

Clackmannanshire & Stirling HSCP Unpaid Carers Information Pack

Useful Contacts for Carers

Carers Centre's Clackmannanshire & Stirling

Stirling Carers Centre

Telephone: 01786 447003

Email: info@stirlingcarers.co.uk

Opening times: Monday – Friday 9am to 4pm

We provide information, advice and support to unpaid Carers throughout the Stirling Council area.

An unpaid Carer looks after, or helps out, a family member or friend who is disabled, ill, frail, or has an addiction or mental health condition. If you are a Carer, **we're here to support you** in your caring role, and to give you the information and advice you need to make informed decisions about your situation. See our What's on carer's events programme.

Falkirk & Clackmannanshire Carers Centre

Telephone: 01324 611510

Email: centre@centralcarers.co.uk

We aim to ensure that carers of all ages are recognised, valued, receive the information and support they need to allow them to care with confidence and in good health, and are empowered to have a life of their own outside caring.

If you help to look after a partner, child, relative or friend who couldn't manage without your help due to disability, illness, addiction or frailty – you're a carer.

See our What's on Meeting place Alloa Speirs Centre and Alva Libraries

Tuesday: *cuppa and a chat*, 13:30pm – 15:00pm

Hawkhill Community Centre, 132 Hillcrest Drive, Alloa

Citizens Advice Bureau (CAB) Clackmannanshire & Stirling

Carers Welfare Rights Project: Martin Roberts

Telephone: 07940 253298 or contact the advice line: 01786 470239

Email: martin.roberts@stirlingcab.casonline.org.uk

Website: <https://www.stirlingcab.org.uk/services/unpaid-carers-project>

The Carers Welfare Rights Project provides immediate holistic person centred advice, information and representation to unpaid carers & support to Organisations working with unpaid carers and where necessary, refer and support clients to access appropriate advice agencies. The advice and representation offered focuses on the consequences of the Welfare reform Act and the economic downturn – seeking to resolve the practical barriers and stressors that impact unpaid carers, primarily (but not exclusively) Money, Benefits, Debt, and Housing. This new innovative service to the unpaid carers community will: support income maximisation and represent clients at Social Security Appeal Tribunals and Disability Appeal tribunals.

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Dementia Groups Clackmannanshire & Stirling

Town Break

Telephone: 01786 641 841

Email: admin@townbreak.org

We support people living with dementia and their unpaid carers using the skills of trained, supportive and committed staff and volunteers. We liaise with other agencies, both statutory and voluntary, to help support people living with dementia.

Our Time out program provides unpaid carers a break while ensuring their loved ones are safe. With up to three-hour time slots available at £10 a booking. Carers enjoy direct respite, motivation, friendship and guidance from our team.

Monday: Time Out – Belfield Centre Stirling, 12noon – 4pm (for up to 3 Hours)

Monday: Lunch Club - Rehab Hub Stirling Community Hospital, 12.30pm – 3.30pm

Monday: Cognitive Stimulation Therapy Group - Stirling Community Hospital

Tuesday: Brunch Group - Alva Parklands 10:30 - 13:00

Tuesday: Social Group - Killearn, Village Hall, 2pm – 4pm

Wednesday: Musical Beat - North Parish Church Stirling, 1pm – 2pm

Wednesday: Social Group - North Parish Church Stirling, 2pm – 4pm

Last Thursday of the month: Social Group - St Andrew's Church Hall Callander 10.30 - 12.30

Thursday: Peer Support - Bannockburn Hub, 2pm – 4pm

Friday: Lunch Club - Rehab Hub, Stirling Community Hospital, 12.30pm - 3.30pm

Alzheimer Scotland, Alloa Dementia Resource Centre (Forth Valley)

Telephone: 01324 559480

Email: falkirkservices@alzscot.org

Opening times: Monday to Friday 10am to 4pm

We provide services and support across Scotland to help anyone who is worried about their memory, has a diagnosis of dementia, or who is supporting someone with dementia. If you want information and advice, peer support and personalised support services, including day care opportunities, activities or groups in your community.

