

Breathing Space 0800 838 587
(Mon-Thu 6pm -2am, Weekend Fri 6pm-Mon 6am) A confidential phonenumber if you're feeling low, anxious or depressed
www.breathingspace.scot/

Samaritans (24hrs, 365 days) 116 123
www.samaritans.org

My Life Dynamic 0300 1234 677
Mental health support
www.mylifedynamic.org.uk

Paths for All

Kintore Health Walks 01467 632455 / 07565 503384

Positive Steps Kemnay 01467 642578

Sole Mates Walking Group 01464 821191

Westhill Walking to Health Group 07752 619319

<https://www.pathsforall.org.uk/>

Aberdeenshire Voluntary Action 03718 110008

(Mon-Thu 10am-2pm)

For volunteering opportunities and support

LATNEM – Lets All Talk North East Mums

Peer support group for mum's mental health

email: Latnem@yahoo.com

Money Matters

Aberdeenshire Council Support 0345 608 1200

and Advice Team (ASAT) help with Housing Benefit, Council Tax Reduction, Blue Badges, Free School Meals, School Clothing Grants and Scottish Welfare fund enquiries

www.aberdeenshire.gov.uk/benefits-and-grants/contact-us/

Christians Against Poverty (CAP) 0800 3280006

www.capuk.org

Citizens Advice Bureau (CAB) 01224 747714

www.swacab.org.uk

Grampian Credit Union 01224 561506

(Mon-Fri 10am-2pm)

www.grampiancreditunion.co.uk

Let's Choose - affordable housing 01224 202900

www.grampianhousing.co.uk

The Pensions Advisory Service 0800 0113797

www.pensionsadvisoryservice.org.uk

Transport

Transport to Health Care 01467 536111

THInC - travel advice to health or social care appointments

email: travel@thinc-hub.org

Stagecoach Bluebird 01224 591381

www.stagecoachbus.com

Computer Access

Many local libraries provide access to computers and the internet 01467 532929

through click and collect

www.livelifeardeenshire.org.uk/libraries

Literacy Support, ESOL & Numeracy

Community Learning and Development Teams at:-

Inverurie, Kemnay and Westhill

email: cld@aberdeenshire.gov.uk

Emergency Contact Information

Police Scotland

- to report crime and other concerns 101

- for all emergencies 999

Scottish Fire and Rescue

- free home safety visits 0800 0731 999

- or text 'fire' to 80800

NHS 24 - health information 111

and self-care advice outwith GP or dental normal opening hours

Dental - information and advice line 0345 4565 990

(Mon - Fri 8.15am - 5.45pm)

Aberdeenshire Council - 0345 608 1208

general enquiries (Mon-Fri office hours)

Scottish & Southern emergency helpline

Electricity Network 0800 300 999

National Gas Helpline 0800 111 999

Scottish Water Freephone 24/7 0800 077 8778

For anyone affected by coronavirus anywhere in Aberdeenshire call 0808 196 3384

www.aliss.org ALISS (A Local Information System for Scotland) is a service to help you find help and support close to you when you need it.

Who, Where & How to get in touch with someone who can help **You** GARIOCH AREA



Who, Where & How to get in touch with someone who can help You

We have listed the main organisations active in the Garioch area for each issue. Alongside will be a telephone number and website address.

Alcohol & Drugs

Aberdeenshire Alcohol & Drug Services 01224 558844

www.aberdeenshirealcoholanddrugs.support/

Alcohol & Drugs Action 01224 594700
www.alcoholanddrugsaction.org.uk or 0333 3 448 355

Alcoholics Anonymous 0800 9177 650
www.alcoholics-anonymous.org.uk

Narcotics Anonymous (NA) 0300 999 1212
(10am - midnight)
www.ukna.org

Domestic Abuse

Grampian Women's Aid (GWA) 01224 593381
www.grampian-womens-aid.com

Scottish Domestic Abuse & Forced Marriage Helpline 0800 027 1234
(24hrs)
www.sdafmh.org.uk

Victim Support 0800 160 1985
www.victimsupportsco.org.uk

Employment

Council Employability Service, 07733 115 929
for anyone with a disability or health conditions
www.aberdeenshire.gov.uk

Employment Support Team, 01467 534867
for anyone seeking employment. Local Job Clubs can be accessed through Employment Support Team.

Fair Start Scotland (free phone) 0800 049 7061
employment support service
www.startscotland.scot/fair-start-scotland

Skills Development Scotland 0800 917 8000
www.skillsdevelopmentscotland.co.uk

Family & Relationships

Children

Aberdeenshire Council Social Care Service 0345 608 1206
(including Out-of Hours Service)

Childline 0800 1111
direct children support
www.childline.org.uk

Family Information Service 0800 298 3330
www.families.scot
www.facebook.com/FISabdshire

Homestart Garioch 01467 624801
support for families with young children
www.homestartgarioch.org.uk

Relationships

Avenue 01224 587571
mediation, counselling and child contact
www.avenue-info.com

Relationships Scotland 0345 119 2020
www.relationships-scotland.org.uk

SPARK 0808 802 2088
relationship and individual support
www.thespark.org.uk

Older Adults

Alzheimer Scotland Freephone 0808 808 3000
www.alzscot.org

Re-engage 0800 716543
Call Companions service for people 55 and over
email: info@reengage.org.uk
www.reengage.org.uk

Silverline 0800 470 8090
helpline for older people
www.thesilverline.org.uk

Carers Support

Quarriers Carers Service - services 01467 538700
and support for any unpaid carers
email: aberdeenshirecarers@quarriers.org.uk

Access to Food

For local food initiatives 0808 196 3384

North Aberdeenshire Foodbank 07967 364600
(Inverurie)

www.aberdeenshirenorth.foodbank.org.uk

CFINE 01224 596156
www.cfine.org/

Fuel Poverty

Home Energy Scotland Advice Line 0808 808 2282
for free, impartial advice and practical assistance for reducing fuel bills

Housing & Homelessness

Aberdeen Foyer 01224 212924
supporting people towards independent living, learning and work
www.aberdeenfoyer.com

Aberdeenshire Care & Repair 01467 534753
provides a free service for repairs, maintenance and adaptations to Aberdeenshire owner occupiers and private landlords' tenants who are over 60 and/ or have a disability
www.aberdeenshire.gov.uk/careandrepair

Aberdeenshire Council Housing & Homelessness Team 0345 608 1203

Houseability 01779 490908
providing housing information, advice and advocacy to people with disabilities or long- term health problems, living in or wishing to relocate to Aberdeenshire
www.houseability.org.uk

Mental Health and Wellbeing

Aberdeenshire 1st Response 0800 1357950
(Mon-Fri, 9-5)

provides short term support for those who feel at crisis point, for anyone aged over 16 years
www.penumbra.org.uk/aberdeenshire1stresponse

Advocacy North East 01467 651604
works with people aged 16 years and over with learning disabilities, dementia and acquired brain injury, to support them in their dealings with health and social care matters
www.advocacyne.org.uk