

Help managing the cost-of-living increases

Where to get advice and support in Renfrewshire

ENGAGE
RENFREW SHIRE

Do you need immediate financial support?

You may be eligible for a Crisis Grant

To learn more visit: www.mygov.scot/scottish-welfare-fund/crisis-grants
For further guidance get in touch with the one of the following organisations:

Advice Works
T. 0300 300 1238

Citizens Advice Bureau
T. 0141 889 2121

Do you need fuel & energy support?

Renfrewshire Council Energy Management Unit

For help with energy advocacy & access to available grants or fuel vouchers.

T. 0300 300 0300

E. emu@renfrewshire.gov.uk

Renfrewshire Citizens Advice Bureau

For free & impartial energy advice.

T. 0141 889 2121

E. ren-bureau@paisleyCAB.casonline.org.uk

www.renfrewshirecab.org.uk

Home Energy Scotland

For help to reduce energy bills & tackle climate change.

www.homeenergyscotland.org



Do you need mental health support?

If you're feeling overwhelmed, unable to cope, or struggling with your mental health, please talk to someone you trust.

Or contact:

FIRST Crisis Freephone 0800 221 8929 (or standard rate 0141 848 9090)

Breathing Space Freephone 0800 83 85 87 or visit breathingspace.scot

Samaritans Freephone 116 123 or visit samaritans.org

Text SHOUT Text SHOUT to 85258 or visit giveusashout.org

Do you need immediate access to food?

Request a Foodbank Voucher

Access an emergency 3-day food parcel from the Foodbank, available for individuals & families who are in need. Vouchers can be issued by a number of agencies including:

Advice Works

T. 0300 300 1238

Citizens Advice Bureau

T. 0141 889 2121

Other Local Food Support Options

Star Project Community Food Pantry | 12-14 Wallace Street, Paisley PA3 2BU

T. 0141 889 5850 | www.facebook.com/STARPantryPlus

RAMH Restore & Pantry | 24 Causeyside Street, Paisley, PA1 1UN

T. 0141 847 8900 | E. enquiries@ramh.org | www.facebook.com/TheRAMHREstore

EBI Unites | Project Space within Erskine Church of the Nazarene Rashielee Avenue Erskine, PA8 6HA

E. ebiunites@hotmail.com | www.ebi.scot

Darkwood Crew | Tannahill Centre, 76 Blackstoun Rd, Paisley, PA3 1NT

T: 07309 862 681 | www.darkwoodcrew.co.uk

Lochwinnoch Community Larder | Lochhead Ave, Lochwinnoch, PA12 4AW

www.facebook.com/groups/lochwinnochcommunitylarder

Station 7, Active Communities Pantry | 7 Quarry Street, Johnstone, PA5 8DY

T. 01505 801 501 | E. info@activecommunities.co.uk

www.activecommunities.co.uk/station-seven

Additional Information & Support Options

Young Scot

Resource for young people in Scotland aged 11 to 26 years old in response to the increasing costs of living.

www.young.scot/campaigns/national/cost-crisis

