhelper.org.uk/advance-payment**

Advance payment checklist

If you're considering applying for an advance payment, you need to think about:

- ☐ **How much do you need?** You will have to repay the advance from your future Universal Credit payments, so only ask for what you need.
- ☐ **What do you need it for?** You will need a reason for asking for an advance. If you can get through the five weeks without it, your future payments will be higher.
- ☐ **How will you pay it back?** The repayments are taken from your basic allowance. This means you'll have less money for everyday essentials.

9. Universal Credit advance payment scams

Be aware of being targeted by scammers offering low-cost loans or grants.

You might be called by someone claiming to work for Jobcentre Plus or targeted through social media ads. Many scammers have convincing websites with government logos and testimonials.

Beware of being offered cheap 'loans' or 'grants'

They may call it a loan or a grant but what they are doing is applying for the advance payment on your behalf and taking some of this money as their fee. To do this, they must make a claim for Universal Credit in your name and they will ask for your personal details and documents.

Never give out personal information

You should not hand over any personal details or documents, such as your bank account, or any form of photo ID, like your passport or driver's licence.

Any money you get will have to be paid back and it could be seen as fraud. This is because many scammers will lie about your circumstances to get more money when they apply on your behalf. Scammers have also targeted groups of people, like students who can't usually claim Universal Credit.

If you need an advance payment, there is no need to pay anyone else to apply for you.

Find out more here: **moneyhelper.org.uk/en/benefits/problems-with-benefits/universal-credit-scams**

10. Draw up a budget

Making a budget helps you stay in control of your money and identify what are the most important payments. Make sure you:

- total up your income from Universal Credit, work and other benefits, income or pensions
- make a list of all your outgoings
- split spending into essentials and things you can do without
- start with major living costs like housing and energy
- don't forget any childcare costs
- remember to include travel and transport
- include debts like loans and credit card payments.

Our quick, easy-to-use Bill prioritiser helps you understand which bills and payments to deal with first and how to avoid missing any payments. Find out more at **moneyhelper.org.uk/way-forward/bill-prioritiser**

11. Budget Planner

Monthly income	
Universal Credit	
Earnings from work	
Other benefits	
Pensions	
Other income	
Total income:	

Essential costs	
Rent or mortgage	
Council Tax	
Gas and electricity	
Water	
Phone, broadband and tv licence	
Transport and travel	
Care and health costs	
School and childcare costs	
Child Maintenance	
Work-related costs	
Other essential costs	
Total essential costs:	

Flexible costs	
Personal costs	
Food and housekeeping	
Entertainment and leisure	
Total flexible costs:	

Total monthly outgoings (essential and flexible):	

Priority debts	
Court fines	
Council Tax and feu duty	
TV Licence	
Child Maintenance	
Gas and electricity bills	
Income Tax, National Insurance and VAT	
Mortgage, rent and any loans secured against your home	
Hire purchase agreements, if what you're buying with them is essential	
Missed payments owed to DWP (Department for Work and Pensions) or HMRC	
Total priority debts:	

Non-priority debts	
Overdraft	
Credit cards	
Personal loan	
Store or catalogue payments	
Loans from friends or family	
Water	
Total non-priority debts:	

Total income minus total costs and debts:	

Make a budget with our free Budget planner tool

Our free online tool helps you keep track of your money. Plus, it suggests ways to improve your finances: **moneyhelper.org.uk/budget-planner**

12. Managing money and getting support

Think about the following:

- ask your energy provider if you qualify for a cheaper social tariff
- look out for discounts and vouchers
- sell your old stuff online
- transfer your credit card debt.

If you are in a crisis, or need help to live independently, ask your local council about help from the Scottish Welfare Fund.

Learn how to cut back on costs and see what extra help is available at **moneyhelper.org.uk/cost-of-living/squeezed-income**



13. Paying your housing costs

In Scotland, you get the option of paying your landlord yourself, or having your rent paid directly to your landlord. If you choose to pay your landlord yourself, you will need to think about how you will pay your rent on time.

Make sure your rent date is just after you get paid

When you know the date of your Universal Credit payment, ask your landlord if you can move the date you pay your rent to just after you get your Universal Credit payment – or wages if you're also working.

Set up a standing order

After you get your first Universal Credit payment, set up a standing order so your rent is paid to your landlord automatically on the same date every month, so you won't have to remember to do it.

You can ask your bank to do this, or set it up through online banking.

Put your rent in a separate account

Set up an additional account and a standing order so your rent money is separate from your spending money.

