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**META Hotline      0871 423 1334**

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**Launched by META@Keystone, and delivered in partnership with Advice for Life, the META Hotline is a telephone service providing information to migrant workers in the Eastern region**

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## **Areas of Information include:**

- ◆ Where to get help and advice in the UK
- ◆ Information about rights to live and work in the UK
- ◆ Welfare benefits
- ◆ Housing
- ◆ Public services
- ◆ Driving in the UK

### **Opening Hours:**

**Tuesday & Wednesday  
8am - 12noon  
2pm-6pm**

**META Hotline provides information in the following languages:  
English, Portuguese, Polish, Lithuanian, Russian and Czech**