

Breathing Space 0800 838 587
(Mon-Thu 6pm -2am, Weekend Fri 6pm-Mon 6am)
A confidential phoneline if you're feeling low,
anxious or depressed
www.breathingspace.scot

One-to-one Counselling 01339 886700
Service Deeside

Networks of Wellbeing 01466 793732
Mental health and wellbeing support
www.networksofwellbeing.org

Samaritans (24hrs, 365 days) 116 123
www.samaritans.org

My Life Dynamic 0300 1234 677
Mental health support
www.mylifedynamic.org.uk

Paths for All 01467 534495 / 07826 510438
www.pathsforall.org.uk/walk-project/aberdeenshire-healthwalks

Money Matters

Aberdeenshire Council Support and Advice Team (ASAT) 0345 608 1200
help with Housing Benefit, Council Tax Reduction, Blue Badges, Free School Meals, School Clothing Grants and Scottish Welfare fund enquiries
www.aberdeenshire.gov.uk/benefits-and-grants/contact-us/

Christians Against Poverty (CAP) 0800 3280006
www.capuk.org

Citizens Advice Bureau (CAB) 01224 747714
www.swacab.org.uk

Gordon Rural Action 07398 900177
Free, confidential, impartial and independent advice
www.gordonruralaction.org.uk

Grampian Credit Union 01224 561506
www.grampiancreditunion.co.uk

Let's Choose - affordable housing 01224 202900
www.grampianhousing.co.uk

The Pensions Advisory Service 0800 0113797
www.pensionsadvisoryservice.org.uk

Transport

Transport to Health Care 01466 536111
THInC - travel advice to health or social care appointments
email: travel@thinc-hub.org

Stagecoach Bluebird 01224 591381
www.stagecoachbus.com

Computer Access

Many local libraries provide access to computers and the internet 01467 532929
www.livelifaberdeenshire.org.uk/libraries

Literacy Support, ESOL & Numeracy

Community Learning and Development Teams at:-
Banchory, Aboyne, Huntly and Alford
email: cld@aberdeenshire.gov.uk

Emergency Contact Information

Police Scotland
- to report crime and other concerns 101
- for all emergencies 999

Scottish Fire and Rescue
- free home safety visits 0800 0731 999
- or text 'fire' to 80800

NHS 24 - health information 111
and self-care advice outwith GP or dental normal opening hours

Dental - information and advice line 0345 4565 990
(Mon - Fri 8.05am - 5.45pm)

Aberdeenshire Council - 0345 608 1208
general enquires (Mon-Fri office hours)

Scottish Hydro - emergency helpline 0800 300 999
(24hr) pay-as-you-go 0800 980 0415

National Gas Helpline 0800 111 999

Scottish Water Freephone 24/7 0800 077 8778

For anyone affected by coronavirus anywhere in Aberdeenshire call 0808 196 3384

www.aliss.org ALISS (A Local Information System for Scotland) is a service to help you find help and support close to you when you need it.

Who, Where & How
to get in touch with someone
who can help **You**

MARR AREA



Who, Where & How to get in touch with someone who can help You

We have listed the main organisations active in the Marr area for each issue.

Alongside will be a telephone number and website address.

Alcohol & Drugs

Aberdeenshire Council Community Substance Misuse Service 01330 700415 or 0346 608 1206

Alcohol & Drugs Action 01224 594700
www.alcoholanddrugsaction.org.uk

Alcoholics Anonymous 0800 9177 650
www.alcoholics-anonymous.org.uk

Narcotics Anonymous (NA) 0300 999 1212 (10am - midnight)
www.ukna.org

Domestic Abuse

Grampian Womens' Aid (GWA) 01224 593381
www.grampian-womens-aid.com

Scottish Domestic Abuse & Forced Marriage Helpline 0800 027 1234 (24hrs)
www.sdafmh.org.uk

Victim Support 0800 160 1985
www.victimsupportsco.org.uk

Employment

Council Employability Service, for anyone with a disability or health conditions 07990 791 061 or 07500 066 456
www.aberdeenshire.gov.uk

Employment Support Team, for anyone seeking employment. 01467 534867
Local Job Clubs can be accessed through Employment Support Team.

Fair Start Scotland (free phone) 0800 049 7061
employment support service
email: fairstartscotland@momentumscotland.org.uk

Skills Development Scotland 0800 917 8000
www.skillsdevelopmentscotland.co.uk

Family & Relationships

Children

Aberdeenshire Council Social Care Service (including Out-of Hours Service) 0345 608 1206

Childline 0800 1111
direct children support
www.childline.org.uk

Family Information Service 0800 298 3330
www.families.scot
www.facebook.com/FISabdnshire

Homestart Deeside 01330 824 443
support for families with young children
www.homestartdeeside.org

Homestart Deveron 01261 819964
www.homestartdeveron.org.uk

Relationships

Avenue 01224 587571
mediation, counselling and child contact
www.avenue-info.com

Relationships Scotland 0345 119 2020
www.relationships-scotland.org.uk

SPARK 0808 802 2088
relationship and individual support
www.thespark.org.uk

Older Adults

Alzheimer Scotland Freephone 0808 808 3000
www.alzscot.org

K&D Befriending 01330 823368
reducing social isolation and loneliness in older people
www.kdbefriending.org.uk

Silverline 0800 470 8090
helpline for older people
www.thesilverline.org.uk

Carers Support

Quarriers Carers Service - services and support for any unpaid carers 01467 538700
email: aberdeenshirecarers@quarriers.org.uk

Access to Food

For local food initiatives 0808 196 3384

North Aberdeenshire Foodbank (Huntly) 07967 364600
www.aberdeenshirenorth.foodbank.org.uk

South Aberdeenshire Foodbank (Banchory) 07926 969408
www.aberdeenshiresouth.foodbank.org.uk

Fuel Poverty

Home Energy Scotland Advice Line 0808 808 2282
for free, impartial advice and practical assistance for reducing fuel bills

Housing & Homelessness

Aberdeen Foyer (Banchory) 01330 820685
supporting people towards independent living, learning and work
www.aberdeenefoyer.com

Aberdeenshire Care & Repair 01467 534753
provides a free service for repairs, maintenance and adaptations to Aberdeenshire owner occupiers and private landlords' tenants who are over 60 and/or have a disability
www.aberdeenshire.gov.uk/careandrepair

Aberdeenshire Council Housing & Homelessness Team 0345 608 1203

Houseability 01779 490908
providing housing information, advice and advocacy to people with disabilities or long-term health problems, living in or wishing to relocate to Aberdeenshire
www.houseability.org.uk

Mental Health and Wellbeing

Aberdeenshire 1st Response 0800 1357950 (Mon-Fri, 9-5)

provides short term support for those who feel at crisis point, for anyone aged over 16 years
www.penumbra.org.uk/aberdeenshire1stresponse

Advocacy North East 01467 651604
works with people aged 16 years and over with learning disabilities, dementia and acquired brain injury, to support them in their dealings with health and social care matters
www.advocacyne.org.uk