

Crieff Health Centre – October 2023



OCTOBER 2023

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

Shona - 07896 280843
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Monday	Tues	Wed	Thursday	Fri
2nd 10am - 12noon Home Energy Scotland offering impartial advice on energy use, keeping warm and minimising costs 0808 808 2282	3rd	4th	5th 10am - 12noon Mindspace Info on supporting mental wellbeing. 01738 639657 2pm - 4.30pm VOICEABILITY for free advocacy regarding benefits access and supporting people to be heard in decisions about their health, care & wellbeing 07918 560891	6th
9th Public Holiday	10th 12noon -1pm PKC Social Work for signposting and advice 2pm - 3pm Heather Nancollis, Social Prescriber - Community Connecting/Signposting 07775 701630 southsocprescribers@pkc.gov.uk	11th	12th 10am to 12.30pm Welfare Rights will offer support and advice for accessing benefits and ensuring income maximisation 01738 476900 welfarerights@pkc.gov.uk 1.30pm – 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163	13th
16th 2pm to 4pm PKC Housing Team for housing advice and signposting to their service. 01738 476000	17th	18th	19th 10am to 12.30pm PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268	20th
23rd 10am to 12noon Heather Nancollis, Social Prescriber - Community Connecting/Signposting 07775 701630	24th	25th	26th 10am – 12noon Older Peoples Mental Health Team here to support and advise on all aspects of mental health for the over 65s 01764 653173 1pm - 3pm Support Choices offers independent information and advice about Self Directed Support and social care . We can support at any point of your care journey 01350 729130	27th