



*Stay
Safe, Well
& Warm
this Winter*

2025/26

Stay Safe...



Free Home Fire Safety Check

The need to prepare and think about your safety and the risks that colder weather can bring is important. Make sure your alarms are working and home electrical items are safe.

Scottish Fire and Rescue
0800 0731 999

Scammers

Being fraud aware and telling someone if you are being controlled or harmed are also important. If you've been scammed, there are organisations you should report the scam to.

Don't feel embarrassed about reporting a scam. Scammers are clever and scams can happen to anyone.

Police: 101

**Advice Direct Scotland's
Consumer Service**
0808 164 6000



Citizens Advice Bureau

Free independent, confidential advice over the phone on many different kinds of problems.

Falkirk CAB: 01324 626070

Denny and Dunipace CAB: 01324 829160

Grangemouth and Bo'ness CAB: 01324 666935

Domestic Abuse Support

If you are being harmed by a partner or ex-partner, there is support available.

Committed to Ending Abuse 01324 635661

Equally Safe Falkirk 01324 632903

Central Advocacy Partners 01324 633321

Adult Support and Protection

If you think an adult you know is being harmed, we can help. If you are an adult and you're being harmed, we can help keep you safe. Start the conversation by telling us you have concerns an adult is at risk of harm.

Report an Adult Protection Concern: 01324 506070

Child Protection/ Worried about a Child

If you're worried about a child, we're here to help. If you think a child, you know might be being hurt, neglected, or is not safe, please talk to us. Sharing your concerns can help us keep children safe and get families the right support.

Contact the Initial Response Team on 01324 506070

Hate Crime Reporting and Support

Report hate crime whether you are affected personally, or if you witness someone else being targeted because of their background or characteristics. Get support if you have been the victim of hate crime.

Police Scotland: 101

Central Scotland Regional Equality Council (CSREC) 01324 610950

The Sensory Centre 01324 590886

Victim Support Falkirk 01324 614026

LGBT Foundation 0345 3303030



Stay Well...



It's important to keep physically and mentally well and socially connected to others, especially over winter months.

If you're struggling there is support and people that can help.

FDAMH

Mental health support for adults and young people aged 13-24 (26 if care experienced)

01324 671600

Shout

Support for anyone of any age struggling with their mental health.

TEXT 'Falkirk' to 85258

Central Wellbeing

Groups & Café

5 Manse Place, Falkirk

01324 274034

Falkirk & Clackmannanshire Carers Centre

Support for unpaid carers looking after a family member or friend.

01324 611510 / 01324 874969

Dial-a-Journey

Door-to-door transport for people who have mobility difficulties.

01324 630500





Falkirk Food Train

Helping older people with shopping, befriending, light housework and meal sharing.

01324 374144

Change Grow Live

For anyone with concerns about their drink or drug use.

08081 962 188

Recovery Scotland

Support for addiction and mental health. Activities every week at cafés across Falkirk.

01324 874969

Andy's Man Club

A support group dedicated to men's mental health. The group is open to all men in the community, offering a safe and non-judgmental space for men of all ages and backgrounds to come together and discuss their ups and downs.

01324 562992

Cyrenians Falkirk

Offers a wide range of support from help gaining employment and reconnecting with your community, to managing conflict, gambling and keeping your home.

01324 323323

Royal Voluntary Service

Home from hospital and need some extra help while you get back on your feet? Whether it's practical things like accompanying you to the shops or collecting prescriptions or simply being there for reassurance while you regain your independence.

01786 450718

Winter Vaccinations

If you are eligible protect yourself and others this winter by getting your winter vaccines. Contact the local vaccination team to book an appointment at Falkirk Community Hospital or if you need it your local pharmacy.

0800 130 3120.

Keep Well Nurse Assessments

Provides a range of health assessments, along with tailored advice and support, to help improve health and wellbeing and prevent disease.

01786 434044



Stay Warm...



