

SEPTEMBER 2022



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The sessions are drop-in but if you prefer an appointment time please phone the number detailed for the agency you wish to connect with - or contact

*Declan 07557 488902
declanjones@pkc.gov.uk*

*or
 Shona 07896 280843
shona.fowler@nhs.scot*

Mon – for info only	Tue - for info only	Wed	Thu	Fri
AM - booked 12noon – 5pm Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	Booked All day	1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987	1ST 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 1pm- 3pm Mindspace Info on supporting mental wellbeing. 07928 859628 or 01738 631657	2ND 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902
5TH AM – booked 12noon – 5pm Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	6TH Booked All day	7TH AM - HomeStart Breast Buddies group If you need more info call - 01738 638847 1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987	8TH 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 1.30pm – 3.30pm PKC Employment Support Team Job advice and help those who have learning disability, acquired brain injury, mental health issues or autistic spectrum diagnosis 07442 934454	9TH Shona Fowler, NHS Project Worker Community Connecting/Signposting 07896 280843
12TH AM – booked 12noon – 5pm Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	13TH Booked All day	14TH AM - HomeStart Breast Buddies group If you need more info call - 01738 638847 2pm - 4pm PKC Social Work for signposting and support. 01577 867300	15TH 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 1.30pm to 3.30pm Lynne from Tayside Hearing Voices will offer information and support for anyone experiencing symptoms of psychosis, unusual beliefs or paranoia, also signposting to their service for carers and resilience. 07394 418429	16TH 10am to 12.30pm Karen from PKC Skills & Employment offers support & advice re CVs, Job search, support after redundancy etc. 07867 351268
19TH AM – booked 12noon – 5pm Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	20TH Bookes all day	21ST AM - HomeStart Breast Buddies group If you need more info call - 01738 638847 1.30pm – 3.30pm Helen from CATH will support with form filling – PIP, Universal Credit etc 07739 858987	22ND 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107 2pm -4pm Louise from PKC Housing Team for housing advice and signposting to their service. 07917 552231	23RD 11am to 1pm Social Security Scotland offering advice on their benefits – Carers Allowance Supplement, Child Disability Payment, Funeral Support Payment, Best Start Grants etc. 0800 182 2222
26TH AM - booked PM - Lighthouse Offering drop-in crisis support for mental health 0800 121 4820	27TH Booked all day	28TH AM HomeStart Breast Buddies group If you need more info call - 01738 638847 2pm - 4pm PKC Social Work for signposting and support. 01577 867300	29TH 10am to 12.30pm Broke not Broken Danielle will be there to offer advice, connecting to support and also for foodbank referrals. 07518 913107	30TH 10am to 12.30pm Declan Jones, Social Prescriber - Community Connecting/Signposting 07557 488902