

Clackmannanshire & Stirling Carers Support Pack

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<p>This regularly updated pack for unpaid carers has been coproduced with carer support organisations, and unpaid carers with lived and living experience.</p> <p>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.</p>	

Contents

Information on Keeping Well this Winter	1
Useful Contacts for Carers	3
Carers Centres Clackmannanshire & Stirling	3
Self-directed Support	3
Citizens Advice Bureau (CAB) Clackmannanshire & Stirling	4
Dementia Advice and Information	4
Dementia Groups Clackmannanshire & Stirling	5
Clackmannanshire Community Groups	9
Health & Exercise Clackmannanshire	14
Stirling Community Groups	15
Health & Exercise Stirling	17
Stirling Rural Community Groups	18
General Supports & Information	22
Additional Support for carers	26
NHS Health & Wellbeing Support	28
Bereavement Support	31



Information on Keeping Well this Winter

Caring for someone NHS 24 provides a range of services to support carers

Many people do not recognise themselves as carers. A carer is anyone who is unpaid for their caring and looks after a friend, family member or neighbour due to old age, physical or mental illness, disability or addiction. There is no minimum amount of time you need to support someone for you to be considered a carer.

Care Information Scotland is a phone, webchat and website service operated by NHS 24, providing information and advice to support carers, including young carers, across Scotland. NHS inform is NHS 24's online health and care information service.

Telephone: 0800 22 44 88 Monday to Friday from 9am to 5pm www.nhsinform.scot

You'll find information on common symptoms and what to do to help look after your own health and wellbeing and the person you are caring for - links below are for specific advice.

Fall prevention Information on how to reduce the risk of falling and what to do if someone you are caring for has a fall. www.nhsinform.scot/falls

Palliative care If you are caring for, or supporting someone who is at the end of their life or who has a terminal illness, we can provide access to advice and help.

www.nhsinform.scot/palliative-care-advice

Mental health services Supporting someone else as a carer can impact your mental health. NHS 24 mental health services can listen, offer advice, and guide you to further help if required. www.nhsinform.scot/mental-health-support

Careinfoscotland.scot

You'll find advice about care services, including rights, care home costs and support for you and the person you are caring for.

- All you need to know about social care support
- Home adaptations and telecare
- Support available for unpaid carers Young carers and young adult carers
- How local carers centres can help
- The importance of looking after yourself as a carer

If you have a question about care. Telephone **0800 011 3200** Monday to Friday 9am to 5pm

The service is free, confidential. You can also chat to us online using the webchat button on the website, or e-mail us any questions at: careinformationscotland@nhs24.scot.nhs.uk

Pharmacy First Scotland

Is an NHS service provided by your local community pharmacy. If you or the person you are caring for have a minor illness, a pharmacy is the first place you should go to for advice. You do not usually need an appointment and you can go to any pharmacy. Your local pharmacy may be able to deliver your medicine to you or let you know when it's ready to collect.

How does the service work?

The pharmacist, or a member of their team, will:

- ask about your symptoms
- give advice on your condition
- provide free medication under the Pharmacy First Scotland service (if applicable) or
- recommend an over-the-counter treatment for you to buy

What to do if you run out of medicines.

If you run out of a prescribed medicine when your GP Practice is closed many community pharmacists can help. Find out what medicines they may be able to prescribe from the 'Check your symptoms' page on the NHS24.scot website. www.nhs24.scot/check-your-symptoms/accessing-medicines

Got a Minor Injury? Call first before you attend

If you or a member of your family has an injury that needs urgent or immediate attention, you should call NHS 24 first on 111, day or night for: Healthcare advice – without having to leave home An appointment at a local centre for further assessment or treatment – so you don't need to wait when you attend

The Minor Injuries team can help adults and children over 12 months who have a recent minor injury, including:

- Sprains and Strains
- Suspected Broken Bones
- Minor Head Injuries
- Minor Burns and Scalds
- Minor Ear Injuries
- Minor Eye Injuries
- Infected Wounds
- Insect Stings and Bites

If you attend the Minor Injuries Unit without arranging an appointment via NHS 24 may have to wait longer be seen or could be asked to come back later.

You can also call NHS 24 on 111 any time, day or night if you:

- Think you need to attend A&E but it's not life threatening
- Are too ill to wait for your GP Practice, pharmacist or dentist to open
- Need urgent mental health advice and guidance

Remember If your condition is serious or life-threatening you should dial 999 or go to straight A&E.

[NHS Forth Valley – Right Care Right Place](http://www.nhsforthvalley.com/rightcare) www.nhsforthvalley.com/rightcare

The Scottish Government has launched an updated campaign to help raise awareness of the importance of recovering at home once medical treatment is complete and help people maintain their independence as much as possible as they recover from hospital stays.

Once you have had the care you need in hospital, the best place to recover is at home.

This is because staying in hospital for longer than necessary can:

- Reduce independence
- Reduce muscle strength
- And increase the risk of infection

More information is also available on www.nhsinform.scot/home-first and information and a short video recorded by local clinician Dr Karen Adamson, is also available on the [NHS Forth Valley website](http://www.nhsforthvalley.com).

5 steps to improve your mental health

Evidence shows there are 5 steps we can all take to improve our mental wellbeing. Give them a try - you could feel happier and more positive in life.

Connect - with people around you, your family friends, colleagues and neighbours. Spend time developing these relationships.

Be active - You don't have to go to the gym, take a walk, go cycling or play a sport. Find an activity that you enjoy and make it a part of your life.

Keep Learning - Learning new skills can give you a sense of achievement and new confidence. Why not sign up to a cooking course, learn to play a musical instrument or fix your bike.

Give to Others - Even the littlest things can help, whether it is a smile, a thank you or a kind word. Larger act like volunteering can also greatly improve your mental health.

Be Mindful

Be more aware of the present moment, including your feelings and the world around you. It can positivity change you feel about life and how you approach challenges.

Useful Contacts for Carers

Mobilise - Online support for unpaid carers

<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: 01786 237886

email: chalkh@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

<https://www.stirlingcarers.co.uk/>

Opening times: Monday – Friday 9am to 4pm

Providing information, advice & 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

<https://centralcarers.org/>

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 are a carer**.

See our What's on carer's events programme in Clackmannanshire.