What to do if you have a rent shortfall

Your Universal Credit payment may not cover all your housing costs.

If this happens, you may be able to claim a Discretionary Housing Payment (DHP) from your local council to cover the shortfall in rent.

You can also ask for a DHP for a rent deposit or to pay rent in advance for a property you are going to move into.

You can only claim a DHP after you have received your first Universal Credit payment.

Need some extra help?

To help you prepare before you get your first payment, a Help to Claim adviser can help you work out whether your Universal Credit payment will cover all your rent and help you make a claim for a DHP to your local council if you need one (see p9).

If you're a homeowner

If you have a mortgage, you might be able to get help to cover your interest payments. This is called a Support for Mortgage Interest (SMI) loan carries interest and has limits. It must be repaid when you sell your home, unless you transfer the loan to your new property.

If you're making a new claim for Universal Credit, you'll have to wait three assessment periods (around 13 weeks) from the time you claim SMI until your first SMI payment is made. People applying for Pension Credit can get this help without a waiting period.

If you are already getting SMI, this will continue when you move onto Universal Credit.

It's best to apply as soon as you can, however Support for Mortgage Interest can be backdated to the date you first qualified for it.

Find out more about Support for Mortgage Interest at **moneyhelper.org.uk/smi**

Council Tax Reduction

If you're claiming Universal Credit, you might be able to get some help towards paying your Council Tax.

Each local council has its own Local Council Tax Reduction scheme, so you will need to apply to them directly.

Most councils won't backdate payments. So, if you're claiming Universal Credit for the first time, don't waste any time. Make sure you apply for a reduction as soon as you've made your claim.

You can apply to your local council for Local Council Tax Reduction at **mygov.scot/council-tax/discounts-exemptions-and-reductions**

If you're in supported or temporary accommodation

There are special rules in place for certain types of accommodation. You may find that help with your rent still comes from Housing Benefit from the council even if you get Universal Credit for yourself.



14. If you go into rent arrears

If you think you're going to be late with your rent:

- talk to your landlord, housing association or council before there's a problem
- open their letters and return their calls
- try to work with them to find a practical solution.

These things will show you're making an effort to keep on top of things.

If you're already in rent arrears

If you've been paying your landlord yourself and are behind on your rent, you can ask for the money to be paid directly to your landlord.

If you want to carry on paying the rent yourself and have been getting a single monthly payment, you can change this to two payments a month. This might help you pay your rent on time.

If you're paying back rent arrears

Tell your work coach if the repayments are too high and you risk getting into more debt. They can help to set them at a rate you can afford. You should also get urgent debt advice to help you get back on track.

Use our debt advice locator tool or speak to your work coach about finding debt advice near you.

Find free, independent debt advice near you at **moneyhelper.org.uk/debt-advice-locator**

Advice about rent arrears or eviction

If you're worried about rent arrears or eviction while you're waiting for your first payment speak to:

Citizens Advice Scotland Help to Claim service (see p9)

Shelter

Telephone: 0808 800 4444
Website: **scotland.shelter.org.uk**

15. Universal Credit, working, budgeting and saving

There is no limit to the number of hours you can work on Universal Credit. But how much you work and how often you get paid can affect your payment.

This can make budgeting seem difficult, particularly if your income changes each month – like a zero-hours contract, irregular hours, shifts or being self-employed.

Here are ways to help.

Keep track of your pay days

Your Universal Credit payment is based on your earnings from the previous calendar month.

So how often your wages are paid can affect your Universal Credit payment, particularly if you're paid weekly, fortnightly or every four weeks.

Look ahead at the next year and spot when you might have a Universal Credit assessment period where you are paid more often.

Make sure you save some of that money to tide you over during the next month when your Universal Credit payment will be lower.

If you're not paid monthly

If you're paid weekly, fortnightly or every four weeks and have a month where you're paid multiple times, your Universal Credit payment could stop completely in the following month and you will have to reapply for Universal Credit again.

Other benefits, such as free school meals or free NHS prescriptions, might also stop.

Look at your calendar and plan ahead for when this might happen and talk to your work coach if you need help.

For more help on what to do to manage more than one payment from work a month visit **gov.uk/guidance/universal-credit-and-earnings**

Help to Save

Help to Save is a savings scheme for people claiming certain benefits and earning £1 or more. It's a special scheme that allows you to save up to £50 a month. It pays a 50% bonus worth up to £1,200 over four years.

Even if you no longer qualify for Universal Credit, it won't affect your Help to Save account – you only need to qualify on the day you apply for the account.

