

Clackmannanshire & Stirling

Carers Support Pack

Author	Hazel Chalk, Short Breaks Co-ordinator
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This regularly updated pack for unpaid carers has been coproduced with carer support organisations, and unpaid carers with lived and living experience.

This list of services is for information purposes to inform carers of support across the area which may support them in their caring role. Although this list is accurate at the time of publishing any service can be added however it is important to highlight that the author and associated authorities are not promoting or endorsing services on this list. It is therefore 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.

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Useful Contacts for Carers

Mobilise - Online support for unpaid carers (as from 22 April 2024)

<https://support.mobiliseonline.co.uk/clackmannanshire-and-stirling>

Providing unpaid carers in Clackmannanshire and Stirling comprehensive online support. This is an online service led by carers for carers where you can discover an online network of people in similar situations, access free support from a dedicated carers coach, join online support sessions with others, and access simple online tools to help throughout your caring journey.

You can book a call with the Support Team, to discuss whatever is on your mind, seven days a week between 9am and 10pm. Or chat on our website, anytime.

Short Breaks Bureau

Telephone: To be confirmed

email: shortbreaksbureau@stirling.gov.uk

[Clackmannanshire and Stirling HSCP – Carers \(clacksandstirlinghscp.org\)](http://clacksandstirlinghscp.org)

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 carer's events programme.

Tuesday: cuppa and a chat, 13:30pm – 15:00pm Hawkhill Community Centre, Alloa
Meeting places Alloa Speirs Centre and Alva Libraries

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.

Self-directed Support

Self-directed Support Forth Valley

Telephone: 01324 508794

email: info@sdsforthvalley.org

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

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

2nd Monday of month: Killin Service 2pm - 4pm - Nurses Station, Ballechroisk, Killin

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 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

Clackmannanshire & Stirling Health & Social Care Partnership

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

Alzheimer Scotland (24 hour Freephone helpline) 0808 808 3000

Sporting Memories group for over 50s.

Hawkhill Community Centre, 132 Hillcrest Drive, Alloa FK10 1SB

Telephone: 01259 218139

email: jim@thesmf.co.uk

Tuesday – 13:30-15:00

The group aims to support people living with dementia, depression and loneliness by engaging them in discussion relating to and sharing sporting memories and other topics while making new friends.

Braveheart Healthy Weekly Walks - for people living with Dementia

Telephone 07795288804

email: www.braveheart.uk.net

Every Wednesday 11am leaving from Clackmannanshire Community Health Centre

Every Thursday 11am leaving from Sauchie Hall

Active Stirling Health Walks

Email: walking@activestirling.org.uk

A health walk is a short, gentle, and friendly led walk up to two miles (approximately 45 minutes but can be shorter if requested). Please note that the pace of these health walks is more suited to beginners. 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.

Meeting Centre Dementia Friendly Dunblane

Braeport Centre, Dunblane

Telephone: 01786 822 422 or 07815 854343

email: dfdmeetingcentremanager@gmail.com

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

Wednesday: Dementia Meeting Centre 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: Dementia Meeting Centre Doune, 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

Telephone: Paula Freck on 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)

Clackmannanshire & Stirling Health & Social Care Partnership

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 Community Groups

Clackmannanshire Council Community Information & Services

Kincraigs, 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

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

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)

Clackmannanshire & Stirling Health & Social Care Partnership

Tullibody Civic Centre

Abercromby Place, Tullibody, Alloa, FK10 2RU

Older Adults Exercise

Telephone: [07812607425](tel: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

Telephone: 01259 211791

email: enquiries@tullibodycdt.org.uk

Opening times: First 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.

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

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.

Clackmannanshire & Stirling Health & Social Care Partnership

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

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.

£7 per person BOOKING IS ESSENTIAL

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

Health & Exercise Clackmannanshire

Clackmannanshire Active Communities Sports Exercise Events Diary

Kiincraigs, Greenside Street, Alloa, FK10 1EB

Telephone: 01259 452334

email: sportsdevelopment@clacks.gov.uk

County Walkers

Contact Kelly Sager on Telephone: 07756 205870

email: kellysagar@hotmail.co.uk

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

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.

