

Useful numbers and websites:

AA

0800 917 7650 or email

help@aamail.org

Alcoholics Anonymous are a national organisation that provides support and help to individuals with a drinking problem.

Action in Mind (Better mental health without stigma)

01786 451203 or

www.actioninmind.org.uk/

Action in Mind are a local charity who support individuals experiencing mental ill-health living in Stirling and Clackmannanshire.

Advice & Welfare reform

01786 233528 or email

moneyadvice@stirling.gov.uk (debt & benefit advice) web form

<https://www.stirling.gov.uk/community-leisure/support-to-communities/advice-services-welfare-reform/advice-stirling/>

Stirling Council advice & welfare team continue to provide money, debt and benefit advice. They can also make referral to Start Up Stirling Foodbank.

Age Scotland

0800 12 44 222

Age Scotland are a national charity who provide a range of support to older people including their free helpline.

Alzheimer's Scotland

0808 808 3000 or email

helpline@alzscot.org

Alzheimer's Scotland are a national charity who provide a range of support including online support to individuals and their carers

Bereavement benefits

0800 731 0139

Breathing Spaces (mental wellbeing)

0800 83 85 87 –

www.breathingspace.scot

Breathing Spaces is a free, confidential phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

Citizens Advice Bureau

01786 470239

They are a local independent charity which provides free, impartial and confidential advice and information on a range of topics including benefits, debts, housing, law & court and family issues.

Council on Disability

01786 462178

A local charity that provides free independent confidential, specialist advice and information for disabled people and people with disabling illnesses.

DWP advice on attending job centres

<https://www.gov.uk/government/news/coronavirus-update-benefit-reviews-and-reassessments-suspended>

Employment support allowance

0800 169 0350

Income support

0800 169 0350

Jobseekers allowance

0800 055 6688

Maternity allowance

0800 169 0283

Personal independence payment/Living Disability allowance

0800 917 2222

Existing PIP enquiries (have your NI no ready)	0800 121 4433
Social Security Scotland They manage a range of the devolved benefits	0800 198 222
Stirling Carers Centre Provides information, advice and support to unpaid carers, including young carers throughout Stirling Council area.	01786 447003
Stirling Council	01786 404040
Stirling Council Advice Services moneyadvice@stirling.gov.uk	01786 233528 or email
Stirling Council Business Coronavirus support The Scottish Government Coronavirus Business support fund is now available to help businesses deal with the impact of Covid-19. The fund is being administered by local authorities.	01786 498496
Stirling & District Women's Aid info@stirlingwomensaid.co.uk Provides support to women and their children who are experiencing or have experienced domestic abuse	01786 467518 or email
Stirling Job Centre – new benefits claim	0800 055 4888
Townbreak (dementia support services) Local charity who provide support to individuals who have dementia and their carers throughout Stirling Council area.	01786 641841
Universal Credit help line Existing claimants sign in to your online account	0800 328 5644
Existing benefit claims – Income support/ incapacity benefit/ employment & support allowance (ESA)/ Jobseekers allowance (JSA)	0800 169 0310

Creative Scotland Bridging Bursary Fund will help sustain creative practice by freelance creative individuals who have lost earnings due to the cancellation of work as a result of COVID-19

A parallel Screen Scotland Bridging Bursary Fund will provide similar one-off bursary support to self-employed screen sector workers

The Open Fund: sustaining creative development will provide support for individuals and organisations to sustain their creative development in the coming months.