

Health & Wellbeing

Forres Health Centre - 0345 337 1120

<https://www.forreshealthcentre.co.uk/>

Mental Health

Moray Mental Health and Wellness Centre

For support with emotional distress **0800 234 3490** (1st Response)

01343 556191 <http://www.penumbra.org.uk/>

Moray Wellbeing Hub

For peer support, wellbeing courses and help to get connected

01343 576219 www.moraywellbeinghub.org.uk

Moray Woman's Aid

Support services to women and children experiencing Domestic Abuse/Violence **01343 548549**

Childline

Is offering help to anyone under age of 19 with any issue they are going through. **08001111**

Young People

Should you or anyone you know need additional support and advice, Youth Workers are on hand please contact the Warehouse through

✉ youthwork@elginyouthcafe.org or call **01343 548300**



Covid-19 **Mutual Aid UK**
Local organising to support the most vulnerable in our communities

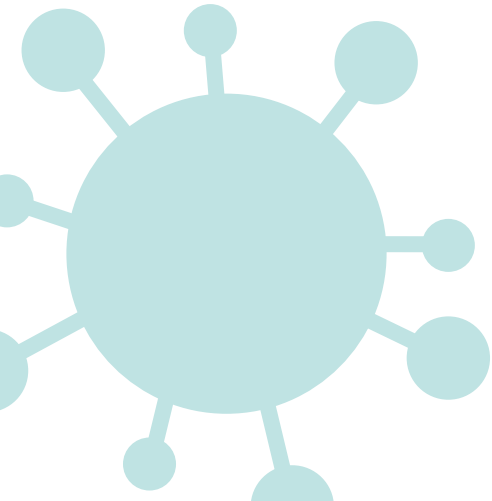


COVID 19 Forres Community Leaflet

Self-isolating, shielding, vulnerable or concerned about a friend or family member?

How to get help:

There are lots of local Covid-19 groups or organisations that can help with shopping, picking up prescriptions, dog walking, getting online and staying in touch.



How to get help:

Local Covid-19 Groups / Support Organisations:

Forres

Covid-19 Mutual Aid Forres

01309 532009 <https://www.covid19mutualaidforres.net/>

Forres Area Community Trust (FACT) – Telephone Befriending Project, Shopping and Prescription Pick Up, Forres Online Digital Support, Access to emergency food, Moray Food Plus referrals and financial help

01309 674388 ✉ info@forresarea.org

Findhorn & Kinloss

Covid-19 Mutual Aid - Kinloss & Findhorn (covering Southside Kinloss)

Claire Brenton 07989135607

Findhorn Village Volunteers Group (includes Old Kinloss)

Cathy Low 07977920010

Findhorn Foundation Community

Volunteer Action Group on call volunteer

07395 305233

Dyke, Kintessack, Brodie & Area

Dyke, Kintessack, Brodie & Area Coronavirus Support Network

01309 532010 ✉ Dyke.and.area.group@gmail.com

Finderne

Finderne Coronavirus Support

Pery Zakeri 07483133203

✉ hello@findernedevelopmenttrust.com

**If you don't see your area here call FACT at
01309 674388 info@forresarea.org**

Helpful phone numbers:

Grampian Coronavirus Assistance Hotline

Central Hub for all support enquires in Moray

0808 196 3384 <https://www.gcah.org.uk/>

Police Scotland To report a crime **101 or 999**

Financial Support

Scottish Welfare Fund

Help with money, food & household items in a crisis

01343 563456

Benefit Services

Discretionary Housing payments, Housing Benefit, Council Tax

Reduction, free school meals **01343 563456**

Discretionary Housing Payments

Can help if you require financial assistance to meet your rent costs

01343 563456

Money Advice Moray – can help with managing and repaying debts,

assist with claiming benefits **0300 123 4563**

Forres Area Credit Union

Open 11 – 1pm week days

01309 676735 ✉ info@forres-cu.co.uk

Citizen Advice Bureau Moray

Assist with income changes, job loss, Universal Credit, self employed

Monday – Friday 10am-2pm

01343550088/ 01343559001 / 01343559004

<https://www.moraycab.org.uk/home>

REAP

Affordable Fuel Costs **01542 888979**