Meeting places Alloa Hawkhill Community Centre and Alloa Speirs Centre and Alva Libraries

Self-directed Support Forth Valley

Telephone: 01324 35 45 29

email: info@sdsforthvalley.org

<https://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.

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.

Dementia Advice & Information

Stirling University Dementia Services Dementia Centre
[Dementia Services Development Centre \(stir.ac.uk\)](http://stir.ac.uk)

Includes a Carers Hub
[Carers Hub — Dementia Services Development Centre \(stir.ac.uk\)](http://stir.ac.uk)

Provides training and events for people living with dementia
[Training & Events — Dementia Services Development Centre \(stir.ac.uk\)](http://stir.ac.uk)

Dementia Adventure

Free online training
[Dementia Training for Friends, Family and unpaid carers \(dementiaadventure.org\)](http://dementiaadventure.org)

They also provide holidays for people with dementia
[Dementia Friendly Holidays | Dementia Adventure](http://dementiaadventure.org)

Dementia Age Scotland

Helpline: **0800 12 44 222**
[Dementia | Age Scotland](http://dementiaage.scot.nhs.uk)

Information, training, support and helpline. We offer online and in-person training courses to raise awareness of dementia, help people learn how to be more inclusive of people living with the condition, and for carers to be better informed about their rights.

Dementia UK Helpline

The free, confidential [Dementia Helpline](http://dementiauk.org) is staffed by our dementia specialist Admiral Nurses who provide information, advice and support with any aspect of dementia, including Alzheimer's disease.

Our Helpline is open **Monday to Friday 9am to 9pm, Saturday & Sunday 9am to 5pm**

- If you need to speak to a nurse more urgently
- If you would like to speak to a nurse in the evenings or over the weekend
- If you prefer to use the phone rather than make a virtual face-to-face appointment

Dementia Groups Clackmannanshire & Stirling

Town Break

Telephone: 01786 641 841 **for more information & Charging Structure for some Groups**
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, 10am - 2pm (for up to 3 Hours)

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

2nd Monday of month: Killin Service 12pm - 2pm - Nurses Station, Ballechroisk, Killin

Tuesday: Brunch Group - Alva Parklands 10:30 - 1:00pm

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

Wednesday: Bellfield Lunch group - Bellfield Centre Stirling 12.30 - 3.30pm. **(Coming soon)**

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

2nd 3rd & 4th Thursday of the month: Social Group - St Andrew's Church Hall Callander

Time: 10.30 - 2.30

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 **(24 hour Freephone helpline 0808 808 3000)**

email: falkirkservices@alzscot.org

Opening times: Monday to Friday 10am to 4pm for more information

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, day care 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 - activities, 10.30am - 12noon

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

Clackmannanshire & Stirling Health & Social Care Partnership

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.

The Gate - Clacks Memory Café

Ludgate, Alloa Fk10 2DR

Telephone: 01259 218766

enquiries@the-gate-charity.org

Is open first Wednesday of every month 10.30am – 12.00noon

Come along for a brew and a chat, free refreshments and optional activities.

Social Club for Adults

St Serf's Church Hall, Tullibody

Telephone: 01259 213326

[St Serf's Church Tullibody - What's On \(stserfstullibody.org.uk\)](http://stserfstullibody.org.uk)

Opening times: Friday, 1pm - 3pm

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

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.

£10 per person carers eat free and are welcome to make a donation instead.

BOOKING IS ESSENTIAL

Lunch Club at Home

Telephone: 07818 638778

email: alexandra@theplaypencafe.co.uk

Lunch club at Home is an initiative run by the Playpen Cafe CIC which delivers delicious hot lunches. We deliver meals on wheels across Clacks every Tuesday and Friday

Two courses for £6 and free delivery by our disclosure checked drivers.

A Book, A Brew and a Blether & Crafting Group

The Hive, Park Place, Dollar

Dollar Community Development Trust Telephone: 07563 405939

[email info@dollarcdt.com](mailto:info@dollarcdt.com)

Opening time – Wednesday 2 - 4pm

Come along and join others to knit, crochet, amateur artists who draw, paint or do other crafts. The group is part of the 'Book, Brew and Blether' afternoon. Bring along your own project to work on and enjoy a hot drink and cake in the company of others.

We aim to be dementia inclusive and welcome anyone to join us.

Clackmannanshire & Stirling Health & Social Care Partnership

Chair-based Exercise Class

Bruce Lounge, 1 Main Street, Clackmannan

Telephone 01259 216705

<https://clackmannandevopmenttrust.org/>

Tuesdays 10am -11:30 am

Suitable for anyone with reduced mobility, balance or age-related issues including dementia, this gentle class teaches a range of seated movements to get moving from the comfort of a chair. With a mood-boosting soundtrack and plenty of chat, it's a great way to stay active and enjoy the social benefits of a group activity.

Cycling Without Age Scotland

Telephone David Jardine on 07873 366862 or 01324 467 272

info@cyclingwithoutage.scot

Our core aim is always the same: to enhance and enrich lives by giving elderly and disabled people access to the beautiful outdoors through our pioneering trishaw rides, access which is denied to so many people simply because of age or limited mobility. Available in Clacks, Stirling and Falkirk

Braveheart Healthy Weekly Walks - for people living with Dementia

Telephone: Eva Finlayson 07795283804

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.

Walk in the Park

Telephone:07843 842323

email: Fiona@trustinthepark.org

Walk in the Park health walks utilise the beautiful and nurturing surroundings of Loch Lomond and The Trossachs National Park.

Our Health Walk's are led by trained volunteer's on routes that we personally risk assess and trial out for size. Each walk is less than an hour long beginning with a short gentle warm up, followed by a brisk walk. Walks are followed by optional refreshments in a local coffee shop/hotel. We welcome people living with dementia, and their carers on our walks.

Stirling4Community Weekly Lunch Club

**Holy Trinity Episcopal Church Hall, 6 Albert Place,
Stirling**

Telephone: Paula Freck on 07974 371089

email: stirling4community@gmail.com

Opening times: Thursday 12noon to 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

Tea's Company

The Honeyman Hall, Bridge of Allan Parish church

Telephone: 01786 834155

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, various activities such as quizzes and bingo for those who wish to take part.

