



Local Advice Hub @ Crieff Health Centre SEPTEMBER 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 5TH	<p>10am - 12noon Mindspace Info on supporting mental wellbeing. 01738 639657</p> <p>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</p>
Mon 9th	<p>10am – 12noon Heather Nancollis Social Prescriber - Community Connecting/Signposting 07775 701836</p>
Thu 12th	<p>1.30pm – 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163</p>
Tues 10th	<p>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</p>
Mon 16th	<p>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</p>
Thu 19th	<p>10am - 12.30pm PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268</p>
Fri 20th	<p>PKC Trading Standards, Scam Awareness 1pm – 3pm Melanie will give advice and information on avoiding scams and dealing with cold callers. 07557 214420</p>
Tue 24th	<p>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</p>
Thur 26TH	<p>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.</p>