Find out more at **gov.uk/get-help-savings-low-income**

16. If you're self-employed

You will have to attend an interview when you apply for Universal Credit to show that your self-employment is regular, organised, developed and is expected to make a profit.

If you're unable to show enough evidence, you might have to look for and be available for other work while getting Universal Credit.

You will have to report your earnings online every month so the DWP can work out how much your next Universal Credit payment will be.

Find out more about Universal Credit when you're self-employed at **moneyhelper.org.uk/universal-credit-for-the-self-employed**

If you're self-employed, your Universal Credit payment may be calculated using an assumed level of earnings, called a minimum income floor (MIF). This is based on the minimum wage you would expect to earn. If you earn more than this, then your Universal Credit amount is based on your actual earnings. If you earn less, the MIF is used to work out how much universal credit you can get. You may be eligible for a 12 month start up period if you're self-employed when the MIF won't apply and only your profit counts. Your work coach can advise you.

Budgeting if your income is not the same each month

Even if your income from work and Universal Credit changes each month, it's still possible to budget. The best place to start is by working out your outgoings every month using our Budget planner (see p13). But you should also:

- Make sure you have enough to cover the essential bills.
- Think ahead and plan for more expensive months, such as Christmas or school holidays.
- Budget for your lowest monthly income, so whatever happens you can cover your essential costs.

Learn more about how to budget for an irregular income at **moneyhelper.org.uk/budgeting-for-irregular-income**

17. Getting online

The benefits of getting online

Most people have to make and manage their Universal Credit claim online.

If you're new to computers or don't feel confident using them, now is a good time to learn and get up to speed.

Being online can save you money

You can find lots of ways to save money on bills and spending online.

It's also easy to compare the best deals for gas, electricity, mobile phones, broadband, insurance, supermarket shopping and petrol. Plus, many websites offer money-off vouchers or cashback.

> Find out more about using online comparison websites at **moneyhelper.org.uk/price-comparison**

Learn how to use a computer

Go to these places to find out about free training:

- call or visit your local library for help to get online
- ask your Jobcentre Plus adviser or work coach
- find free digital skills support in your area by visit the National Careers Service at **myworldofwork.co.uk**
- visit the Good Things Foundation at **goodthingsfoundation.org** to find your nearest training centre
- Learn My Way offers free courses on using a computer, browsing the web and finding work online at **learnmyway.com**

Help getting online

Some providers including BT, Sky, EE, Virgin and Vodafone (as well as local providers) offer low-cost plans to help you get online if you're getting Universal Credit.

Find out more about who offers these packages at **uswitch.com/broadband/guides/broadband-deals-for-low-income-families**

Help with internet bills

The UK National Databank offers free mobile SIM cards for people who need them. Find out how to access help here: **goodthingsfoundation.org/find-support/map**

gov.scot/policies/digital/digital-inclusion-and-ethics/ for details of the Connecting Scotland Scheme

18. Useful contacts

MoneyHelper

MoneyHelper is independent and backed by government to help you make the most of your money. We give free, impartial money and pensions guidance to everyone across the UK – online and over the phone.

Visit us at **moneyhelper.org.uk**

Or contact us via:

Phone

Money and pensions guidance
UK: **0800 011 3797**
if you're outside the UK:
+44 20 7932 5780
Mon - Fri 9am to 5pm

Online

moneyhelper.org.uk/contact

Online communities

Join our Facebook groups for support: **moneyhelper.org.uk/online-communities**

Universal Credit helpline

Telephone: 0800 328 5644
Relay: 18001 0800 328 1344
Monday to Friday, 9am-4pm. Closed on bank and public holidays. Calls are free.

Public services in Scotland

Mygov.scot

Citizens Advice Scotland Help to Claim

Telephone: 0800 023 2581
Relay: 18001 0800 144 8 444

Citizens Advice Scotland

cas.org.uk/get-advice

Shelter Scotland

Telephone: 0808 800 4444
Monday to Friday, 9am - 5pm.
scotland.shelter.org.uk

Social Security Scotland

Telephone: 0800 182 2222
socialsecurity.gov.scot

Turn2Us

advicefinder.turn2us.org.uk
grants-search.turn2us.org.uk

Online skills

Connecting Scotland
0800 0 590 690
connecting.scot/for-you

Local advice

advicelocal.uk

Skill Development Scotland

skillsdevelopmentscotland.co.uk

Learn My Way
learnmyway.com

Use this page to record your notes

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Use this page to record your notes

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