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**, A very warm welcome at all of these sessions

Street Soccer Scotland - weekly sessions in Alloa

Telephone: Stuart Lovell on 07534297447

email: STUART@STREETSOCCERSOTLAND.ORG

Alloa Athletic Football Club on Tuesdays 12.30 - 13.30

Free football sessions are available ever week in Clackmannanshire. In partnership with Clackmannan Council and Wasps Community Club, Street Soccer Scotland are delivering a drop-in weekly adult session at the home of Alloa Athletic Football Club.

Parkinson's Singing group (Alva)

Telephone: 03001233679

email: cmacmillian@parkinsons.org.uk

Opening times: Mondays (during term time only), 3pm – 4.30pm

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.

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.

Stroke Helpline: 03033033100

Supported Relations: 03003300740

<i>Stirling Community Groups Stirling</i>
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.
Stirling4Community WOMENS' HEALTH & WELL-BEING GROUP The Mayfield Centre, St Ninians Telephone: Lorna on 07905 747337 A weekly group covering all aspects of Women's health and well-being in a fun and supportive environment Monday's 6pm to 7pm If you'd like to improve your health and feel better in yourself
Renew Wellbeing 2 nd Floor, 61-63 Murray Place, Stirling, Fk8 1AP Wednesdays between 10.30am and 2.00pm. Increase your overall sense of wellbeing and reduce feelings of social isolation by coming along to our Renew Wellbeing space. Our space is quiet, welcoming and safe. Bring a hobby to share or simply chat over a cuppa and find out more about the listening and counselling support we also offer in the Life Centre.
Stirling4Community ART GROUP Holy Trinity Church Hall, Dumbarton Road, Stirling. Telephone Jane on 07826 556302 A weekly art group for anyone who enjoys drawing and painting or wishes to learn basic techniques and create art. Beginners very welcome
STIRLING FRIENDSHIP & WELL-BEING CHOIR Holy Trinity Episcopal Church Hall, Dumbarton Road (next door to Albert Halls), Stirling Telephone Paula on 07974 371089 No singing skills need - Singing for fun and enjoying each other's company is what we're all about. Absolute beginners are very welcome THURSDAY from 7.30pm to 9pm
Stirling4Community ART GROUP KNIT & STITCH GROUP The Mayfield Centre, St Ninians, Stirling Telephone: Paula on 07974 371089 A knitting/sewing group for anyone who likes to make things with wool, material, thread etc, Absolute beginners are very welcome Meets weekly on Mondays

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.

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.

Guitar Classes

Bellfield Centre, Livilands Gate, Stirling

Telephone 07780 870441

Wednesday 1pm - 3pm

The [YourStirling](#)

The 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.

Macrobert Moviehouse Plean

A year-long partnership between Macrobert Arts Centre, Stirling Council and the people of **Plean** has seen a new **cinema MacRobert Moviehouse open in the heart of Plean at the Balfour Community centre.**

All tickets can be bought online, or directly from our Balfour Centre box office (Balfour Crescent, Plean). Doors open 30mins before the first screening of the day.

For any queries, please email: moviehouseplean@macrobertartscentre.org

Plean Community Centre Assertive Recovery Outreach Drop-in

At the Balfour Centre Plean Every Thursday 10am to 2pm

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.

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

Health & Exercise Stirling

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.