Monday: Day Care - Morning session - Afternoon session with lunch included, places can be requested via social work

Tuesday: Drop in Café - Social group offering peer support, 10.30am – 12noon

Tuesday: Activity Group - People living with dementia & carers, 1.30pm to 3pm

Wednesday: PSD Café - 10.30am - 12noon

Wednesday: The Birds & Bees Restaurant, Easter Cornton Rd, Stirling

Thursday: Brain Gym & Carers Cuppa - 10.30am - 12noon

Thursday: Social Group - 1.30pm - 3pm

Friday: Feel Good & Carers Corner - Therapeutic activities, 10.30am - 12noon

Friday: Art & Craft Group - People living with dementia & carers, 1pm - 3pm

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Dementia Friendly Dunblane, Braeport Centre, Dunblane

Telephone: 01786 822 422 or 07748 219937

Email: Info@dunblanedevopmenttrust.com

For people with mild to moderate dementia and their carers. All welcome, drop in for tea, coffee, a chat or to socialise, activities include singing, arts and crafts, board games and gentle exercise.

Wednesday: Braeport Memory Café, 2pm - 4pm

Our dedicated team of staff and volunteers provide an enjoyable and flexible programme for both the person with dementia and their family carers. Some family members use the opportunity to have a break from their caring role. It provides a chance to get together socially, to be creative, to get active and to share lunch.

Friday: Dementia Meeting Centre, 11am - 3pm

A variety of activities like singing, dancing, art, reminiscence, exercise, and outings. Engaging in these meaningful and stimulating activities helps maintain memory and mental functioning while providing unpaid carers with respite.

First Thursday of each month: Doune Dementia Friendly café Doune Bowling Club 11-3pm

Tea's Company, Bridge of Allan Parish Church,

Opening times: Monday 2pm – 4pm

This is a community café that provides a caring welcome to everyone who is looking for a bit of company and a chat over a cuppa and cake. They particularly welcome anyone who is affected by loneliness. The café is dementia friendly. There is music and entertainment and various activities such as quizzes, bingo for those who wish to take part. Everyone welcome. Wheelchair accessible

Music and Memories: Dunblane Cathedral Halls, Dunblane

Telephone: 01786 822673

Opening times: every second Friday from 2pm- 3.30pm

Come and enjoy a trip down memory lane with familiar and well-loved songs, a cup of tea, cake and a friendly blether. Everyone is welcome and if you know of anyone living with dementia and their carers please encourage them to come along.

Stirling4Community Weekly Lunch Club, Holy Trinity Episcopal Church Hall, 6 Albert Place, Stirling FK8 2RG

Contact: Paula Freck

Telephone: 07974 371089

Email: stirling4community@gmail.com

Opening times: Thursday 2pm - 1.30pm

A light lunch plus entertainment or a fun activity. Open to all older people and anyone living with Dementia (accompanied by a carer)

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Safe Hands Social Day Centre including Personal Care service

Telephone : 01786232450

Email: info@safehandssupportscotland.co.uk

Opening times: Monday to Friday, 9.30am – 12.30pm and, 12.30pm - 3.30pm

Cost: Morning or afternoon session for 3 hours: £45 / Drop and Shop (maximum of 2 hours and during core hours only): £35

An Innovative Approach to Dementia Care, Learning/Physical Disabilities.

Morning and afternoon activities: including bingo, cards, dominoes, arts & crafts, music and singing.

Clackmannanshire Council Information & Services, Kincaigs, Alloa, Clackmannanshire, FK10 1EB

Telephone: 01259 400000

Email: customerservice@clacks.gov.uk

Dial-a-Journey

The Friendly alternative to public transport

Please find the attached link to the Clackmannanshire website with the new updated service user rules for the Door 2 Door service within the Clackmannanshire area.

