



Local Advice Hub @ Crieff Health Centre OCTOBER 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

Thu 3rd	10am - 12noon Mindspace Info on supporting mental wellbeing. 01738 639657 2pm - 4.30pm VOICEABILITY free advocacy regarding benefits and supporting people to be heard in decisions about their health, care & wellbeing. For all benefits under social security Scotland ages up to 66 07918 560891
Tues 8th	2pm – 4pm CAP - Free, expert debt help will advise on the best route out of debt, and offer support to help you become debt free 0800 328 0006
Thu 10th	1.30pm – 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163
Tues 15th	1.30pm – 3.30pm Heather Nancollis Social Prescriber - Community Connecting/Signposting 07775 701836
Mon 21st	10am – 12.30pm PKC Employment Support Team 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
Thu 17th	10am - 12.30pm PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
Fri 18th	PKC Trading Standards, Scam Awareness 1pm – 3pm Melanie will give advice and information on avoiding scams and dealing with cold callers. 07557 214420
Tue 22nd	2pm – 4pm CAP - Free, expert debt help will advise on the best route out of debt, and offer support to help you become debt free 0800 328 0006
Thur 24th	10am - 12noon Craig from the Heat Project will be here providing a free energy advice to households, helping them become more energy efficient and reducing energy bills.