



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 Shona - 07896 280843 shona.fowler@nhs.scot



Monday	Tuesday	Wed	Thursday	Fri
1st PUBLIC HOLIDAY	2nd PUBLIC HOLIDAY	3rd	4th 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	5th
8th 10am - 12noon Home Energy Scotland offering impartial advice on energy use, keeping warm and minimising costs 0808 808 2282 2pm - 3pm PKC Social Work for signposting and support. 01764 657810	9th 2pm – 4pm CAP - 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	10th	11th 1.30pm – 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163	12th
15th 2pm to 4pm PKC Housing Team for housing advice and signposting to their service. 01738 476000	16th 2.15pm-4.30pm Live Active Leisure to give general advice on physical activity/signpost to their services & other links. Will also do blood pressure readings.	27th	18th 10am to 12.30pm PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268	19th
22nd 10am – 12.30pm PKC Employment Support Team Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis 07442 934454	23rd 2pm – 4pm CAP - 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	24th	25th 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	26th