



# East Renfrewshire Citizens

## Advice Bureau Weekly Update

17/06/2022

### Free Period Products

As part of East Renfrewshire Council's support for communities and a commitment to equality, ERC offer free period products in a range of venues for people to take however much they need, whenever they need it, for whoever needs it.

These products are available at various venues across the whole of East Renfrewshire, including all schools. We will continue to make products available in as many places as possible, and specifically through NHS health centres, leisure facilities, community centres, libraries and community organisations.

The PickupMyPeriod app directs users to the nearest location where free period products are available based upon either the user's GPS location or an entered postcode. It allows users to filter what products are available, in which locations and building opening hours.

Our office is also part of this scheme and welcomes those in need to drop in during office hours:  
Monday to Friday 9.30 – 15.00.

To download the PickupMyPeriod app, follow these links:

Android)

[play.google.com/store/apps/details?id=com.myperiodapp](https://play.google.com/store/apps/details?id=com.myperiodapp)

Apple)

[apps.apple.com/gb/app/pickupmyperiod/id1500403938](https://apps.apple.com/gb/app/pickupmyperiod/id1500403938)

Or alternatively you can search "PickupMyPeriod" on the app store.

Further information is available at the ERC website:  
[www.eastrenfrewshire.gov.uk/free-sanitary-products](http://www.eastrenfrewshire.gov.uk/free-sanitary-products)

### NHSGGC – Virtual A&E

NHS Greater Glasgow and Clyde have a virtual A&E service, named the Flow Navigation Centre (FNC), which provides patients with direct access to emergency care from the comfort of their own homes.

The service operates 10am until 10pm seven days a week and can be accessed by calling NHS24 on 111 and should be used for urgent, but non-life-threatening health concerns.

For full information on this service, you can go to:  
[www.youtube.com/watch?v=9fdegG4v5qQ](https://www.youtube.com/watch?v=9fdegG4v5qQ)

### NHSGGC News – Help us shape our pharmacy services

Do you live with frailty, or care for someone with frailty? We want to know what pharmacy services means to people living with frailty and hear about their experiences with pharmacy teams. The questionnaire is entirely voluntary and completely confidential. It should take approximately nine minutes to complete, and will remain open for four weeks.

[forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5Jmo62zbSzozNlpQmFIYurRrZURFRQNUw5VDhMMk9ZTkVUQVQ3UUNWSDhGMi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5Jmo62zbSzozNlpQmFIYurRrZURFRQNUw5VDhMMk9ZTkVUQVQ3UUNWSDhGMi4u)

### Pension Credit Awareness Day

Pension Credit Awareness Day marks the end of a two-week push to encourage as many older people to take up this benefit as possible.

Pension Credit, is a vital financial boost that can be worth over £3,300 a year. It also entitles those aged 75 and above to a free TV Licence. It tops up weekly income to a guaranteed minimum level of £182.60 a week for single pensioners or £278.70 for couples.

The Department for Work and Pensions recently revealed that although 1.4 million older people in Britain receive Pension Credit, many are still not claiming this extra financial help – with an estimated £1.7bn currently left unclaimed.

For the last two weeks the BBC has helped to raise awareness of the DWP's campaign by running radio trails on all BBC local radio stations (plus Radio Scotland, Wales and Northern Ireland), to encourage listeners to find out if they are eligible. The DWP have a Pension Credit Calculator.

If you are looking for further information and/or support, we have a team of advisors who are able to provide this. Please call our office on 0141 881 2032.

Clients can also get in contact with the bureau via:

**Email - [ere-bureau@eastrenfrewshirecab.casonline.org.uk](mailto:ere-bureau@eastrenfrewshirecab.casonline.org.uk)**

You can also keep up to date with recent news from ERCAB via our social media platforms. Please feel free to distribute the contact details for our advisers provided on our Facebook page.

Facebook – **East Renfrewshire CAB** & Twitter **@EastAdvice**