

LOOKING FOR A LITTLE HELP?

Covid-19 has had a significant impact on all of us. You may find yourself in uncertain circumstances and facing new difficulties or hardships. It's OK not to be OK. But you are not alone; help is available.

I'M WORRIED ABOUT MONEY

- I'm struggling to pay my bills or rent
- I've lost my job
- I've less money coming in
- I'm worried about my credit card payments
- I'm choosing between food and fuel

WHO CAN HELP ME?

MONEY ADVICE MORAY

Help with benefit claims and appeals, budgeting, money and debt worries

- 0300 123 4563

SCOTTISH WELFARE FUND

- 01343 563 456
- www.moray.gov.uk/scottishwelfarefund

MORAY EMERGENCY RELIEF FUND

Download the application form

- www.moray.gov.uk/downloads/file132792.pdf

CITIZENS ADVICE BUREAU

Advice on employment, housing, debt, benefits and consumer issues

- 01343 550 088

REAP: ENERGY ADVICE & BILL WORRIES

- 01542 888 070
- www.reapscotland.org.uk/coronavirus-info/

HOMELESSNESS

- 03001 234 566 (Mon–Fri office hours)
- 03457 565 656 (Out of hours emergency)

MORAY FIRTH CREDIT UNION

- 01309 676 735
- www.forresareacreditunion.co.uk



Moray
Community Planning
Partnership

I'M FEELING WORRIED, LONELY OR ISOLATED

- I don't have friends to support me
- I can't keep in touch because I don't have technology or a good internet / phone signal
- I'm feeling anxious, worried or overwhelmed
- I am worried about my child

WHO CAN HELP ME?

GROUPS FOR OLDER PEOPLE IN MORAY

- 01343 563 510
- www.moray.gov.uk/moray_standard/page_95019.html

MEN'S SHEDS

- 01343 563 510
- www.moray.gov.uk/downloads/file120047.pdf

MORAY YOUTH ENGAGEMENT TEAM

- blogs.glowscotland.org.uk/my/engagementteam/

WORRIED ABOUT YOUR CHILD?

Contact your Health Visitor or the Head Teacher or Guidance Teacher at their school.

DISCOVER PATHWAYS TO WELLBEING

- www.discoverpathwaysmoray.org.uk

LIBRARIES

- 01343 562 600
- www.moray.gov.uk/moray_standard/page_1472.html

ADULT LEARNING

- adult.learning@moray.gov.uk

MORAY ROYAL VOLUNTARY SERVICE

- 01343 542862

QUARRIERS

Support for carers

- 01343 556 031

I'M NOT FEELING WELL OR I'M CONCERNED ABOUT SOMEONE

WHO CAN HELP ME?

NHS 24

- If an emergency, call **999**
- otherwise call **111**
- www.nhs24.scot

SAMARITANS

- **116 123**

BREATHING SPACE

- **0800 838 587**
- www.breathingspace.scot

COMMUNITY CARE & SOCIAL WORK TEAM

- **01343 563 999** (office hours)
- **03457 565 656** (out of hours)

MORAY WOMEN'S AID

- **01343 548 549**
- www.mwaelgin.co.uk

MORAY RAPE CRISIS

- **08088 01 03 02** (National Helpline)
- www.morayrapecrisis.scot

I CAN'T GET THE FOOD I NEED

- I've recently been hungry and not had food to eat
- I can't afford it
- I can't get to the shops and have no friends or family to help
- I don't have transport or am worried about using public transport

WHO CAN HELP ME?

FLEXIBLE FOOD FUND

- **03001 234 563**

LOCAL HELP WITH SHOPPING

Grampian Coronavirus Assistance Hub

- **0808 196 3384**

MORAY FOOD PLUS

- **01343 208 293**
- request@morayfoodplus.org.uk

FREE SCHOOL MEALS

- **01343 563 456**
- revenues@moray.gov.uk
- Or download the application form:
www.moray.gov.uk/downloads/file112723.pdf

OTHER HELP AVAILABLE

WHO CAN HELP ME?

SELF ISOLATION SUPPORT GRANT

- 08001 963 384
- www.moray.gov.uk/moray_standard/page_134583.html

MORAY SCHOOL BANK

- 01340 212 101
- info@morayschoolbank.org
- www.morayschoolbank.org

MORAY BABY BANK

- 07935 223480
- moraybabybank@gmail.com
- www.moraybabybank.org.uk

MORAY COMMUNITY SUPPORT DATABASE

- www.tsimoray.org.uk/community-database

ABILITY NET

Free IT support to older people and people with disabilities of any age.

- Freephone: **08000 487 642**

BENEFIT SERVICE

Housing Benefit, Council Tax Reduction, Free School Meals, School Clothing Grants, Educational Maintenance Allowance, Discretionary Housing Payments.

- **01343 563 456**
- revenues@moray.gov.uk
- Or download the application form: www.moray.gov.uk/downloads/file112723.pdf

MORAY PATHWAYS

Help with learning, training & employment

- **07800 678 502**
- www.moraypathways.co.uk

HEALTH POINT

Help and advice on a range of health and wellbeing concerns.

- **01343 567 842**



European Union



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EUROPE & SCOTLAND
European Social Fund

Investing in a Smart, Sustainable and Inclusive Future