[Door to Door Accessible Transport Terms and Conditions \(clacks.gov.uk\)](#)

See Spring/Summer Excursions Brochure 2024 - All trips from £15.00

Clackmannanshire Community Groups

Wee County Veterans, Duncan's Den, Main Street, Sauchie

Telephone: 01259 215363 or mobile: 07914 123 329

Email: brownswiss@hotmail.co.uk

We offer support to all ranks of ex-Armed Forces in Clacks by providing regular meetings where we can come together in informal social gatherings.

Forth Valley Men's Shed, 5,8 Ward Street, Alloa

Telephone: 07594 440868

Opening times: Monday, Wednesday, Friday, 10am – 2pm

Cuppa and a blether

Wee County Men's Shed, the former woollen mill, Devonside, Tillicoultry

Telephone: 01259752548

Email: weecountymensshed@mail.com

Opening times: Monday, Wednesday, Friday, 10am – 3pm

Cuppa and a blether, Wood, metal and bike workshops

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Social Club for Adults, St Serf's Church Hall, Tullibody

Telephone: 01259 213326

Opening times: Friday, 1pm - 3pm

Sing for Memories: Friday, 11am - 1pm (monthly)

Tullibody Civic Centre, Abercromby Place, Tullibody, Alloa, FK10 2RU

Older Adults Exercise

Telephone: 07812607425

Email: kcook@clacks.gov.uk

Opening times: Tuesday, 1.30pm – 2.30pm

Classes are friendly, and fun

Wednesday Social

Telephone: 07427 567544

Email: enquiries@tullibodycdt.org.uk

Opening times: Wednesday, 2pm - 4pm

A great source of chat and humour, especially for folks living on their own who are feeling isolated.

Tullibody Pensioners Group

Telephone: 01259 216522

Opening times: 2nd and 4th Monday each month, 2pm – 4pm

A friendly group that plays bingo, enjoys a cuppa and sometimes has a guest.

Tea Dance - First Monday of every month, 2pm - 4pm

Telephone: 01259 211791

Email: enquiries@tullibodycdt.org.uk

Opening times: 1st Monday of every month, 2pm – 4pm

Give a dog a bone

Telephone: 07969742858

Email: louise@giveadogabone.net

Community Spaced Alloa offer social and canine companionship to people over 60. Everyone from the local community is welcome.

Free! Weekly Chair yoga for the over 60s. Email us to book your place.

Telephone: 07969742858 **Email:** hello@giveadogabone.net

Sauchie Community Group SCIO, Resource Centre, Sauchie

Telephone: 01259 574854

Email: sauchiecommunitygroup@outlook.com

Tuesday: Scatoosh Singing Group, join others in learning new songs, from 7pm

Wednesday: Indoor carpet bowling, from 1pm

Wednesday: Choir Group, from 7pm

Thursday, second of every Month: Soup and Sandwich, tea & cake, 11.30am - 1.30pm

Friday: Film club, movie night, from 7pm

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Menstrie Senior Lunch Club

Telephone: 07940545369

Email: carolinecraw1@gmail.com

A weekly lunch club that provides a two course meal and tea/coffee. The attendees also have a chair exercise class before their lunch.

Clackmannan Community Space

Telephone 01259 216705 www.clackmannancommunity.org

The Bruce Lodge, 1 Main Street Clackmannan

Wednesday at 9am to 2.30pm

Homemade Soup Tea & Coffee, Biscuits, Games, free WI FI and Advice

A Book, A Brew and a Blether

The Hive Dollar Wednesday 2pm to 4pm

All Welcome

Lunch Club Café for over 65s - At the Hive Dollar

Telephone: 07818 638778

Email: alexandra@theplaypencafe.co.uk

Opening times: Thursday, 12pm - 1.30pm

Cost: £7 per person. BOOKING IS ESSENTIAL.

Two course lunch in a welcoming safe space. A chance to meet and socialise with friends old and new. Transport available for those with mobility issues or additional support needs.

