

# Christmas Signposting



\*Not affiliated with Perth and Kinross Council

## Home Start\*

Home Start Perth and Kinross are a small, friendly team and we offer parent to parent support to anyone that has children under the age of 5 and is struggling with the pressures of modern parenting.

Tel:07591 341619

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## One Parent Families\*

Providing Support for single-parent families during the festive season.

One Parent Family Scotland offers a wide range of assistance and advice to help families navigate the challenges that the Christmas season can bring. From benefit guidance to crisis information, to managing Christmas as a single parent family, they're there to help.

Tel:0808 801 0323

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## Action for Children\*

Action for Children lend on hand to help, when families need them.

They offer a huge range of support. This includes help for families with disabled children, and services for young carers. It includes free or low-cost parenting classes through their children's centres.

These are just a few of the ways they can help. You can use their location search to find out if they any services near you, and how to access to them.

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## Salvation Army\*

The Salvation Army offer the following help to families over the festive period

- Giving Christmas food parcels to families who are struggling to afford a proper Christmas lunch.
- Distributing toys to children whose parents are unable to afford presents this Christmas

Tel:01738 440 090

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## Winter Heating Payment \*

Winter Heating Payment is for people in Scotland who: get a particular benefit – this is the 'qualifying benefit'

The next qualifying week is 3 November to 9 November 2025. Your data tells Social Security Scotland if you received one or more of the qualifying benefits at some point during this week.

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# Help and Advice



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## Social Flock\*

**Social Flock: Supporting Families in Need**

Social Flock offers clothing to families in need. You can apply using the application forms provided below. Please note that there is a turnaround time of 2-3 weeks for their packs.

Email: [Hello@socialflock.org](mailto:Hello@socialflock.org)  
Facebook Page: Social Flock

## Buttons and Bows \*

Buttons & Bows Baby Bank is a local, non-profit organisation which aims to support families experiencing financial difficulties in Perth & Kinross. They provide families with the essential items needed to care for their babies and children, helping alleviate the pressure of bringing up a young family with extremely limited resources.

Tel: 07549046034

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## Mind Space\*

Mindspace is an innovative charity that has been supporting people experiencing mental ill health for over 40 years. Our aim is to promote positive mental health and wellbeing for both adults and young people within Perth and Kinross.

Tel: 01738 631639

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## Food Bank\*

Perth and Kinross Foodbank work with local agencies, if you are in crisis and need access to the foodbank then please have a look at their website and it talks you through how to get help.

Tel: [01738626799](tel:01738626799)

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## Women's Aid\*

Perthshire Women's Aid offer specialist knowledge and understanding of the issues that surround domestic abuse for women, children and young people.

Tel: 01738 639043

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## Andy's Man Club\*

Andy's Man Club; a space for men to talk about their problems without judgement or feeling like a burden.

Email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

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# Help and Advice



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## Family Fund\*

Family Fund offers a diverse array of grants to families in Scotland who are raising a disabled or seriously ill child or young adult while managing a low income. The Family Fund provides assistance with essential kitchen appliances such as fridges, cookers, and washing machines; clothing and bedding; sensory or play equipment; technology for your child; and even the opportunity for a much-needed family getaway.

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## Warm Spaces\*

Every Thursday from 1-6pm-Lethan St Marks  
Find a Warm Welcome at our Free Warm Space.

Bring your own interest or just bring yourself.

Everyone is welcome to make use of this Free Warm Space.

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## Aberlour\*

Aberlour provide accessible, high-quality, community-based family support for children to support families to thrive. Referrals to Sustain Perth are via Perth and Kinross Child Protection and Duty Team.

They help whole families, offering personalised support for both children and their parents.

Tel: 0800 085 6150

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## Parent to Parent\*

Parent to Parent seeks to provide support, information and advice to families of children with additional and behavioural needs, and to enable the voice of parents, children and young people to be heard.

Tel: 01382 817558

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## Citizens Advice\*

To reach phone support, you can call their freephone number at **\*\*0808 196 9440\*\*** from 10 a.m. to 3 p.m., Monday to Friday.

Alternatively, you can email them at **\*\*advice@perthcab.org.uk\*\***.

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## PKC Cost of Living Advice

Perth & Kinross Council (PKC) provides a central webpage dedicated to assisting residents with the cost of living, specifically aimed at those facing challenges with bills and other expenses.

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