

## ***CARERS FACT SHEET 6d***

### **Where to find help with completing Benefits Forms**

#### **St. Mary's Advice Centre**

St. Matthew's Small Hall  
Brintons Road  
Southampton  
*Opening hours:*  
*11.00am to 1.00pm Friday*

#### **Shirley Advice Centre**

Shirley Precinct Library  
*Opening hours:*  
*Monday 11.00 am – 1.00pm*

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#### **Swaythling Information Centre**

The Bunker Methodist Church  
Burgess Road  
Southampton  
Tel: 023 8055 3905  
*Opening hours: 10.00am to 3.30pm*  
*Monday and Wednesday*

#### **Hinkler Road Advice Centre**

The Natterbox  
382-384 Hinkler Road  
Thornhill Southampton  
Tel: 023 8043 4258  
*Opening hours:*  
*Monday 10.00am – 12.00 noon*

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#### **Victoria Road Advice Centre**

St. Mark's Institute  
Woolston Southampton  
Tel: 023 8044 4555  
*Opening hours:*  
*10.00 am to 1.00pm Friday*

#### **Lordshill Advice Centre**

Lordshill Precinct Library  
*Opening hours:*  
*Wednesday 10.00am-1.00pm*

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#### **Millbrook Advice Centre**

Community Centre  
Windermere Avenue  
Millbrook Southampton  
*Opening hours:*  
*Wednesday 2 pm – 4 pm*

#### **Citizens Advice Bureau**

3 Kings Park Road  
Southampton SO15 2AT  
Tel 023 80223659 (Appt system)  
*Opening hours :*  
*Mon 9.30 am – 12.00 noon*  
*Mon 4.00 pm – 7.00 pm*  
*Tues – Fri 9.30 am – 12.00 noon*

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#### **Benefits Agencies**

Welfare Rights Unit	Tel: 023 8083 2339
Social Security Office	Tel: 023 8071 3600
Pensions	Tel: 023 8066 5200
Housing Benefits	Tel: 023 8083 2031
Emergency out of hours	Tel: 020 7902 8769