Opening times: Monday 2pm to 4pm Wheelchair accessible - Everyone Welcome

Dementia Friendly Dunblane Meeting Centre

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 1pm - 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 & Town Break

Doune Bowling Club 11am - 3pm

Music and Memories

Dunblane Cathedral Halls, Dunblane

Telephone: 01786 822673

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

Safe Hands Social Day Centre including Personal Care service

Telephone : 01786232450

email: info@safehandssupportscotland.co.uk

Open Monday to Friday - All day session 9am to 5pm or 9.30am to 5.30pm cost: £164

Morning 4hr session 9.00am-1pm cost: £82 Afternoon 4hr session 1.30pm-5.30pm cost: £82

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

Morning & afternoon activities: Bingo, cards, dominoes, arts & crafts, music & singing.

Thistle Centre – quiet shopping hour

[Quiet Hour - Thistles Shopping Centre, Stirling \(thistlesstirling.com\)](http://thistlesstirling.com)

Every Sunday 10:00 – 11:00.

For people living with autism and dementia

<h3>Clackmannanshire Community Groups</h3>
Clackmannanshire Council Community Information & Services Kincairgs, Alloa, Clackmannanshire, FK10 1EB Telephone: 01259 400000 email: customerservice@clacks.gov.uk
Dial-a-Journey The Friendly alternative to public transport Door to Door Accessible Transport Terms and Conditions (clacks.gov.uk) Please find the attached link to the Clackmannanshire website with updated service user rules for the Door 2 Door service within Clackmannanshire
The Gate Ludgate, Alloa, Fk10 2DR Telephone: 01259 218 766 enquiries@the-gate-charity.org Breakfast Bingo - We meet on the 2nd and 4th Wednesday of the month at 10am Come along for a friendly chat, refreshments and toast. Book Club - We meet monthly on a Friday at 12 noon in the Community Cafe . Community Cafe offer's people a safe, warm and welcoming environment to meet with colleagues, family, friends, service users or clients. We provide nutritious food, realistic prices and a friendly service. Lunch special includes a choice of 2 homemade soups, a choice of 5 different sandwich fillers and a tea or coffee £3.30. The Cafe is open two days a week on a Wednesday & Friday between 10 – 1pm.
Clax 1400 Community Café Bomar Community Centre, Scott Street, Alloa Telephone: 01259 215150 A relaxed friendly environment where you can get information and support from a range of services with a tea/coffee/cold drink and a cooked breakfast or hot filled roll.
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 Clackmannanshire by providing regular meetings where we can come together in informal social gatherings.
Forth Valley Men's Shed 5,8 Ward Street, Alloa Telephone: 07841704083 Opening times: Monday, Wednesday, Friday, 10am – 2pm have a Cuppa and a blether We have opened a section for Women ' The She Shed ' open on a Tuesday evening 19.00hrs
Wee County Men's Shed the former woollen mill, Devonside, Tillicoultry Telephone: 01259752548 email: weecountymensshed@mail.com Opining times: Monday, Wednesday, Friday, 10am – 3pm Cuppa and a blether, Wood, metal and bike workshop

Clackmannanshire & Stirling Health & Social Care Partnership

Resonate Together

Campus, Carsebridge Cultural, Carsebridge Rd, Alloa FK10 3LT

Email: hello@resonatetogether.org.uk

Welcome to the Pen & Ink Club in the Art Studio of Ochil House. There will be a focus on mark making, experimenting with inks, developing art skills and lots of opportunity to share with others, socialise and enjoy a cuppa.

Every Wednesday starting at 10am through to 12 noon.

Welcome to our weekly 'yarnery' club. There will be supportive knitters and crochet gurus on hand to help you begin a new pattern or help you learn from scratch. Cost £3 per session

Every Wednesday at 10am and goes through to 12 noon

A fun stress relief.

Darts has many health benefits, accessible to many and is great for socialising. Cost £3

Every Wednesday morning starting at 10am.

Quite your mind : Sooth your heart

Each week John K. leads the Meditation session for one hour, free to all who attend

Every Wednesday starting at 12.30

Skill share : Remake : Slow fashion

Machine and hand sewing this club gives sewers lots of time to learn, to develop projects and to produce finished items. A warm studio space to share with likeminded sewing enthusiasts.

Every Thursday starting at 10am and going through to 3pm. session cost is £5

Growing : Nature : Satisfaction

The grounds at Carsebridge Cultural Campus have high walls either side, are gated and protected, so they create a wonderful 'secret garden' feel for many who visit.

The club welcomes new members so if you fancy a potter in the gardens, if you have never gardened but want to learn, or if you are a seasoned gardener, then all are welcome.

Every Thursday starting at 10am This club is free.

Skill share : Learning : Together

Our DIY Club brings together people with a range of abilities, skills and experiences, from interior painting, to working with wood and stone. If you want to be part of a team that is bringing life back to Carsebridge or if you have a trade or skills that you are willing to share, then come along to the DIY Club.

Every Thursday and starts at 1.30pm. It is a free club and Resonate Together will cover the cost of all materials required.

Healthy me? Let's get real!

Many of us are overweight, many of us feel deeply fed up with being overweight. Join our club and lose weight sensibly.

The club will be every Thursday starting at 12.30 for an hour.

Strength : Confidence

There are many reasons why we cease to feel confident in our mobility. It could be following surgery, or following a fall, or it could be a social anxiety that has kept us from being outdoors. Whatever your situation, the Gentle Jaunters Club is a kind and supportive session to encourage movement.

Every week on a Thursday starting at 1.30pm

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 Choir

Location - Sauchie Resource Centre (opposite the Mansfield Arms), Mar Place, Sauchie

Telephone: Angela Leask, 01259 572075, Mobile: 07532274720,

Email: wee-leask-1.ciera.29@inbox.com

Time - Tuesdays 7-9pm

People of all ages and abilities are wanted for our community choir.

The emphasis is on fun and enjoyment

Sauchie Community Group SCIO

Resource Centre, Sauchie

Telephone: 01259 574854

email: sauchiecommunitygroup@outlook.com

Monday: Morning - Come along and have a chat and a coffee and cake.

Monday: Music Sessions 7pm join other musicians for a music jamming session. Free event.

