



January 2024

*The 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*

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Monday	Tuesday	Wed	Thursday	Fri
<b>1<sup>st</sup></b>  <b>PUBLIC HOLIDAY</b>	<b>2<sup>nd</sup></b>  <b>PUBLIC HOLIDAY</b>	<b>3<sup>rd</sup></b>	<b>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 access and supporting people to be heard in decisions about their health, care & wellbeing 07918 560891	<b>5<sup>th</sup></b>
<b>8<sup>th</sup></b> 10am - 12noon <b>Home Energy Scotland</b> offering impartial advice on energy use, keeping warm and minimising costs 0808 808 2282  2pm - 3pm <b>PKC Social Work</b> for signposting and support. 01764 657810	<b>9<sup>th</sup></b>  2pm – 4pm <b>CAP</b> - Free, expert debt help will advice on the best route out of debt, and offer support to help you become debt free 0800 328 0006	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>  1.30pm – 3.30pm <b>CATH</b> will support with form filling – PIP, Universal Credit etc 07955333163	<b>12<sup>th</sup></b>
<b>15<sup>th</sup></b>  2pm to 4pm <b>PKC Housing Team</b> for housing advice and signposting to their service. 01738 476000	<b>16<sup>th</sup></b>  2.15pm-4.30pm <b>Live Active Leisure</b> to give general advice on physical activity/signpost to their services & other links. Will also do blood pressure readings.	<b>27<sup>th</sup></b>	<b>18<sup>th</sup></b> 10am to 12.30pm <b>PKC Skills &amp; Employment</b> offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268	<b>19<sup>th</sup></b>
<b>22<sup>nd</sup></b> 10am – 12.30pm <b>PKC Employment Support Team</b> Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis 07442 934454	<b>23<sup>rd</sup></b>  2pm – 4pm <b>CAP</b> - Free, expert debt help will advice on the best route out of debt, and offer support to help you become debt free 0800 328 0006	<b>24<sup>th</sup></b>	<b>25<sup>th</sup></b> 10am – 12noon <b>Older Peoples Mental Health Team</b> here to support and advise on all aspects of mental health for the over 65s 01764 653173  1pm - 3pm <b>Support Choices</b> offers independent information and advice about Self Directed Support and social care . We can support at any point of your care journey 01350 729130	<b>26<sup>th</sup></b>