Golf in Society

Telephone: 07739578152

Website: <https://golphinsociety.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 -

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: <https://www.activestirling.org.uk/classes-programmes/walking/health-walks>

Monday 11.30 -12.30pm leaving from **The Balfour Centre Plean**

Tuesday 12pm -1pm leaving from **Cornton Community Centre**

Tuesday 10.30am -11.30am leaving from **Dunblane Cathedral** (Front Entrance)

Thursday 2pm-2.45 leaving from **Killlearn** for meeting point walking@activestirling.org.uk

Thursday 10.30am - 11.30am leaving from **Dunblane Hydro** (back entrance in car park)

Thursday 10.45am-11.30am leaving from **Mercat Cross**, The Haven, Bow Street, **Stirling**

Friday 11.30 - 12.30pm leaving from **Riverbank Resource Centre** Riverside

Friday 10.30 - 11.30am leaving from **Raploch Community Campus**

Friday 11.30am - 12.30pm leaving from **Bannockburn Community Enterprise Hub**

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.

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

Fintry Sport Club – Wednesday, 11.00am - 11.30am

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

Killlearn 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.

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

Cambusbarron Community Centre - Tuesday 9.30am - 10.15am

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Walking Football http://walkingfootballforhvalley.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 game. Played at Alloa, Dunblane, Sauchie, Braehead, Stirling, Falkirk and at Stenhousemuir. You will receive a very warm welcome at all of these sessions</p>
<p><i>Stirling Rural Community Groups</i></p>
<p>Balfroon Church hall (entry is via the back door from the car park) Lunch Club Thursday 12 – 2pm</p> <p>Games Afternoon Every alternate Wednesday at 2pm</p> <p>Tea & tunes Every alternate Wednesday at 2pm</p>
<p>Callander Book Club Telephone: 01877 331544 Based in the Library, 1 South Church Street, Callander, FK17 8BN</p>
<p>Callander Community Hub Kirk Hall, Callander Tea and a chat - Wednesday 12.30pm to 2.30pm</p>
<p>Callander Ramblers Telephone: 01877 382682 Arranged walks most Wednesdays and Saturdays, weather allowing</p>
<p>Walk in the Park Telephone: 01877 330055 email: cathy.scott@lochlomond-trossachs.org Tuesday's: 10.20am at Ancaster Square, Callander</p>
<p>Callander Film Society 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</p>
<p>Callander Bike Meander Group Ancaster Square, Callander Telephone: (01877) 339074 or 07963 736044 Tuesday's: 10am This group is ideal for beginner/returner cyclists</p>
<p>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</p>

Clackmannanshire & Stirling Health & Social Care Partnership

Callander Golf Club Aveland Road, Callander Telephone 01877 330090 email callandergolf@btconnect.com
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
Demand-responsive transport for rural areas (DRT) Is for anyone who wants to travel in rural parts of the Stirling Council area. It is a transport system that operates in areas where there are no regular bus routes. It works like a taxi service and costs the same as a bus fare. Book Journey by 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.

General Supports & Information

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.

Ask Sara - TBC

Older People

Age Scotland

Telephone: 03333232400

email: info@agescotland.org.uk

Is an independent charity dedicated to improving the later lives of everyone on the ageing journey.

Age Scotland “Making your Will” and “A Guide to Power of Attorney” publications on our website www.ageuk.org.uk/scotland/information-advice/publication-order-form/

Independent Age - Free guides for older people

Freephone 0800 319 6789

Our free guides are full of useful information to help you boost your income, find the care you need, remain independent, choose the right place to live and stay connected

The Silver Line

Telephone 24 hour Help Line: 0800 4 70 80 90

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

Free 24-hour confidential helpline providing information, advice and friendship to older people.

Adult Support and Protection Concerns

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

Out with office house telephone: 01786 470500

Royal Voluntary Service (RVS)

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

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.

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.

Clackmannanshire & Stirling Health & Social Care Partnership

Finance and Household

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

Stirling Council Advice Stirling

Telephone: 01786 233528

email: moneyadvice@stirling.gov.uk

For Money, debt and benefits advice

Libraries

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.

Home Heating Advice

SP Energy Networks

Neighbourhood Watch Scotland, is partnering with SP Energy Networks to encourage those eligible to sign up to the free Priority Services Register (PSR). Being on the Register offers additional support in the event of a power cut.