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

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

The one-stop-shop provides a warm, safe place for people to meet and make connections. There are opportunities to access regular outreach services including Citizen's Advice, Adult Social Care and the community larder
Homemade Soup Tea & Coffee, Biscuits, Games, free WI FI and Advice

Clackmannan Development Trust

Knit & Natter

Telephone 01259 216705

www.clackmannancommunity.org

The Bruce Lodge, 1 Main Street Clackmannan

Friday mornings 10.30 - 12noon and the 1st and 3rd Thursday of the month 7 - 9 pm.

This lively group is founded on fun and connection, often working on a communal project for a charity or decorations for the Parish Church's annual Christmas Tree Festival. Previous projects include making syringe-driver bags for the Beatson Hospital and memory teddies for the Simpson Memorial Hospital's memory boxes. New members are very warmly welcomed, from beginners to seasoned knitters. We have plenty of wool, needles and patterns available to get you started.

Menstrie Senior Lunch Club

Telephone: 07940545369 01259 761573

email: carolinecraw1@gmail.com

Wednesday: 12.30 to 3pm

We are a friendly, well established all-inclusive Lunch Club, warmly welcoming anybody over the age of 60 in the village regardless of ability. Including occasional after lunch activities i.e. musical entertainment, bingo etc. Please join us for soup, sandwiches and cake with tea/coffee **£5.00 per person** With an optional gentle Exercise Class before lunch from **12.30-1.00pm**

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.

Scottish Women's Institute

Telephone: 0131 225 1274

[WELCOME TO THE SWI](#)

Scottish Women's Institutes has a rich history across Scotland's communities, promoting education and connecting women locally and nationally to improve their quality of life through friendship, education, sharing and having fun. Local community institutes include Tillicoultry and Dollar.

Social Club for Adults & Sing for Memories Tullibody - *(see more details on page 3)*

The Hive Dollar *(for more details see pages 3 & 4)*

Clackmannanshire & Stirling Health & Social Care Partnership

Dollar Volunteer Driver Service

Telephone: **07565712131**

Local people who offer other Dollar residents a lift if they have no transport available. They can drive you to hospitals within Forth Valley, opticians, health centre, pharmacy and shops.

Strathcarron Hospice - Snow Drop Café Tillicoultry

Tillicoultry Parish Church

Telephone: Elaine Scott 07488277841

Email: tillysnowdrop22@gmail.com

(strathcarronhospice.net)

Open Every Monday 1pm - 3pm

A space for people of any age to meet, grab a coffee, a slice of cake and have a blether.

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

Parkinson's Singing group (Alva)

Telephone: Jim Clifford 01259 781522 or 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: Jolene Lornie 07739784209

The Stroke Meeting is held at the Greenfield Building, Erskine Street, Alloa on the third Tuesday of each month at 2pm to 4pm

The group meet in a welcoming and supportive environment where you can meet others who have been affected. We will help you to access information you need about stroke, and help signpost you to local services which may be able to assist with further help.

Stroke Helpline: 03033033100

Supported Relations: 03003300740

Food Train

Telephone: 01786 450536

E mail: stirling@thefoodtrain.co.uk

Anyone over the age of 65 who has difficulty getting their grocery shopping can use the service. Food Train service ensures that you have access to fresh and affordable groceries, delivered direct to your home on a weekly basis, or less often if that suits you. Our volunteers can unpack and put shopping items away where needed. **Delivery costs £16**

<h3>Health & Exercise Clackmannanshire</h3>
Clackmannanshire Active Communities Sports Exercise Events Diary Kiincraigs, Greenside Street, Alloa, FK10 1EB Telephone: 01259 452334 email: sportsdevelopment@clacks.gov.uk
Wee 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 and Stirling 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.
Sporty Seniors The Hive Dollar Telephone: Rebecca to book your place on 07563 405939. Every Tuesday 11am - 12pm Aimed at the over 50s this session offers some gentle exercises to improve strength, balance, and overall health and wellbeing. Helping maintain a healthy lifestyle, reduce the risk of falls, meet new people, and have fun. Each session costs £2.50
Bruce Lounge on the Main Street in Clackmannan Telephone 01259 216705 https://clackmannanddevelopmenttrust.org/ On Wednesdays at 1pm we have a weekly led cycle ride out the Dunfermline cycle path and back. This is for two hours and usually covers 10 miles. On the 3rd Sunday of the month at 10am we have a led cycle ride of approx 12 to 15 miles taking up to 3 hours to various locations around the area at a very leisurely pace and is aimed at families and beginners.

<p>Stirling Community Groups Stirling</p>
<p>Stirling4Community Men's Group 44 King St, Stirling, FK8 1DT Telephone: David on 07711 020422 email: stirlingmensshed@gmail.com A group for men to meet up together and enjoy craft projects, gardening, day trips for friendship and community.</p>
<p>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</p>
<p>Stirling4Community ART GROUP Holy Trinity Church Hall, Dumbarton Road, Stirling. Telephone Jane on 07826 556302 Friday 10.30 to 12noon A weekly art group for anyone who enjoys drawing and painting or wishes to learn basic techniques and create art. Beginners very welcome</p>
<p>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. Absolute beginners are welcome THURSDAY from 7.30pm to 9pm</p>
<p>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 10.30 to 12noon</p>
<p>MONTHLY LATIN & BALLROOM DANCE CLASSES Holy Trinity Church Hall, Dumbarton Road, Stirling. Contact Jane on 07826 556302 Meeting on the LAST WEDNESDAY of every month from 12pm to 1pm Classes led by professional dance teachers Dance4Passion and is followed by time to relax with tea/coffee and cake. Only £5 per person.</p>
<p>Raploch Community Partnership Raploch Community Campus, Drip Road, Stirling FK8 1RD Telephone: 01786 272358 or 07545068942 Email: info@inspiringcommunities.org.uk https://inspiringcommunities.org.uk/services/how-to-find-us To Support people in Stirling realise their potential through activity, enhancing health and social wellbeing and quality of life.</p>

Clackmannanshire & Stirling Health & Social Care Partnership

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.

Radical Weavers Workshops

82 Murray Pl, Stirling FK8 2BX

Telephone: 01786 450416

Email: m@radicalweavers.org.

Our weaving workshops are all about fun, creativity, and endless possibilities.

Whether you're a seasoned pro or just starting to weave your dreams, our workshops are tailor-made for all abilities. Weaving with us isn't just a hobby; it's an adventure waiting to be woven.

