



Local Advice Hub @ Crieff Health Centre March 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



Thu 7th	10am - 12noon Mindspace Info on supporting mental wellbeing 01738 639657 2pm - 4.30pm VOICEABILITY for free advocacy regarding benefits and supporting people to be heard in decisions about their health, care & wellbeing 07918 560891
Mon 11th	10am – 12noon Heather Nancollis Social Prescriber for Community Connecting/Signposting to support health & wellbeing 07775 701836 2pm - 3pm PKC Social Work for signposting and support 01764 657810
Tue 12th	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
Thu 14th	1.30pm – 3.30pm CATH will support with form filling – PIP, Universal Credit etc 07955333163
Mon 18th	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 2pm to 4pm PKC Housing Team for housing advice and signposting to their service 01738 476000
Thu 21st	10am to 12.30pm PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
Tue 26th	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
Thu 28th	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