FV Sensory Centre Wee County Hub Drop-ins

Telephone: 01324 590888

Email: linseystocks@forthvalleysensorycentre.org

Social media: <https://www.facebook.com/FVSensoryCentre>

Pop in for a cuppa and a chat. Advice on sight loss and hearing loss.

Alva Bowling Club

Telephone: 01259 692169

Email: alvabowlingclub@gmail.com

We are a warm friendly family club with the community at the heart of what we do. As well as providing bowling for all ages and levels of experience.

Community Connections

Cochrane Hall Alva Monday 12noon to 3pm

Homemade Soup Tea & Coffee, Biscuits, Games, free WI FI and Advice

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<p><i>Health & Exercise Clackmannanshire</i></p> <p>Clackmannanshire Active Communities Sports Exercise Events Diary, Kiincraigs, Greenside Street, Alloa, FK10 1EB Telephone: 01259 452334 Email: sportsdevelopment@clacks.gov.uk</p> <p>Alloa Older People's Welfare Hall - Thursday, 12noon – 1pm</p>
<p>County Walkers Contact: Kelly Sager Telephone: 07756 205870 Email: kellysagar@hotmail.co.uk</p> <p>Wee County walkers welcome everyone, no matter their ability. The group is run by dedicated Volunteer Walk Leaders. We now have health walks taking place every day across Clackmannanshire. Walks normally last for about an hour</p>
<p>Braveheart Healthy Walks: Telephone 01324 673703 / 07795283508 Join us on a walk in the heart of nature with Braveheart's free health walks designed to support adults, of all abilities, to become more physically and socially active within the community.</p>
<p>Walking Football http://walkingfootballforthvalley.co.uk/ Forth Valley is a collection of teams that play a slow-paced, low contact version of the beautiful game. It is designed to assist people have an active life style regardless of age or ability. It is easy to come along and enjoy this low-contact, slower version of the beautiful game. Played at Alloa, Sauchie, you will receive a very warm welcome at all of these sessions</p>
<p>Parkinson's Singing group (Alva) Telephone: 03001233679 Email: cmacmillian@parkinsons.org.uk Opening times: Mondays (during term time only), 3pm – 4.30pm</p> <p>For people with Parkinson's, their families and carers. Come along and meet with others from 3pm till 4.30pm every Monday during term-time. Sing, have fun and help to strengthen your voice. No singing experience required.</p>
<p>Clackmannan Stroke Support Group Telephone: 07776 508630 The Stroke Meeting is held at the Greenfield Building, Erskine Street, Alloa on the third Tuesday of each month at 3pm. The Clackmannanshire Stroke Support Group provides a welcoming and supportive environment where you can meet others who have been affected.</p> <p>Stroke Helpline: 03033033100 Supported Relations: 03003300740</p>

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<p><i>Stirling Community Groups Stirling</i></p>
<p>Stirling4Community Men's Group, 44 King St, Stirling, FK8 1DT Telephone: David on 07711 020422 Email: stirlingmensshed@gmail.com Opening times: Monday & Saturday, 11am - 3pm A group for men to meet up together and enjoy craft projects, gardening, day trips for friendship and community.</p>
<p>Raploch Community Partnership, Raploch Community Campus, Drip Road, Stirling FK8 1RD Telephone: 01786 272358 or 07545068942 To Support people in Stirling realise their potential through activity, enhancing health and social wellbeing and quality of life.</p>
<p>Artspace Stirling Telephone: 01786 450971 Email: info@artlinkcentral.org Artspace is Artlink Centrals' dedicated arts programme working with adult participants with diagnosed mental health problems across Stirling. The programme is designed to support participants in a "pathways to recovery" approach for their mental health, and has been commissioned by Stirling Council Social Care in partnership with NHS Forth Valley.</p>
<p>The YourStirling website is packed with information about things to do and see in the area. From live events and top attractions to activities and highland hospitality, there's something for everyone.</p>
<p>Dial-a-Journey - Door to Door Service The Friendly alternative to public transport You can book a trip in advance, or on the day, Telephone 01786 465355 between 10am and 4pm. For journeys on the same day call any time after 9am.</p> <p>See Spring/Summer Excursions Brochure 2024 - All trips from £15.00</p>
<p><i>Health & Exercise Stirling</i></p>
<p>Braveheart Healthy Walks Telephone: 01324 673703 / 07795283508 Join us on a walk in the heart of nature with Braveheart's free health walks designed to support adults, of all abilities, to become more physically and socially active within the community.</p>