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.

Cornton Community café'

Cornton Community Centre 37 Johnston Ave, Stirling FK9 5DD

Telephone: 01786 462985

Cowie Rural Action Group - The Wee Club, over 60's Social & Lunch Group

Cowie Community centre, Burns Terrace, Cowie, Stirling FK7 7BS

Telephone: 01786 816611

Every Thursday between 1pm to 3pm

Scottish Women's Institute

Telephone: 0131 225 1274

[WELCOME TO THE SWI](#)

Scottish Women's Institutes has a rich history across Scotland's communities, promoting education and connecting women locally and nationally to improve their quality of life through friendship, education, sharing and having fun.

Local institutes include Blairlogie, Cambusbarron, Gargonnock, Kippen and Braco

Food Train

John Player Building, Stirling Enterprise Park, Players Road, Stirling, FK7 7RP

Telephone: 01786 450536

E mail: stirling@thefoodtrain.co.uk

Anyone over the age of 65 who has difficulty getting their grocery shopping can use the service Groceries, delivered direct to your home, unpack and put shopping away if required.

Clackmannanshire & Stirling Health & Social Care Partnership

Dial-a-Journey - Door to Door Service - The Friendly alternative to public transport

Telephone: 01786 465355 between 10am and 4pm To book a trip in advance.
or for journeys on the **same day** call any time after 9am.

Health & Exercise Stirling

Braveheart Healthy Walks

Telephone: 01324 673703 / 07795283508

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.

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 10.45am-11.30am **St Ninian's The YT Club**. 106 Cultenhove Road St Ninians

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)

Wednesday 10.30am - 11.30am leaving from **Cowie Community Centre Cowie**

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

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**

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

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

Kippen Reading Room – Wednesday, 10am-10.30am

Mature Movers - 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

Golf in Society

Email: John Higgins john.golfinsociety@gmail.com

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 - **free no obligation consultation**

Clackmannanshire & Stirling Health & Social Care Partnership

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 and Stirling** A very warm welcome at all of these sessions

Stirling Rural Community Groups

Royal Voluntary Service

Balfon Church hall (entry is via the back door from the car park)

admin@balfonchurch.org.uk

Lunch Club Thursday 12 – 2pm

Tea & tunes - Wednesday at 2pm

Walk in the Park

Telephone:07843 842323

email: [Fiona @trustinthepark.org](mailto:Fiona@trustinthepark.org)

All walks start at 10.20am No need to book just turn up

Monday: 10.20am at Car park behind the Visitor Centre

Tuesday: Arrochar & Tarbet meet at Three Villages

Wednesday: Balloch meet at Balloch Tourist Information Centre

Thursday: Dryman meet at Village Square outside the Winnoch Dryman

Walks are followed by refreshments in a local coffee shop.

We welcome people living with dementia, and their carers on our walks.

Aberfoyle Changing Place Toilet

For more information about these facilities visit: www.changing-places.org/find

The toilet and changing area provides much needed facilities for severely disabled people who need extra support and space which is not available in standard or accessible

How to access:

This toilet can be accessed using a radar key.

These are available from www.disabilityrightsuk.org/radar-keys

In emergencies you can phone **01786 404040** to obtain a key from the outside keysafe.

Trossachs Search and Rescue – First responders in Stirling rural area

If you wish to speak to the team on an URGENT basis please Telephone: **07796 240023**

[Home - Trossachs Search And Rescue - At the Heart of the Trossachs \(trossachs-sar.com\)](http://trossachs-sar.com)

Trossachs Search & Rescue volunteers are passionate about supporting the local communities from Loch Lomond to Dunblane, Strathblane to Strathyre. As well as the operational support we provide to the professional emergency services, the dedication of our members - all unpaid volunteers, and the practical support of our sponsors and network of supporters enables us to deliver services for the benefit of communities and individuals across the country.

Clackmannanshire & Stirling Health & Social Care Partnership

Callander Song Squad

Contact: Marsha Guertin or Aandie Luti

Face Book: [SongSquadCallander](#)

A group of people who love to sing together. We sing, we laugh and sing some more.

Singing is mainly Acapella and usually in 3 or 4 part harmonies. All song types, all genres and all welcome. No auditions, just a love of singing required!

Callander Book Club

Telephone: 01877 331544 Fiona Frize, Librarian

Based in the Library, 1 South Church Street, Callander, FK17 8BN

Callander and District Heritage Society

Contact: Monica Holloway

Facebook: [CallanderHeritage](#)

A group of enthusiasts endeavouring to preserve and add to Callander's rich history, from photo archives to the stories and secrets of the landscape.

Callander Community Hub

Kirk Hall, Callander

Wednesday 12.30pm to 2.30pm

Always warm, always free, always welcome. Light lunch, soup & a sandwich, cuppa and a chat. Crafts available. Citizens Advice on hand to give advice on housing benefits & energy.

Callander Bridge Club

Meets in the Old Bank Restaurant Callander

Email: geoffrey.reid1@gmail.com

Every Wednesday at 6.45pm

Citizens Advice Bureau

Tel: 07852 631386

Email: amanda.arkell@stirlingcab.casonline.org.uk

Free, impartial, independent, confidential. Every 2nd Wednesday 10am - 4pm at Callander Library. Drop in - no appointment necessary.

Callander Ramblers

Telephone: 01877 382682

email: paulgprescott@googlemail.com

Come and join our local rambling group that offers a wide variety of walks: Hill Climbs;

Rambles and Strolls to suit a variety of capabilities. Walks are usually on Wednesdays and

Saturdays. New members are always welcome. [2024 Ramblers Walks Programme \(PDF\)](#)

Walk in the Park in Callander

Telephone: 07843842323

email: Fiona@trustinthepark.org

Every Tuesday: 10.20am at Ancaster Square, Callander No need to book, just turn up

Walks are followed by optional refreshments in a local coffee shop/hotel

We welcome people living with dementia, and their carers on our walks.

Strength and Balance session

Held weekly on Tuesday 3-4pm

Held on 1st Floor, McLaren Leisure Centre, Mollands Road, Callander, FK17 8JP

Gentle exercise session for older adults although anyone can benefit.

