

# We are here to help

## We can give you advice and support on benefits including:

- Job Seeker's Allowance
- Employment Support Allowance
- Sanctions
- Housing Benefit and Discretionary Housing Payment
- Bedroom Tax
- Money problems
- Disability
- Filling in forms

**You do not need to be a Union member to get support and advice from us.**

**If you want support or advice, give us a call to book an appointment or just drop in to see us.**

**You can find more information about Unite Community in our region on our website**

**<http://www.unitetheunion.org/how-we-help/listofregions/northeastyorkshirehumberside/community-membership/>**



Find us on  
**Facebook**

More details about  
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