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Golf in Society

Telephone: 07739578152

Website: <https://golfinsociety.com/>

Our golf sessions at Stirling Golf Club are a perfect way to keep active, meet new friends, learn new skills, to help keep people who need support active, to give carers a break, and have fun in beautiful, natural and safe surroundings

Get in touch for a free no obligation consultation

Active Stirling, The Peak, Forthside Way, Stirling, FK8 1QZ

Telephone: 01786 273555

Website & Email link: <https://www.activestirling.org.uk/contact-us>

There are a range of services, support and resources provided to communities across Stirling through social interaction and physical activity.

Health walks These walks are suitable for those living in the community with dementia to attend with their carer, family or friends and are supported by our trained Dementia Friendly Walk Leaders.

Email: walking@activestirling.org.uk

Walks take place in Killearn, Dunblane, Raploch and Riverside.

Strength and balance classes

Are based on the Otago Exercise Program which was developed to reduce falls in older people. This is a light intensity class that can be tailored to suit individual needs.

DAYS & TIMES

Balfour Centre, Plean – Tuesday, 2pm - 2.30pm

Fintry Sport Club – Wednesday, 11.00am - 11.30am

Forthbank Stadium - Monday and Friday, 1pm - 1.30pm

Killearn Church Hall – Monday, 1.15pm - 1.45pm and 2pm - 2.30pm

Kippen Reading Room – Wednesday, 10am-10.30am

Aerobics and Tone

A series of low impact exercises for adults, with gentle, full-body toning exercises in a fun class. If you have an inactive lifestyle due to a specific health condition, then this class is ideal to improve your fitness through gentle exercise.

DAYS & TIMES

Mayfield Community Centre, Monday & Friday, 9.30am - 10.15am

Cambusbarron Community Centre, Tuesday 9.30am - 10.15am

Walking Football <http://walkingfootballforthvalley.co.uk/>

Forth Valley is a collection of teams that play a slow-paced, low contact version of the beautiful game. It is designed to assist people have an active life style regardless of age or ability. It is easy to come along and enjoy this low-contact, slower version of the beautiful game.

Played at **Alloa, Dunblane, Sauchie, Braehead, Stirling, Falkirk** and

at **Stenhousemuir**. You will receive a very warm welcome at all of these sessions

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<i>Stirling Rural Community Groups</i>
Callander Book Club: Telephone: 01877 331544 Based in the Library, 1 South Church Street, Callander, FK17 8BN
Callander Ramblers: Telephone: 01877 382682 Arranged walks most Wednesdays and Saturdays, weather allowing
Walk in the Park: Telephone: 01877 330055 Email: cathy.scott@lochlomond-trossachs.org Tuesday's: 10.20am at Ancaster Square, Callander
Callander Film Society: Telephone Email callanderfilmsociety@gmail.com Membership is open to anyone over 16 and gives free entry to all films in the current season. Screenings are at Callander Hostel, Bridgend
Callander Bike Meander Group : Telephone: (01877) 339074 or 07963 736044 Tuesday's: 10am, in Ancaster Square, Callander This group is ideal for beginner/returner cyclists
Callander Bowling Club: Telephone: 01877 330333 Ancaster Road, Callander, FK17 8EL Wednesday: afternoons from 2pm A small friendly bowling club that are always looking for new members
Callander Golf Club: Telephone 01877 330090 email callandergolf@btconnect.com Aveland Road, Callander

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Killin sports and Recreational Hub :

Monday to Friday 10am - 4pm offering warm space free refreshments and free Wifi

Citizens Advice Bureau

Fortnightly meetings Tuesdays, 1pm to 3pm

Whatever you need to know about benefits, we're here to offer you free, impartial and confidential advice.