Clackmannanshire & Stirling Health & Social Care Partnership

<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: Colin Welsh (01877) 339074 or 07963 736044 Email: colintross2@aol.com Tuesday's: 10am, This group is ideal for beginner/returner cyclists</p>
<p>Callander Bowling Club Ancaster Road, Callander, FK17 8EL Telephone: 01877 330333 Wednesday: afternoons from 2pm A small friendly bowling club that are always looking for new members</p>
<p>Callander Golf Club Aveland Road, Callander Telephone 01877 330090 email callandergolf@btconnect.com</p>
<p>Senior Craigard Lunch Club Callander Youth Project Building Every Thursday 11:30am - 1:30pm contact: Ann Docherty email: anne.handbells@gmail.com</p>
<p>Callander to Killin Bus There is now a bus service C60, which will operate between Callander and Killin via Kilmahog, Strathyre and Lochearnhead. The service is an experimental one financially funded by Stirling Council. It will operate Monday to Saturday, with four return trips per day. The S60 Saturday bus service will continue unchanged. Single and return fares are available. National Entitlement Cards (under 22, over 60 and disabled) will all be accepted. You can pay by cash and contactless debit and credit cards. For more information on the route and fares visit the Stirling Council website.</p>
<p>U3A – University of the Third Age Callander & West Perthshire (u3asite.uk) u3a is for anyone who is no longer in full-time work and there is no age limit. There are over one thousand <i>u3a</i> branches throughout the UK, organised in twelve regional or national "<i>networks</i>". Here, in the <i>Callander and West Perthshire Branch</i>, we are part of the network for Scotland. We run local activity and learning groups, organised by our own members for the benefit of all other members. Most groups meet in person at a convenient, local venue, whilst others function online through facilities such as <i>Zoom</i>. There is an annual subscription of £10 that supports our administrative needs and provides facilities such as this website.</p>
<p>McLean Hall Yoga - Friday: 10.15 - 11.30,</p>
<p>Bridge Killin Hotel Telephone: Marion 829027 Monday 7.15 to 9pm</p>

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Re-connect meet weekly Community Church Room: Telephone: 07754 584968</p>
<p>McLaren Hall Adult Badminton, Monday - 7 to 9pm</p>
<p>Killin Sports & Recreation Pavilion Walk in the Park evening walks Monday - (every fortnight) 6.50pm for 7pm evening walks finish with tea and coffee at the hub to catch up with friends,</p> <p>Killin Community Hub - Start up Stirling Telephone: Gail on 07951 013470 Thursday: pop in any time between 12.30 to 2.30pm Light lunch, a warm space, Wifi and an opportunity to Catch up with friends old and new. Citizens Advice Bureau - Whatever you need to know about benefits, we're here to offer you free, impartial and confidential advice. Light lunch, a warm space, Wifi and an opportunity to Catch up with friends old and new.</p>
<p>Killin Community Rooms Booking required on 07866 018629 Tuesday: Bee Creative, 10am-12pm Tuesday Club: 2pm – 4pm Tuesday: Pilates, 5.45pm and 6.45pm</p> <p>email: fiona@trustinthepark.org www.trustinthepark/walk-in-the-park/ Wednesday: Walk in the Park, No need to book, just turn up. Walks are followed by optional refreshments in a local coffee shop/hotel We welcome people living with dementia, and their carers on our walks. Wednesday: Strength & Balance excercises, 2pm to 3pm, Friday: Pilates, 9am, 10am and 11am</p>
<p>U3A Art Tuesday's, 2pm to 4pm Currently being held in Lochearnhead Hall</p>
<p>Killin Community Choir Wednesday 7.30pm to 9pm, Killin Church</p>
<p>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</p>
<p>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.</p>

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

<https://clacksandstirlinghscp.org/find-a-service/asksara/>

AskSARA is an online guided advice tool that can help you find solutions to make your daily living activities easier. It has been developed by professionals and can provide tips and advice to help make small changes that can help, and it can also suggest equipment or technology that will help.

It is anonymous and does not ask for any personal information (just a postcode at the end)

It provides impartial advice that enables older people and disabled people of all ages to live independently and maintain their lifestyle.

Clackmannanshire Council Social Work: Telephone 01259 452498

Email: adultcare@clacks.gov.uk

Emergency: Telephone 01786 450000

Stirling Council Social Work: Telephone 01786 470500

Emergency: Telephone 01786 40 40 40

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 24hour 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

Clackmannanshire & Stirling Health & Social Care Partnership

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.

Royal Voluntary Service (RVS)

Telephone: 01786 450718

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. When you need more support than usual after returning home following a hospital stay, our volunteers can help you to get back on your feet and feel confident to remain independent. Our volunteers can provide support for a period of up to 12 weeks which will vary according to individual needs. Such needs may include practical help like accompanied shopping, making new connections with the local community or IT guidance and can also provide one to one or group exercise to improve functional muscle strength and balance. Our volunteers carry out Safe and Well checks each time that they visit.

Forth Valley u3a

fvu3a.org.uk

We are the local u3a branch for retired or semi-retired people in Forth Valley (Central Scotland). We offer many ways to stretch your mind or body and to socialise with like-minded older people. This includes interest groups, general meetings, summer activities and publications. If you are no longer working or raising a family, u3a gives you the chance to develop your interests, make new friends and enjoy yourself.

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

Whatever you need to know about benefits, free, impartial and confidential advice

Clackmannanshire Citizen's Advice Bureau

Glebe Hall, Burgh Mews, Alloa

Telephone: 01259 219404 Monday to Friday, 10am - 4.30pm

Stirling Citizen's Advice Scotland (Stirling)

Norman Macewan Centre, Cameronian St, Stirling FK8 2DX

Telephone: 01786 470239 Opening times: Monday to Friday 10am to 3pm

Stirling Council Advice For Money, debt and benefits advice

Telephone: 01786 233528 email: moneyadvice@stirling.gov.uk

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 - Line Open Monday to Friday, 8am - 8pm. Saturday 9am - 5pm.

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

Alcohol and Drugs

Forth Valley Recovery Community

Telephone: Peter Cochrane on 07593549502

Email: PCochrane@recoveryscotland.org.uk

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.

Tuesday: Women's Café 10.30am -1pm St Mark's Parish Church, Drip Road, Stirling, Tea/coffee/food, yoga, activities.

