

## A Guide to Health

Citizens Advice has a comprehensive list of organisations and local charities that can offer support and advice on a number of health issues, such as:

- ◆ Drugs
- ◆ Sexually Transmitted Infections
- ◆ Pregnancy/Abortion
- ◆ Alcohol
- ◆ Tattoos & Piercings
- ◆ Sexuality issues

If you would like this leaflet in another format, please telephone 0118 978 7258

## A Guide to Employment

At Citizens Advice Wokingham, as well as our generalist advisers, we have Employment Specialists available to give advice on a range of work issues.

Whether you need to know what your employment rights are as a young person, or how much holiday/sick pay you are entitled to, we can help.

### Where to find us:

#### Wokingham

Waterford House  
Erftstadt Court  
Wokingham RG40 2YF

Mon to Thu: 9am - 3pm  
Fri: 9am - 1pm

#### Woodley

Headley Road  
(next to library)  
Woodley RG5 4JA

Mon & Wed  
9:30am - 3:30pm

Advice line: 0300 3301189

Email: [public@citizensadvicewokingham.org.uk](mailto:public@citizensadvicewokingham.org.uk)  
Web: [www.citizensadvicewokingham.org.uk](http://www.citizensadvicewokingham.org.uk)

# A Guide for Young People

Free,  
independent,  
confidential  
advice

**citizens  
advice**

**Wokingham**

## A Guide to Benefits

We can offer advice and help with benefits, including

- ◆ Income support
- ◆ Jobseekers Allowance
- ◆ Employment and Support Allowance
- ◆ Housing Benefit
- ◆ Council Tax Benefit
- ◆ Disability Benefits

We can calculate your entitlement and help you with putting in a claim. So even if it's just to find out more about claiming benefits, come in and see us.

## A Guide to Housing

- ◆ Thinking of leaving home?
- ◆ Are you homeless or being threatened with eviction?
- ◆ Going to college or university?
- ◆ Having problems with your landlord?

It might be that you need help with paying the rent, or even if you're thinking about buying somewhere, whatever the problem, Citizens Advice can offer you advice on all aspects of housing issues.

**Charity No: 1027729**

## CITIZENS ADVICE

Citizens Advice is independent and impartial, and offers free and confidential advice on a wide range of topics:

- ◆ Family and personal matters
- ◆ Welfare benefits
- ◆ Housing
- ◆ Legal matters
- ◆ Debt
- ◆ Disability/Community Care.

### Research & Campaigns

As well as helping individuals with their problems, Citizens Advice also works to improve things by informing and challenging policy makers, such as our local councils and MPs, and by running local and national campaigns. We believe that this work is very important. Campaigns that we run make a real difference, and it starts with the individuals who contact us to identify and report the problems and injustices they faced.