Killin Social Connection: Telephone: 07553 584965

Monday : 10am – 12noon

Tuesday: Bee Creative, 10am-12pm,

Re-connect meet weekly, Community Church Room:

Telephone: 07754 584968

Tuesday Club: 2pm – 4pm

Friday: Pilates, 9am, 10am and 11am Community Rooms.

Booking essential on 07866 018629

Paths for All: Fiona McGregor Health Walks Co-Ordinator

Email: fiona@trustinthepark.org

To check meeting venues/ dates / and times.

Strength and Balance Exercises, Walks in the Park Killin sessions run on Wednesdays

U3A Art

Tuesday's, 2pm - 4pm

Currently being held in Lochearnhead Hall

Killin Community Choir

Friday's, 7.30pm - 9pm, Killin Church

Stirling Carers Centre

Telephone: 01786 447003

Website: www.stirlingcarers.co.uk

Nurses Station Community Room, Killin

Demand-responsive transport for rural areas (DRT)

DRT is for anyone who wants to travel in rural parts of the Stirling Council area

Demand-responsive transport (DRT) is system that operates in areas where there are no regular bus routes. It works like a taxi service and costs around the same as a bus fare.

Book Journey by calling telephone: 01786 237800

Killin and District Volunteer Car Scheme:

Email: killinanddistrictvolunteercarscheme@outlook.com

This is a door-to-door voluntary car service for people who struggle with accessing public transport.

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<i>General Supports & Information</i>
<p>ALISS Email: www.aliss.org A Local Information System for Scotland, a service to help you find information and support in your community, when you need it most.</p>
<p>Ask Sara -</p>
<p>Age Scotland Telephone: 03333232400 Email: info@agescotland.org.uk</p> <p>Is an independent charity dedicated to improving the later lives of everyone on the ageing journey.</p> <p>Age Scotland “Making your Will” and “A Guide to Power of Attorney” publications available on our website www.ageuk.org.uk/scotland/information-advice/publication-order-form/</p>
<p>The Silver Line Telephone 24 hour Help Line: 0800 4 70 80 90 Website: https://www.thesilverline.org.uk/</p> <p>Free 24-hour confidential helpline providing information, advice and friendship to older people.</p>
<p>Clackmannanshire Council Social Work Telephone: 01259 452498 (Emergency telephone number: 01786 450000) Email: adultcare@clacks.gov.uk</p> <p>Stirling Council Social Work Telephone: 01786 470500 (Emergency telephone number: 01786 404040)</p>
<p>Self-Directed Support Forth Valley: Telephone: 01324 508794 Email: info@sdsforthvalley.org</p> <p>Providing independent and impartial information about Self Directed Support to empower you to manage assessed support budgets from your local Health and Social Care Partnership in the way that is right for you.</p>

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Forth Valley Advocacy

Telephone: 01324 320986

Website: <https://www.forthvalleyadvocacy.com>

A free confidential independent advocacy organisation who can help you get your voice heard and your rights protected.

Forth Valley Sensory Centre

Telephone: 01324 4590888

Email: sensory@forthvalleysensorycentre.org

The Centre provides groups, classes, activities and support for people with any form of sight or hearing loss. A wide range of social groups and activities take place every day of the week within the Centre offering people a chance to chat, meet other people, try new activities and have fun.

Clackmannanshire & Stirling provide a Mobile Emergency Care Service (MECS)

Telephone: Stirling 01786 470500, Clackmannanshire 01259 226833

Opening times: Monday to Friday, 9am – 5pm

Enabling vulnerable people and their carers to call for assistance in an emergency at any time, day or night.

As well as a community alarm service, linked to a call response centre, a range of telecare is available that can help provide reassurance and support to carers in their role, including falls detectors, smoke, gas, heat and flood detectors, door sensors or movement detectors.