For more information, please visit spenergynetworks.co.uk/psr

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.

Alcohol and Drugs

Forth Valley Recovery Community

Contact Christina Feaks email: cfeaks@asc.me.uk Telephone: 07920 234694 or
James Sludden email: jsludden@asc.me.uk Telephone: 07920 234689

Our Recovery Drop In is open.

Wednesday 1pm - 3pm at The Haven, 2-4 Bow Street, Stirling, FK8 1BS.

Why not pop in for a chat? It is run by people in recovery with lived experience of addiction.
We are all inclusive and non-judgmental.

Recovery Cafés

Come along to one of our Forth Valley Recovery Community recovery cafés.

Recovery Cafés are drug and alcohol free environments where you can come for recovery support in an informal setting and meet the team and our recovery volunteers.

Monday: 4pm-9pm The Gate, 2 Ludgate, Alloa, FK10 2DR Tea/coffee/ hot food, SMART Recovery, activities and discussion.

Tuesday: Women's Café 10.30am -1pm St Mark's Parish Church, Drip Road, Stirling, Tea/coffee/food, yoga, activities. SMART meeting runs straight after the café.

Thursday: 11am-4pm Sauchie Hall, Mar Place, Sauchie, FK10 3EA Tea/coffee/ hot food, activities, SMART Recovery, discussion.

Friday: 1pm-6pm Stirling Café Mayfield Community Centre, St Ninians, Stirling FK7 0BD Tea/coffee/hot food, learn to play an instrument, SMART Recovery, fitness circuit training and Tai Chi.

Where can I find further information and advice?

- [Count 14](#) – use the online calculator to help spread out your alcohol intake over a week.
- [Stop the Deaths](#) – a global call for a re-focus on drug deaths and what can be done to help prevent them.
- [NHS Inform – Alcohol help & support](#) – information on drinking sensibly, knowing your limits and getting support for alcohol abuse.
- [NHS Inform – Support for people affected by drugs](#) – know more about the substances you're taking and how to get support.
- [The Scottish Drug Services Directory](#) – online directory to help people access contact information and details for over 200 agencies in Scotland who can help with drug treatment and care.

Mental Health

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)

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

supporting people living with mental health problems towards recovery and engagement in the wider community and working world.

Anxiety UK

Helpline: 03444 775 774

Text support: 07537 416 905

Lines open - Monday – Friday, 10.30am - 16.30pm 07912680021

Physical Health & Wellbeing

Chest Heart and Stroke Scotland

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

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

Diabetes uk helpline

Telephone: 0141 212 8710

Email: helpline.scotland@diabetes.org.uk

Get specialist information and advice on all aspects of living with diabetes. Call us for answers, support or just to talk to someone who knows about diabetes.

Monday to Friday, 9am to 6pm.

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.

Additional support for carers

SSAFA

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

A UK military charity providing lifelong support and advice to Armed Forces, veterans and their families. SSAFA was formerly known as the Soldiers, Sailors, Airmen and Families Association.

Unpaid carers - National Wellbeing Hub

Website: <https://wellbeinghub.scot/resource-topic/unpaid-carers/>

The National Wellbeing Hub as a resource to promote, enhance and support the psychosocial wellbeing and recovery of unpaid carers, in Scotland.

