

Want a helping hand with the cost of living



Come along to this free event to get advice and support on a whole range of ways to help with the rising cost of living.

Wednesday 23rd November

1pm to 4pm

in Muirfield Centre, 1A South Muirhead Road, Cumbernauld

Free soup and a roll available from 12.30pm

To be won - 5 x £10 gift cards

Everyone attending will be entered for free in to the draw

Support to ensure you are receiving the benefits you are entitled to and other money matters

Organisations:

Cumbernauld Poverty Action:
NLC Tackling Poverty & Welfare Rights
Citizen's Advice Bureau

Advice on energy and grants for the home

Organisation:
Home Energy Scotland

Extra help for when money is tight

Organisations:

Cumbernauld Foodbank
Bethlehem House of Bread Food Bank
Cumbernauld & Kilsyth Baby and clothing bank

Community supports

Organisations:
Carbrain & Cumbernauld Community Hub
One Parent Families Scotland
North Lanarkshire Disability Forum
Carers Together
Scottish Fire and Rescue Service

Saving and borrowing money

Organisation:

Cumbernauld Credit Union

Support for anxiety, mental health and well-being

Organisations:
Scottish Association for Mental Health
Resilience Learning Partnership

Free activities in your community

Organisations:

NL Community Learning & Development
NL Cumbernauld Library
Venture Scotland