

Citizen Advice Bureau (CAB) and Legion (RBL) office locations	Geographical coverage	Contact number	E-mail address
Arun & Chichester CAB	West Sussex	01243 776528	bureau@chichestercab.cabnet.org.uk
Bedfordshire RBL County Office	Bedfordshire	0148 0478524	bma@britishlegion.org.uk
Birmingham CAB Service Ltd	Birmingham City and surrounding areas	0122 683 6900	cabbritishlegion@bcabs.org.uk
Bristol CAB	Bristol City and the County of Bristol	0117 925 8565	rbladmin@bristolcab.org.uk
Caerphilly County CAB	South East Wales valleys (Caerphilly, Blaenau Gwent, Rhondda Cynon Taff, Merthyr Tydfil, Torfaen and Cardiff)	01443 835363	hurcomej@caerphillycab.org.uk
Canolfan Cyngori Ynys Mon CAB	Ynys Mon (when appropriate Gwynedd)	01248 722652	beth.jones@ynysmoncab.org.uk
Carlisle CAB	Carlisle and district	(01228) 523056 / 633909	cab.rbl@carlislecab.co.uk
Causeway CAB	North of Northern Ireland	08452 66 66 96	causewaybma@citizensadvice.co.uk
Cheshire West CAB	Cheshire	0151 346 5447	virginiah@cwcab.org.uk
Chorley, South Ribble CAB	Chorley, South Ribble, Preston, Blackburn, Derwen, Blackpool, Wyre and Fylde	01772 459179	rbladmin@csr.cabnet.org.uk
Christchurch CAB	West Dorset, North Dorset, Purbeck, Weymouth, Portland, Bournemouth, Poole, Christchurch and East Dorset	01202 482023	admin@christchurchcab.cabnet.org.uk
Cornwall CAB	Cornwall	01872 266 736	admin.rbl@truro.cabnet.org.uk
Colchester CAB	Essex	01206 244832	margareta@colchestercab.org.uk
Craigavon District CAB	County Down & Armagh	08452 66 66 96	craigavonbma@citizensadvice.co.uk
Denbighshire CAB	Denbighshire, Flintshire, Wrexham and Conwy	01745 818390	mai@dcab.co.uk
Dorchester & District CAB	West Dorset, North Dorset, Purbeck, Weymouth, Portland, Bournemouth, Poole, Christchurch and East Dorset	0845 2310400	dorchestercab@cabnet.org.uk
East Belfast CAB	County Antrim & Belfast	08452 66 66 96	eastbelfastbma@citizensadvice.co.uk
Eastbourne CAB	East Sussex	01323 417177	rbl@eastbournecab.co.uk
Exeter CAB	Exeter and Heart of Devon area. Incorporates Exeter, East Devon, Mid Devon and Teignbridge	01392 208132	rbl@exetercab.org.uk
Fenland CAB	Cambridgeshire	01945 464367	bureau@fenlandcab.cabnet.org.uk
Fermanagh CAB	County Tyrone, Londonderry & Fermanagh	08452 66 66 96	fermanaghbma@citiizensadvice.co.uk
Gloucestershire RBL County Office	Gloucestershire	01452 526289	bma@britishlegion.org.uk
Gwynedd & De Ynys Mon CAB	Gwynedd (when appropriate Ynys Mon)	01286 676514	Vicky@cabgwynedd.co.uk
Kennet CAB	Face-to-face in Kennet District and parts of Salisbury and West Wilts Districts. Phone in other parts of Wilts incl Swindon	01380 726135	kb-rbl.admin@kennetcab.cabnet.org.uk
Kirklees CAB	West Yorkshire	0844 8487970	David.White@nkcab.org.uk
Leatherhead & Dorking CAB	Surrey	01372 361160 or 01306 876806	admin@dorkingcab.cabnet.org.uk
London Metropolitan RBL County Office	London	020 3207 2488 / 2496	bma@britishlegion.org.uk
Manchester District CAB	Greater Manchester and Salford	01642 802282	julie.williams@manchestercab.org
Manchester RBL County Office	Manchester	0161 835 2611	bma@britishlegion.org.uk
Medway District CAB	Kent and Medway	01634 888182	adminteam@cabmedwaylegal.org.uk
Middlesbrough CAB	Tees Valley North District , Stockton, & Thornaby District , Middlesbrough District, Redcar and Eston District & East Cleveland	01642 802282	blsupport@middlesbroughcab.cabnet.org.uk
Newcastle City CAB	Newcastle upon Tyne, Gateshead, North Tyneside, South Tyneside and Sunderland	0844 499 4717	mike@newcastlecab.org.uk
Norfolk RBL County Office	Norfolk	01603 861765	bma@britishlegion.org.uk
North Devon CAB	North Devon and Torridge	(01271) 377181	tonyc@northdevoncab.org.uk
North East Derbyshire CAB	Derbyshire. Also borders of Nottinghamshire (Mansfield, Worksop etc.)	01246 562 069	rbl@ndcab.org.uk
North Liverpool CAB	Merseyside with the exception of the Wirral and Warrington	0151 207 6974 (ext 2006, 2007 or 2003)	Julie.m@walton.northliverpoolcab.org.uk or maria.c@walton.northliverpoolcab.org.uk
Northampton & District CAB	Leicestershire and Northamptonshire	01604 636662	rbl@northampton.cabnet.org.uk
Plymouth CAB	Plymouth, West Devon and South Hams. Torbay shared between Exeter & Plymouth CAB	01752 676092	moneyadvice@plymouthcab.org.uk
Portsmouth CAB	Portsmouth, Gosport, Fareham, Southampton and Havant	023 92 85 5862	michael.kelsey@portsmouthcab.org.uk
RBL Head Office	Nationwide	020 3207 2153	bma@britishlegion.org.uk
Richmondshire CAB	Richmondshire incl Catterick Garrison, Topcliffe and Leeming Bar. Also Ripon and Hambleton area	01748 823862 or 01748 826532	angie@richmondshirecab.org.uk
Rushmoor CAB	Hampshire (to Basingstoke in the west) and Surrey (to Surrey Heath, west of Guildford)	01252 320 469	jamie@aldershotcab.org.uk
Scarborough & District CAB	Scarborough Borough and parts of East Yorkshire	01723 355746	bmas@scarcab.cabnet.org.uk
Sheffield Debt Support Unit CAB	South Yorkshire	0114 250 1144	admin@debtsupportunit.org.uk
Sleaford & District CAB	Lincolnshire	01529 307900	rbl.admin@sleaford.cabnet.org.uk
Slough CAB	Berkshire	01753 219162	reception@citaslough.org.uk
South Wales RBL County Office	South Wales	029 2023 0216	bma@britishlegion.org.uk
Suffolk RBL County Office	Suffolk	01284 773470	bma@britishlegion.org.uk
Warwickshire County Office	Warwickshire	02476 848041	bma@britishlegion.org.uk
West Oxfordshire (Witney) CAB	Oxfordshire	01993 892062	Forcessupport@wocab.cabnet.org.uk
Wirral CAB	Cheshire (including Wirral)	0151 3468778	paul.wikberg@wirralcab.org.uk & orla.scanlon@wirralcab.org.uk