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Carer card UK supports you when caring for someone Carers Card UK - Carers ID Card</p> <p>It's for anyone that looks after someone that needs help and support.</p> <p>It provides reassurance by including your Emergency Contact details (ICE), whilst providing Discounts, Wellbeing Hub, Carer Circle tool, and so much more.</p> <p>It costs £8 for 2 years</p>
<p>MECOPP - National service supporting minority ethnic carers to access services and supports. Website: https://www.mecopp.org.uk/</p>
<p>Central Scotland Regional Equality Council - CSREC Clackmannanshire Advice & Support Service We offer help to Ethnic minority communities with Housing Benefits, Discrimination, Hate Crime and Immigration.</p> <p>To book an appointment Telephone: 01324 610950 email: admin@csrec.org.uk</p>
<p>Council on Disability Telephone: 01786 462178 or 07521186159 email: advisor@councildisability.org Free confidential impartial advice and assistance on any matter relating to Physical and Mental Health.</p>
<p><i>Bereavement Support</i></p>
<p>Changing Colours - A safe space with grief Hawkhill Community Centre, 132 Hillcrest Drive, Alloa, FK10 1SB Telephone: 01259 218139 email: elizabeth@hawkhillcc.org Wednesday 2pm to 3.30pm</p> <p>Join us for a chat and coffee, listen and be heard Get support and advice from people who know how you feel.</p>
<p>Cruse Bereavement Care Scotland Telephone: 0800 808 1677 Website: https://www.cruse.org.uk</p> <p>Provide support to bereaved people in Scotland.</p>
<p>Practical Support on 'What to do after a death in Scotland' http://www.gov.scot/collections/what-to-do-after-a-death-in-scotland/</p> <p>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</p>

NHS Health Wellbeing Support

NHS Inform: Healthy Living Information

Scotland's health and information service provides advice on how to look after physical and mental wellbeing,

For more information visit <https://www.nhsinform.scot/healthy-living/>

Topics covered include:

Alcohol, with information on drinking sensibly, knowing your limits and getting support for alcohol abuse <https://www.nhsinform.scot/healthy-living/alcohol>

Food and Nutrition, with information on healthy balanced diets and weight loss <https://www.nhsinform.scot/healthy-living/food-and-nutrition>

Keeping Active, with information on health benefits of exercise and how to keep active <https://www.nhsinform.scot/healthy-living/keeping-active>

Mental Wellbeing, with advice on dealing with anxieties, low mood, stress and where to get help <https://www.nhsinform.scot/healthy-living/mental-wellbeing>

Stopping Smoking, with information on benefits of stopping smoking and where to get support <https://www.nhsinform.scot/healthy-living/stopping-smoking>

Preventing Falls, with information on how to reduce risk of falling and what to do if you have a fall <https://www.nhsinform.scot/healthy-living/preventing-falls>

NHS FORTH VALLEY

[NHS Forth Valley – Strength & Balance](#) - Watch this helpful video to find out where these boards are and learn how you can do Strength & Balance at home or at our NHS sites

Any amount of physical activity, however small, is good for you.

Strength and balance are often overlooked aspects of our fitness. So, whatever your age, here are nine strength and balance exercises that you may like to try during your visit to Exercise Corridor. You could if you choose easily adapt these to do at home as well.

[Exercise-Corridor-Board.pdf \(nhsforthvalley.com\)](#)

NHS Falls Local Community Support

It is important to get your eyesight and hearing checked regularly to promote good balance and helps recognise hazards. Visit the NHS Audiology web-page for details on support clinics or **Telephone: 01786 434171**

Having poor foot care may mean people are less able to maintain balance and mobility which can increase the risk of having a fall.

Braveheart Top Toes clinics run throughout Clackmannanshire & Stirling where trained volunteers can help cut your toe nails **Telephone: 01324 6333505** for more information.

If you feel you require professional support for concerns about falls you can contact your GP or self-refer to the ReACH team who can provide a Falls Assessment to help identify ways of reducing your risk of falling.

Self-refer via the Single Point of Referral - **Telephone 01324 673733**

Clackmannanshire & Stirling Health & Social Care Partnership

Stirling Health Care Village Green Gym

Telephone: Krissy 07825056572

email: krissy.stevenson@tcv.org.uk

Delivering Practical Activities around your Local Health Care Green Space

Sessions take place every Friday 10am to 12.30pm

We meet at the Green Room opposite the RSV Café in the main outpatient centre

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/>

Police Scotland

Police Scotland (Crime Prevention Advice) Non-emergency contact number Tel: 101

For an Emergency for Fire, Police and Ambulance: 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.