Friday: 1pm-6pm Stirling Café Mayfield Community Centre, St Ninians, Tea/coffee/ hot food

Smart Recovery Meetings

Tuesday 4pm-9pm The Gate, 2 Ludgate, Alloa, Tea/coffee/ hot food, activities & discussion.

Friday: 1pm-6pm Stirling Café Mayfield Community Centre, St Ninians, Tea/coffee/ hot food

Recovery Ramblers Walking Group - Stirling Ramble

If you like walking outdoors why not come along and join our Recovery Ramblers. Walking and talking are an excellent way to improve your mental and physical well being. Our groups are designed to cater for all abilities. **Tuesday 1.30pm meeting at the Old Bridge Stirling.**

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.

Plean Community Centre Assertive Recovery Outreach Drop-in Balfour Centre Plean

Telephone: Peter Cochrane on 07593549502 or Darren Parker on 07920576377

If you or someone you care about is struggling with harmful substance misuse and problems related to it and don't know how to talk to someone about it maybe we can help.

We can offer help support and advice in a safe space free of judgement for people to make positive changes in their lives. **Every Thursday** 10am to 2pm

<h3>Mental Health</h3>
<p>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.</p>
<p>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</p>
<p>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.</p>
<p>Anxiety UK Helpline: 03444 775 774 Text support: 07537 416 905 Lines open - Monday – Friday, 10.30am - 16.30pm 07912680021</p>
<p>Kooth.com Kooth provide an online digital mental health and counselling service for young people/young adults aged between 10 and 26 years of age, who reside in the Clackmannanshire and Stirling Council areas. The service is for young people/young adults who have emerging mental health problems or who are hard to reach and do not engage in traditional routes of mental health support. The service is free and available 24 hours a day and 7 days a week. Qwell.io is available for parents/carers with children up to 18 years of age in Clackmannanshire Area. This service is free and available 24 hours a day and 7 days a week.</p>
<p>Artlink Central Telephone: 01786 450971 - voicemail only (we will call you back!) Email: info@artlinkcentral.org Artlink Central works with evidence-based practice across all artforms. We produce artist-led participatory programmes that support people experiencing mental health issues or from excluded communities.</p>
<p>https://andysmanclub.co.uk/ ANDYSMANCLUB, are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. Groups meet on Mondays at 7pm for men aged over 18. Their hope is to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives.</p>
<p>Suicide Prevention UK is an award winning Suicide Prevention charity. https://www.spuk.org.uk/ We help anyone who may be struggling with their mental health and/or thoughts of suicide. Our volunteers use their skills, training and empathetic approach to offer a non-judgmental listening ear to help people in what could be their darkest hour. We aim to signpost individuals to the most relevant support available to them at that time. Our service is available via our helpline - National Suicide Prevention Helpline UK, social media and face to face out in the community .</p>

<h3>Physical Health & Wellbeing</h3>
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.
Strathcarron Hospice Live Your Life Team Telephone: 01324 827383 Email: fv.scliveyourlife@nhs.scot Open to anyone living with a life limiting illness, their family or friends, in Forth Valley. The team will work with you around whatever is important to YOU - offering access to nurses, creative arts, complementary therapists and community based connectors. No professional referral needed.
<h3>Additional support for carers</h3>
SSAFA https://www.ssafa.org.uk/ A UK military charity providing lifelong support and advice to Armed Forces, veterans and their families. SSAFA formerly known as Soldiers, Sailors, Airmen and Families Association.
RSABI Freephone 0808 1234 555 Our helpline is available every day of the year, 24 hours a day. Email: helpline@rsabi.org.uk Access a confidential web chat service Supporting People in Scottish Agriculture. By providing practical, emotional and financial support to those working within the Scottish agricultural industry, we are on a mission to support and take care of as many farming people as possible.
Care Information Scotland Website: http://www.careinfoscotland.scot Provide information and advice about care services for people living in Scotland.
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 It's for anyone that looks after someone that needs help and support. It provides reassurance by including your Emergency Contact details (ICE), whilst providing Discounts, Wellbeing Hub, Carer Circle tool, and so much more. It costs £8 for 2 years</p>
<p>MECOPP - National service supporting minority ethnic carers to access services & 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. To book an appointment Telephone: 01324 610950 email: admin@csrec.org.uk</p>
<p>AbilityNet Includes a helpline and support for people who have difficulties going online and accessing services. A digital world accessible to all. AbilityNet</p>
<p>Learning & Physical Disabilities</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>Enable Scotland - Stirling The Riverbank Centre, James Street, Stirling FK8 1TZ Telephone: 01786 470852 Website: http://www.enable.org.uk We support people with learning difficulties and their families</p>
<p>Artlink Central Phone: 01786 450971 - voicemail only (we will call you back!) Email: info@artlinkcentral.org Artlink Central works with evidence-based practice across all artforms. We produce artist-led participatory programmes that support people with disabilities, or from excluded communities.</p>
<p>Vue Cinema Vue Stirling Cinema Stirling Cinema Film Listings & Times Vue (myvue.com) Vue Stirling hosts an autism-friendly screening at 10.30am on the last Sunday of every month The lights are left on low, the sound is turned down and the trailers and adverts aren't played. When you book your tickets you'll be asked to choose allocated seats.</p>
<p>Forth Valley Disability Sport Gannochy Sports Centre University of Stirling Telephone: 07484 010633 Have a series of classes throughout the year, catering for all types of abilities and ages. They have a wide range of sports available from Boccia, Para Climbing through to powerchair football, swimming and gymnastic's.</p>

NHS Health Wellbeing Support

Scotland's Service Directory

[Scotland's Service Directory | NHS inform](#)

Is provided by NHS Inform giving information on illnesses, conditions, symptoms and self-help and information on services in your local area.

Services include A&E and minor injuries units, dental services, GP practices, hospitals, opticians, pharmacies and sexual health clinics.

[Health and Wellbeing services | NHS Inform](#)

There is information on health and wellbeing services including organisations and clubs registered across Clackmannanshire and Stirling.

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)

Keep well is part of NHS Forth Valley. The service provides ***one to one health assessments*** for both men and women.

The assessment will cover a wide range of health issues which include:

- Checking your cholesterol and blood glucose
- taking your blood pressure
- measuring your weight
- diabetes risk
- keeping a healthy heart
- your mental wellbeing
- men's & women's health
- healthy living

After the health assessment we will explain the results and work with you to improve or maintain your health.

