**Cumbernauld Primary School**

**Support for Parents and Carers**

**Useful Telephone Numbers**

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| **COST OF LIVING AND GENERAL HELP** |  |
| **NLC Tackling Poverty** Team for a comprehensive debt and benefit advice service. (We will always start by checking to ensure you’re receiving all the benefits you’re entitled to) | **01698 332 551** |
| **NLC Scottish Welfare Fund** for crisis and community care grants | **0300 555 0405** |
| **NLC Benefits** for help with housing benefit | **01698 403 210** |
| **Age Scotland** helpline for people over 50 years of age | **0800 1244222** |
| **Disability Information Scotland** helpline for people living with disability | **0300 323 9961** |
| **North Lanarkshire Carers Together** help for carers | **01698 404 055** |
| **Lanarkshire Carers** advice and support for people who care | **01236 755 550** |
| **Childline** for children and young people under 19 years old | **0800 1111** |
| **Citizens Advice Bureau** for support with debt, benefits, housing and employment | **01236 723 201** |

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| **SAFETY AND SECURITY** |  |
| **Police Scotland** for non emergencies | **101** |
| **Police Scotland** for emergencies | **999** |
| **Fire safety** for a home visit | **0800 0731 999** |
| **Gas leaks** national gas helpline for reporting leaks | **0800 111 999** |
| **Power cuts** national power cut helpline | **105** |
| **Scottish Water** for all water supply related issues | **0800 0778 778** |

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| **HOUSING ADVICE** |  |
| **Council housing office** for help with local housing issues | **01236 632726** |
| **Shelter** for help and advice with housing problems | **0808 800 444** |

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| **HEALTH HELP AND ADVICE** |  |
| **NHS 24** for help if you think you need to visit A&E, but it’s not a critical emergency, or you think you need to visit a Minor Injury Unit | **111** |
| **ALL Emergencies**  | **999** |
| **Alzheimer Scotland** 24-hour helpline for people living with dementia | **0808 808 3000** |
| **Chest Heart and Stroke Scotland** help for people living with a chest, heart, or stroke condition | **0808 801 0889** |
| **Breathing Space** for help with low mood, depression, and anxiety | **0800 838 587** |
| **Samaritans** help and support for people feeling suicidal | **116 123** |

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| **ENERGY ADVICE**  |  |
| **Home Energy Scotland** for help with rising energy bills | **0808 196 8660** |