



## Local Advice Hub @St Margaret's Health Centre

February 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.fowler@nhs.scot](mailto:shona.fowler@nhs.scot) 07896 280843

Fri 2 <sup>nd</sup>	2pm – 4pm <b>CAP</b> - 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
Tue 6 <sup>th</sup>	10am to 12noon <i>Heather Nancollis, <b>Social Prescriber</b> – Community Connecting</i> 07775 701836
Wed 7 <sup>th</sup>	10am to 12noon <b>PKC Housing Team</b> for housing advice and signposting to their service. 01738 476000
Thu 8 <sup>th</sup>	1pm - 3pm <b>Support Choices</b> offers independent information and advice about Self Directed Support and social care. We can support at any point of your care journey. 01350 729130
Wed 14 <sup>th</sup>	1.30pm – 3.30pm <b>CATH</b> will support with form filling – PIP, Universal Credit etc 07955333163
Thu 15 <sup>th</sup>	10am - 12noon <b>Home Energy Scotland</b> offering impartial advice on energy use, keeping warm and minimising costs 0808 808 2282
Fri 16 <sup>th</sup>	2pm – 4pm <b>CAP</b> - 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
Tue 20 <sup>th</sup>	10am to 12noon <i>Heather Nancollis, <b>Social Prescriber</b> – Community Connecting</i> 07775 701836 2pm - 4.30pm <i>Jackie from <b>VOICEABILITY</b> for free advocacy regarding benefits access and supporting people to be heard in decisions about their health, care &amp; wellbeing</i> 07918 560891
Thu 22 <sup>nd</sup>	2pm - 3pm <b>PKC Social Work</b> for signposting and support. 01764 657810
Mon 26 <sup>th</sup>	10am – 12.30pm <b>PKC Skills &amp; Employment</b> offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
Wed 28 <sup>th</sup>	10am – 12.30pm <b>PKC Employment Support Team</b> Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis 07788 396000 1.30pm – 3.30pm <b>CATH</b> will support with form filling – PIP, Universal Credit etc 07955333163