



Just ask at reception and you'll be directed through to the advice hub

Thursday mornings – Community Connecting/Signposting

Do you feel a bit lonely or isolated, perhaps you are new to the area or now have more time on your hands? Would like to know about local groups and organisations that can benefit your wellbeing? Maybe the Men's Shed? A book group? A gentle exercise group? Learning? Volunteering?



*Pop in and have a chat between 9.30am and 12.30pm on Thursdays or If you prefer an appointment **time please call Shona on 07896 280843***

First Thursday afternoon of the month –



Are you living with dementia or supporting someone who is living with dementia?

*If you would like to have a chat, or need more information, come to the drop-in between **2-4pm** and meet Fiona Matthews, the local Alzheimer Scotland Dementia Advisor.*



Second Thursday afternoon of the month

*PKC Social Work department will have a worker at the hub between **2-4pm** for advice and/or signposting to services.*



Third Thursday of the month - PKC Housing Team will have a worker available between **2pm and 4pm** for housing advice and signposting to their service.



Last Thursday afternoon of the month

PKC Wellbeing Team will have a worker at the hub for mental health advice. signposting and information between **2pm – 4pm**

Friday mornings - Signposting and support with benefits, or maybe you need help with a CV or to complete application forms. Perhaps you are a carer or have young family and are unsure of your entitlements? Maybe you're on low income and not quite making ends meet?
Drop-in between 10am and 12.30pm



first Friday of the month specialist MacMillan Welfare Rights will also be available.

second Friday of the month Broke Not Broken will be available for a chat about accessing the Food Bank at the Beacon or help with completing a Welfare Fund Application form. If you would like to make an appointment please contact: admin@brokennotbroken.org

third Friday of the month PKC Employment Connections support will be available.

fourth Friday of the month DWP Disability Employment Adviser will be available.

Shona will also be there to support with social prescribing/community connecting every Friday morning

If you require any other information on any of the above please contact –

Clare at Broke not Broken info@localadvicehub.org

OR Shona Fowler on 07896 280843 or shonafowler@nhs.net