Adult Support and Protection Concerns

Telephone: 01786 404040 between 9am – 5pm Monday to Friday

Out with office house telephone: 01786 470500

Whatever you need to know about benefits, we're here to offer you free, impartial and confidential advice.

Clackmannanshire Citizen's Advice Bureau, Glebe Hall, Burgh Mews, Alloa

Telephone: 01259 219404

Opening times: Monday to Friday, 10am - 3pm

Stirling Citizen's Advice Scotland (Stirling), Norman Macewan Centre, Cameronian St, Stirling FK8 2DX

Telephone: 01786 470239

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Library Services - For information about local library services

Find out more about your local library, including a guide to the services, support and activities you can access for free.

Clackmannanshire Council: - Telephone: 01259 452262
Email: libraries@clacks.gov.uk Or use the [on-line contact form](#)

Stirling Council: - Telephone: 01786 237760

Visit the [Libraries in Stirling](#) page to find out more about your local library.

Stirling Council Advice Stirling

Telephone: 01786 233528

Email: moneyadvice@stirling.gov.uk

For Money, debt and benefits advice

Home Energy Scotland Advice

Telephone: 0808 808 2282

Website: <https://www.homeenergyscotland.org/>

Lines are open Monday to Friday, 8am to 8pm. Saturday 9am to 5pm.

Samaritans

Telephone: 116 123

Website: <https://www.samaritans.org/scotland/samaritans-in-scotland/>

Samaritans are there to talk to when there is an issue bothering you, no matter how big or small the issue might feel. The Samaritans are open 24 hours a day and calls are free.

Breathing Space

Telephone: 0800 83 85 87

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the Phone - we're here to listen.

Weekdays: Monday-Thursday, 6pm - 2am **Weekend:** Friday 6pm-Monday 6am

SAMH (Scottish Association for Mental Health) - Supporting people living with mental health problems towards recovery and engagement in the wider community and working world.

Website: <https://www.samh.org.uk/>

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Anxiety UK

Helpline: 03444 775 774

Text support: 07537 416 905

Lines open - Monday – Friday, 10.30am - 16.30pm

Chest Heart and Stroke Scotland

Advice, information and support in the community for people in Scotland affected by chest, heart and stroke illness.

Website: <https://www.chss.org.uk/>

Royal Voluntary Service (RVS) - RVS volunteers provide practical help and companionship to people that need it in hospitals and communities. Helping older people maintain their independence and stay involved in the local community.

Website: <https://www.royalvoluntaryservice.org.uk/>

MECOPP - National service supporting minority ethnic carers to access services and supports.

Website: <https://www.mecopp.org.uk/>

Cruse Bereavement Care Scotland

Telephone: 0800 808 1677

Provide support to bereaved people in Scotland.

Website: <https://www.cruse.org.uk/>

Practical Support on 'What to do after a death in Scotland'

Scottish Government have prepared a practical guide on 'What to do after a death in Scotland.' This document can be found on the Scottish Government's website

<http://www.gov.scot/collections/what-to-do-after-a-death-in-scotland/>

HS24Scotland - Provides comprehensive health information and self-care advice to the people of Scotland. The helpline is open 24 hours a day, 7 days a week.

Telephone: 111 (free from landlines and mobiles)

Website: <https://www.nhs24.scot/>

NHS Inform - Scotland's health information service.

Website: <https://www.nhsinform.scot/>

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Police Scotland
Telephone: 101

Fire, Police and Ambulance: Emergency Telephone: 999

These are suggestions of useful contacts numbers of services that provide support to carers within the area. Any service can be added to this list however these are the ones the Clackmannanshire and Stirling Health and Social Care Partnership are aware of at the time of publishing. It is important to highlight that the Clackmannanshire and Stirling Health and Social Care Partnership are not promoting or endorsing services on this list therefore these are solely provided for information to widen the choice and control of services you may need to support you in your caring role. It is advisable that you do your own enquiries to ensure your choice is the best fit for your needs and to check the standards of the services.