

Organisation	Services Delivered	Geographical Area	Client Group	How Services are Accessed	Contact details
Aberdeenshire Council Aberdeenshire Advice and Support Team (ASAT)	<ul style="list-style-type: none"> Income Maximisation Money Advice Benefits Checks Support clients to identify and apply for benefits they are entitled to, including Housing Benefit, Local Housing Allowance, Council Tax Reduction, Scottish Welfare Fund, Community Care Grants and Discretionary Housing Payments, Free School Meals, School Clothing Grants, Blue Badges. 	All areas.	Anyone can access support; council tenants will be given priority.	Council venues, community-based outreach and phone support.	Housing Benefit / Council Tax Reduction / Discretionary Housing Payment enquiries: 03456 08 12 00 asat@aberdeenshire.gov.uk Free School Meals / School Clothing Grants enquiries: 01467 538555 fsm@aberdeenshire.gov.uk
Aberdeenshire Council Employment Support Team	Support with all aspects of employability including digital skills and keeping the claimant commitment updated. This team also updates Employment Connect which is an online data base that can give support to those who are under employed, unemployed or at risk of redundancy	All areas.	Anyone looking for employability support.	Council venues and community-based outreach provision.	01467 534261 https://employmentconnect.org.uk
Aberdeenshire Voluntary Action	Enabling support for third sector organisations and community groups and for individuals looking to engage in volunteering.	All areas.	Primarily third sector organisations and voluntary community groups and local individuals looking for	Our main office is in Ellon but our Development Team are located across Aberdeenshire – see website for	General enquiries – 0371 811 0008 enquiries@avashire.org.uk or contact your Local Development Officer details on website – www.avashire.org.uk

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			guidance or support to engage in volunteering – we also engage in a variety of partnership activities with a range of statutory agencies.	contact information	
Community Food Initiative North East (Cfine)	To support those who are facing financial difficulty or need help navigating the welfare system. Support Advice, Finance, Education (SAFE) To provide fresh fruit & veg at a low cost and delivers FareShare to the food outlets in Kincardine & Mearns	All areas	Anyone	Phone support Aberdeen based.	01224 531386 Monday-Friday, 10am-4pm. https://www.cfine.org/forms/safe-referral P: 01224 596156 W: www.cfine.org A: 2-4 Poynerook Rd. Aberdeen, AB11 5RW
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Hillcrest Homes	Income Maximisation Benefits Checks Support clients to identify and apply for benefits they are entitled to. Foodbank Referrals Can refer to in-house HEAT team for energy advice / fuel support / warm home discount applications. Apply for Charity and Grant Application.	All areas that Hillcrest have accommodation	Only Hillcrest tenants – they can self-refer.	Home visits predominantly.	https://www.hillcresthomes.org.uk/

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Home Energy Advice Team @ Scarf	Fuel debt concerns, heating demonstrations, access homes for damp and condensation problems.	All of the North East.	Self-referrals and referrals from other agencies.	Phone advice & Home visits.	Freephone 0808 129 0888
Home Energy Scotland @ Scarf	Free impartial advice on energy saving, keeping warm at home, helping to reduce fuel bills.	All of the North East.	Self-referrals and referrals from other agencies.	Phone advice & Home visits.	Freephone 0808 808 2282
Kincardine & Mearns CAB	Financial Health Checks, support for European Citizens and support with Universal Credit.	Kincardine and Mearns.	Open to all.	Home visits and outreach available.	01569 766578 bureau@kamcab.casonline.org.uk
Money Advice Scotland	Independent, impartial and confidential debt advice and financial inclusion.	All areas.	Anyone.	Online and phone will refer to local services if required.	0141 572 0237 info@moneyadvicescotland.org.uk
RSABI	Provide emotional, practical and financial support.	All areas National organisation.	Land based – principally farming either current or historic involvement in agriculture/horticulture.	Home visits.	0300 111 4166 https://www.rsabi.org.uk/
Shelter Scotland	Housing Advice to address and prevent Homelessness.	All areas.		Online, phone and community based, 1-1 appointments can be arranged.	0808 800 4444 The helpline is open weekdays from 9am until 5pm. Calls are free from UK landlines and main mobile networks https://scotland.shelter.org.uk/
SMART Project	<ul style="list-style-type: none"> • Impartial and confidential Money advice • Income Maximisation • Debt counselling, • Benefits Checks • Budgeting advice 	All areas.	For tenants of Grampian, Castlehill and Langstane Housing Associations who	Home visits or community outreach.	01224 202934 smart@grampianhousing.co.uk

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	<ul style="list-style-type: none"> Support clients to identify and apply for benefits. 		are facing financial difficulties.		
Social Security Scotland	Support clients to identify and apply for benefits they are entitled to, focusing on devolved benefit– Best Start Grants etc.	All areas.	Open to all who require pre-claim support for the devolved benefits.	A range of venues as appropriate and this will include home visits, hospital visits, prison visits as well as drop-in sessions across Aberdeenshire	0783 314 4458. https://www.socialsecurity.gov.scot

National Helplines

- Childline** 0800 1111
- ParentLine Scotland** 08000 28 22 33
- LGBTB Youth Scotland** 0131 555 3940 or Text Line (Mon-Fri) 07984 356 512
- Combat Stress (Veterans)** 0800 138 1619
- Domestic Abuse Helpline** 0808 2000 247
- Abused Men in Scotland** 0808 800 0024
- Icarus (Armed Services)** 0333 987 5055
- Mind** 0300 123 3393
- Papyrus** 0800 068 4141)
- SANE** 0300 304 7000
- The Silver Line** 0800 4 70 80 90
- Scottish Families Affected by Alcohol and Drugs** 08080 10 10 11
- Disability Information Scotland** 0300 323 9961
- Promis.Scot** 0800 111 4191

Mental Health Support

Support the new Scottish movement, www.unitedtoprevent suicide.org.uk .



There are some really fantastic resources to help with this, if you want to read more to help someone you care about, or if you are struggling yourself, there is also the ‘**Prevent Suicide North East**’ app that has many resources in one place and can talk you through how to start the conversation.

www.preventsuicideapp.com: provides info for those affected by suicide, contact details for services in Aberdeen city and Aberdeenshire and allows users to create their own safety plan. Available to download as a free phone app from your app store

SAMARITANS is a confidential 24hr emotional support service for anyone in the UK and Ireland, Phone - 116 123, Samaritans.org, Email: jo@samaritans.org

BREATHING SPACE 0800 83 85 87 is a free and confidential phone line service. Mon – Thurs 6pm to 2am, Fri 6pm – Mon 6am (lines open 24hrs at weekends)

Trading Standards Scotland - Scam Share Update 15.10.2020

As Scottish communities deal with uncertainty and isolation, there is a rapidly increasing variety of scams related to the Coronavirus (COVID-19) outbreak.

Read the latest edition [here](#).

Our Aberdeenshire

Our Aberdeenshire is a Community Planning Website where you can access information around Tackling Poverty & Inequalities and information that is relevant to the Marr area. <https://www.ouraberdeenshire.org.uk>

Relevant Local Links for the Marr area

Marr Area Partnership

The Marr Area Partnership puts out regular information to partners on services, events, support for community groups and funding

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

www.cairngorms.co.uk

www.alfordcommunity.org.uk

www.birseandballogiecommunitycouncil.co.uk

www.ballatercommunity.com

www.feughdeewest.com

www.huntly.net

www.lumsdencommunity.co.uk

www.tarland.org.uk

www.torphins.net