



## Local Advice Hub @ Crieff Health Centre JULY 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 or contact Shona 07896 280843 [shona.fowler@nhs.scot](mailto:shona.fowler@nhs.scot)



<b>Thu 4<sup>th</sup></b>	10am - 12noon <b>Mindspace</b> Info on supporting mental wellbeing. 01738 639657  2pm - 4.30pm <b>VOICEABILITY</b> for free advocacy regarding benefits and supporting people to be heard in decisions about their health, care & wellbeing 07918 560891
<b>Mon 8<sup>th</sup></b>	2pm - 3pm <b>PKC Social Work</b> for signposting and support. 01764 657810
<b>Tues 9<sup>th</sup></b>	2pm – 4pm <b>CAP</b> - 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
<b>Thu 11<sup>th</sup></b>	1.30pm – 3.30pm <b>CATH</b> will support with form filling – PIP, Universal Credit etc 07955333163
<b>Mon 15<sup>th</sup></b>	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
<b>Thu 18<sup>th</sup></b>	10am - 12.30pm <b>PKC Skills &amp; Employment</b> offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
<b>Mon 22<sup>nd</sup></b>	10am – 12noon Heather Nancollis <b>Social Prescriber</b> - Community Connecting/Signposting 07775 701836
<b>Tue 23<sup>rd</sup></b>	2pm – 4pm <b>CAP</b> - 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
<b>Thur 25<sup>th</sup></b>	10am - 12noon Craig from the <b>Heat Project</b> will be here providing a free energy advice to households, helping them become more energy efficient and reducing energy bills.