You'll get a warm welcome at your local library. Free to join and visit. Read, study, charge your phone, use library wi-fi or PCs and help yourself to a free hot drink. Access the Living Well Falkirk website using our PCs, our staff can help you if you need it. Families will love our children's spaces, and you'll find clubs and events for children and adults. Many events are free or have a reduced entry cost if you receive certain benefits.

Call: 01324 506800 for information.

Library Opening Hours

All closed: Wednesday & Sunday

Bo'ness, Falkirk & Larbert (Stenhousemuir)

Monday: 10am - 8pm
Tuesday: 10am - 5pm
Thursday: 10am - 5pm
Friday: 10am - 5pm
Saturday: 10am - 3pm

Bonnybridge, Denny, G'mouth & Meadowbank (Polmont)

Monday: 10am - 5pm
Tuesday: 10am - 5pm
Thursday: 10am - 8pm
Friday: 10am - 5pm
Saturday: 10am - 3pm

Slamannan

Monday: 10am - 2pm
Tuesday: 10am - 2pm
Thursday: 2pm - 7pm
Friday: 2pm - 5pm
Saturday: 10am - 1pm



Emergency or problems with water, gas and electricity supply

National Gas Emergency Service
0800 111999

Electricity 105

Scottish Water Helpline
0800 0778 778



Hubs

Central Advice & Support HUB

Monday - Friday • 10am - 4pm
01324 503410

East Advice & Support HUB

Monday - Friday • 10am - 4pm
01324 501900

West Advice & Support HUB

Monday - Friday • 10am - 4pm
01324 508616

Weekly Outreach Advice & Support:

Tuesday 2:30pm - 4:30pm
Larbert Library, 22 Hallam Road,
Stenhousemuir, FK5 3JX

01324 503590

Thursday 2:30pm - 4:30pm
Bo'ness Library, Scotland's Close,
Bo'ness EH51 0AH

01506 778520

Advice and Support

As the colder months set in, it's important to know that help is available to keep you and your family warm and well this winter. If you're struggling with heating costs or other household expenses, there are a range of support services that can make a real difference. You may be entitled to welfare benefits or emergency help through the Scottish Welfare Fund (SWF), which provides grants for essential living costs in times of crisis. If you're facing financial difficulties, free and confidential debt advice is also available to help you manage bills and reduce money worries.

Advice & Information Support Hubs across the area are also offering a wide range of practical help. These Hubs can guide you through available support and connect you to services such as fuel vouchers to help with energy costs, free school meals and clothing grants for children, and other forms of support. You don't have to face winter alone; help is at hand.

Scottish Welfare Fund

Crisis & Community Care Grants

Freephone 0808 100 3161 or
01324 506070

Debt Advice Team

Advice & Support with Debt &
Money Management Worries

01324 506735

Welfare Benefits Team

Advice and Support with Benefits
and Income Maximisation

01324 506070



National Helplines

Home Energy Scotland

Free and impartial advice on energy saving measures and information about funding available in your area.

0808 808 2282

Age Scotland Helpline

Free and confidential phone service for older people, their carers and families in Scotland. Monday - Friday • 9am - 5pm

0800 124 4222

Shelter Scotland

Housing Advice
0808 800 4444

NHS 24

Call: 111 for 24/7 Support

Breathing Space

If you are feeling unable to cope and need to talk.

0800 83 85 87

Samaritans

116 123 for 24/7 Support

Scotland's Citizens Advice Helpline

Free, impartial and confidential advice on a variety of topics.

0800 028 1456

Gambling Harm Support Helpline

When you're ready to talk, we're ready to listen.

24 hours a day, seven days a week

0808 8020 133

Children's First Support line

Support line offers emotional, practical and financial help

08000 282233

Know the Score Drug Use Helpline

Offers free, confidential information and advice about drug use

0800 587 5879

Scottish Families affected by alcohol and drugs

If you are affected by someone else's alcohol or drug use

08080 101011

Rape and sexual assault support

Call **0800 148 88 88**

If you think a child or adult is being harmed or neglected, we can help:

Mon - Fri • 9am - 5pm: 01324 506070

All other times: 01786 470500

If it's an emergency always dial 999



This Leaflet was brought to you by Falkirk Child and Adult Protection Committees