Keep well can, for example, support you to:

- lose weight
- eat healthier
- increase your physical activity
- stop smoking with personalised support
- cope with stress
- We can also put you in touch with other local services if needed.

Health Assessments are available in venues across Forth Valley during the day and evening. To make an appointment at a venue near you call:

If you live in Stirling Telephone: 01786 434044

If you live in Clackmannanshire Telephone: 01259 290213

Clackmannanshire & Stirling Health & Social Care Partnership

Step on Stress

Email: fv.hpstress@nhs

To book on line: <https://bookwhen.com/fvstree>

If you want to learn better ways to manage your stress and deal with common problems like anxiety, low self-confidence, poor sleep and panic then book on to step on stress.

Step on stress is not a group therapy or one to one support. You do not talk about your problems in front of others. Just sit back and learn some great ways to step on stress.

Sessions consist of 3 talks about stress, each session lasts about 60minutes, is open to anyone over 16years of age and you will be given booklets to help you.

October sessions start Tuesday October 15, 1.30pm - 4pm

November sessions start Tuesday November 12, 10am -11.15am

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 \(nhsforthvalley.com\)](#)

Falls Hubs, Library Support

Come visit one of our Falls Hubs and pick up resources on how to keep active in later life, strengthen your bones and help you to stay safe on your feet.

supply replacement rubber bottoms for NHS supplied walking sticks, zimmer frames

Fallin Library

Callander Library

Stirling Central Library

Cowie Library

Dunblane Library

Mobile Library Vans

Plean Library

Bannockburn Library

Balfron Library

link <https://www.stirling.gov.uk/community-life-and-leisure/libraries-and-archives/libraries/libraries-for-health-and-wellbeing/>

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**

Stirling Health Care Village Green Gym

Telephone: Krissy 07825056572

email: krissy.stevenson@tcv.org.uk

We deliver Practical Activities around your Local Health Care Green Space
Help improve this local healthcare greenspace for nature, patients, staff and the public.
Activities include: making homes for nature, planting bulbs, gardening, improving the paths, creating a bumblebee hunt and much more! The Green Gym is a fantastic way to get outdoors and improve your physical wellbeing! It is also a great way to meet new people and learn new skills in a relaxed and friendly atmosphere.

The Green Gym runs every Friday from 10am - 12.30pm.

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

NHS Forth Valley – See Daylight and Feel Better

A new digital therapy in the form of a mobile app is now available for people in Forth Valley who are experiencing symptoms of worry and anxiety. Known as Daylight, it uses science backed cognitive behavioural techniques to guide you through exercises to tackle your worries and feelings and address your fears so you feel more in control.

SFRS – Scottish Fire and Rescue Service Home fire safety checks.

[At home | Scottish Fire and Rescue Service \(firescotland.gov.uk\)](https://www.firescotland.gov.uk)

Police Scotland

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

For an Emergency for Fire, Police and Ambulance: Telephone: 999

Care Inspectorate

<https://www.careinspectorate.com>

Regulates and inspects care services in Scotland to make sure that they meet the right standards. They also jointly inspect with other regulators to check how well different organisations in local areas work to support adults and children.
Information for the public, the care sector and care professionals is available on their website.

Clackmannanshire & Stirling Health & Social Care Partnership

Bereavement Support

The following bereavement supports provides emotional and practical support to people affected by the experience of grieving the loss of someone important to them, their family, carers and friends.

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

<http://www.gov.scot/collections/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

Supports for everyone

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 Join us for a chat and coffee, listen and be heard

Get support and advice from people who know how you feel.

Cruse Bereavement Care Scotland

Telephone: 0800 808 1677

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

Provide support to bereaved people in Scotland.

Pushing up the Daisies

Phone: 0300 102 4444

Email: admin@pushingupthedaisies.org.uk

Website: [Pushing up the Daisies | Bringing Death Home](#)

Good Life, Good Death, Good Grief

Phone: 0131 272 2735

Email: office@palliativecarescotland.org.uk

Website: [Good Life, Good Death, Good Grief : Welcome \(goodlifedeathgrief.org.uk\)](http://goodlifedeathgrief.org.uk)

Petal (People Experiencing Trauma and Loss)

Helpline: 01698 324 502

Email: info@petalsupport.com

Website: www.petalsupport.com

NHS inform .

[Moving through grief | NHS inform](#)

Support for those affected by suicide

Booklet – After a Suicide – Practical info and what to expect (Scotland specific)

[After A Suicide.pdf \(supportaftersuicide.org.uk\)](#)

Touched by Suicide Scotland

Provides emotional and practical support through a helpline and group meetings.

Helpline: 01294 274273 / 01294 229087

Email: touchedbysuicidescotland@hotmail.co.uk.

Website: www.touchedbysuicidescotland.wordpress.com

Clackmannanshire & Stirling Health & Social Care Partnership

<p><u>Survivors of Bereavement</u> Exists to meet the needs and break the isolation of those bereaved by the suicide of a close friend or relative. Helpline: 0300 111 5065 (0900-2100 hours daily) Email: support@uksobs.org Website: https://uksobs.org/</p>
<p><u>Support for families who have lost a baby or child</u> Forth Valley Sands (Stillbirth & neonatal death charity) Phone: 0845 834 0230 Text: 07748 656478 Email: support@forthvalleysands.org.uk Website: Forth Valley Sands on Facebook</p>
<p>Held in our Hearts Phone: 0131 622 6263 Email: info@heldinourhearts.org.uk Website: https://heldinourhearts.org.uk/</p>
<p>The Scottish Cot Death Trust Phone: 0141 357 3946 Email: contact@scottishcotdeathtrust.org Website: https://scottishcotdeathtrust.org/</p>
<p>The Miscarriage Association Phone: 01924 200799 Email: info@miscarriageassociation.org.uk Website: www.miscarriageassociation.org.uk</p>
<p>Child Bereavement UK (Support for families when a baby or child of any age dies) Phone: 0800 028 8840 Email: helpline@childbereavementuk.org Website: www.childbereavementuk.org</p>
<p>Compassionate Friends (Supports bereaved parents and their families after a child dies) Phone: 0345 1232304 Email: helpline@tcf.org.uk Website: www.tcf.org.uk</p>

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