

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

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| 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.