



**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*

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Monday	Tues	Wed	Thursday	Fri
<p><b>2<sup>nd</sup></b></p> <p>10am - 12noon  <b>Home Energy Scotland</b> offering impartial advice on energy use, keeping warm and minimising costs                      0808 808 2282</p>	<p><b>3<sup>rd</sup></b></p>	<p><b>4<sup>th</sup></b></p>	<p><b>5<sup>th</sup></b></p> <p>10am - 12noon  <b>Mindspace</b>                      Info on supporting mental wellbeing.                      01738 639657</p> <p>2pm - 4.30pm  <b>VOICEABILITY</b> for free advocacy regarding benefits access and supporting people to be heard in decisions about their health, care &amp; wellbeing                      07918 560891</p>	<p><b>6<sup>th</sup></b></p>
<p><b>9<sup>th</sup></b></p> <p>10am to 12noon                      Heather Nancollis, Social Prescriber -                      Community Connecting/Signposting                      07775 701630</p> <p>2pm - 3pm  <b>PKC Social Work</b> for signposting and support.                      01764 657810</p>	<p><b>10<sup>th</sup></b></p>	<p><b>11<sup>th</sup></b></p>	<p><b>12<sup>th</sup></b></p> <p>10am to 12.30pm  <b>Welfare Rights</b> will offer support and advice for accessing benefits and ensuring income maximisation                      01738 476900 <a href="mailto:welfarerights@pkc.gov.uk">welfarerights@pkc.gov.uk</a></p> <p>1.30pm – 3.30pm  <b>CATH</b> will support with form filling – PIP, Universal Credit etc 07955333163</p>	<p><b>13<sup>th</sup></b></p>
<p><b>16<sup>th</sup></b></p> <p>2pm to 4pm  <b>PKC Housing Team</b> for housing advice and signposting to their service.                      01738 476000</p>	<p><b>17<sup>th</sup></b></p>	<p><b>18<sup>th</sup></b></p>	<p><b>19<sup>th</sup></b></p> <p>10am to 12.30pm  <b>PKC Skills &amp; Employment</b> offers support &amp; advice re CVs, Job search, support after redundancy etc.                      07867 351268</p>	<p><b>20<sup>th</sup></b></p>
<p><b>23<sup>rd</sup></b></p> <p>10am to 12noon                      Heather Nancollis, <b>Social Prescriber</b> -                      Community Connecting/Signposting                      07775 701630</p>	<p><b>24<sup>th</sup></b></p>	<p><b>25<sup>th</sup></b></p>	<p><b>26<sup>th</sup></b></p> <p>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</p> <p>1pm - 3pm  <b>Support Choices</b>                      will offer independent information and advice about getting social care and support                      01350 729130</p>	<p><b>27<sup>th</sup></b></p>