

# 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](http://www.moray.gov.uk/scottishwelfarefund)

### MORAY EMERGENCY RELIEF FUND

Download the application form

- [www.moray.gov.uk/downloads/file132792.pdf](http://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/](http://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](http://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](http://www.moray.gov.uk/moray_standard/page_95019.html)

### MEN'S SHEDS

- 01343 563 510
- [www.moray.gov.uk/downloads/file120047.pdf](http://www.moray.gov.uk/downloads/file120047.pdf)

### MORAY YOUTH ENGAGEMENT TEAM

- [blogs.glowscotland.org.uk/my/engagementteam/](http://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](http://www.discoverpathwaysmoray.org.uk)

### LIBRARIES

- 01343 562 600
- [www.moray.gov.uk/moray\\_standard/page\\_1472.html](http://www.moray.gov.uk/moray_standard/page_1472.html)

### ADULT LEARNING

- [adult.learning@moray.gov.uk](mailto: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](http://www.nhs24.scot)

### **SAMARITANS**

- **116 123**

### **BREATHING SPACE**

- **0800 838 587**
- [www.breathingspace.scot](http://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](http://www.mwaelgin.co.uk)

### **MORAY RAPE CRISIS**

- **08088 01 03 02** (National Helpline)
- [www.morayrapecrisis.scot](http://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](mailto:request@morayfoodplus.org.uk)

### **FREE SCHOOL MEALS**

- **01343 563 456**
- [revenues@moray.gov.uk](mailto:revenues@moray.gov.uk)
- Or download the application form:  
[www.moray.gov.uk/downloads/file112723.pdf](http://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](http://www.moray.gov.uk/moray_standard/page_134583.html)

### MORAY SCHOOL BANK

- 01340 212 101
- [info@morayschoolbank.org](mailto:info@morayschoolbank.org)
- [www.morayschoolbank.org](http://www.morayschoolbank.org)

### MORAY BABY BANK

- 07935 223480
- [moraybabybank@gmail.com](mailto:moraybabybank@gmail.com)
- [www.moraybabybank.org.uk](http://www.moraybabybank.org.uk)

### MORAY COMMUNITY SUPPORT DATABASE

- [www.tsimoray.org.uk/community-database](http://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](mailto:revenues@moray.gov.uk)
- Or download the application form: [www.moray.gov.uk/downloads/file112723.pdf](http://www.moray.gov.uk/downloads/file112723.pdf)

### MORAY PATHWAYS

Help with learning, training & employment

- 07800 678 502
- [www.moraypathways.co.uk](http://www.moraypathways.co.uk)

### HEALTH POINT

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

- 01343 567 842



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Investing in a Smart, Sustainable and Inclusive Future