



## Local Advice Hub @ Crieff Health Centre DECEMBER 2024



Sessions are drop-in but if you prefer an appointment time, please phone the number detailed for the agency you wish to connect with  
(In case of last minute changes it is beneficial to phone the agency first) or contact Shona 07896 280843 [shona.fowler@nhs.scot](mailto:shona.fowler@nhs.scot)

Thu 5 <sup>th</sup>	10am - 12noon <b>Mindspace</b> Info on supporting mental wellbeing. 01738 639657 1pm – 3pm <b>VOICEABILITY</b> free advocacy regarding benefits and supporting people to be heard in decisions about their health, care & wellbeing. <b>For all benefits under social security Scotland ages up to 66</b> 07974 460994
Mon 9 <sup>th</sup>	10am – 12noon Heather Nancollis <b>Social Prescriber</b> - Community Connecting/Signposting 07775 701836
Thu 12 <sup>th</sup>	1.30pm – 3.30pm <b>CATH</b> will support with form filling – PIP, Universal Credit etc 07955333163
Mon 16 <sup>th</sup>	10am – 12.30pm <b>PKC Employment Support Team</b> Job advice and help for those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis, physical disability and sensory loss 07442 934454
Fri 20 <sup>th</sup>	<b>PKC Trading Standards, Scam Awareness 1pm – 3pm</b> Melanie will give advice and information on avoiding scams and dealing with cold callers. 07557 214420