

Helpful phone numbers:

Health & Wellbeing

Forres Health Centre

0345 337 1120

www.forreshealthcentre.co.uk

Mental Health

Moray Mental Health and Wellness Centre

For support with emotional distress **0800 234 3490**

(1st Response) **01343 556 191**

www.penumbra.org.uk

Moray Wellbeing Hub

For peer support, wellbeing courses and help to get connected

01343 576 219

✉ hello@moraywellbeinghub.org.uk

Moray Women's Aid

Support services to women and children experiencing Domestic Abuse/Violence **01343 548 549**

Childline

Is offering help to anyone under the age of 19 with any issue they are going through. **0800 1111**

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 548 300**

Samaritans

Call free **116 123**

Forres Area Community Trust is a Charity registered in Scotland No:SC044953
Company number SC412275



UPDATED RESOURCES INFORMATION FOR THE FORRES AREA - JAN 2021 -

**Fully revised and updated contact numbers
and email addresses for organisations and
agencies that are here to help you.**

**As the impact of the Covid19 pandemic continues
FACT are here to assist folk in the Forres Area.
Please contact us or one of the organisations
listed and we can offer confidential,
impartial advice and help.**



How to get help:

Local Support Organisations:

Forres

Forres Area Community Trust (FACT)

Telephone Befriending Project, Forres Online Digital Support (07536 978 396), Access to emergency food, Moray Food Plus referrals and financial help

01309 674 388 ✉ info@forresarea.org

Findhorn & Kinloss

Kinloss & Findhorn (covering Southside Kinloss)

Claire Brenton 07989 135 607

Findhorn Village Volunteers Group (includes Old Kinloss)

Cathy Low 07977 920 010

Findhorn Foundation Community

Volunteer Action Group on call volunteer

07395 305 233 ✉ ccc.coordinator@parkecovillagetrust.co.uk

Dyke, Kintessack, Brodie & Area

Contact FACT 01309 674388

Finderne

Finderne Coronavirus Support

Pery Zakeri 07483 133 203

✉ hello@findernedevelopmenttrust.com

If you don't see your area here call FACT at
01309 674 388 ✉ info@forresarea.org

Helpful phone numbers:

Financial Support

Scottish Welfare Fund

Help with money, food & household items in a crisis

01343 563 456

Benefit Services

Discretionary Housing payments, Housing Benefit, Council Tax Reduction, free school meals

01343 563 456

Discretionary Housing Payments

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

01343 563 456

Moray Council Income

Maximisation Team

Confidential advice if you are of working age and facing money or debt problems.

0300 123 4563 to make an appointment.

Money Advice Service Moray

Can help with managing and repaying debts

0300 123 4563

Moray Firth Credit Union

Open 11 – 1pm week days

01309 676 735

✉ info@morayfirthcreditunion.co.uk

Citizen Advice Bureau Moray

Assistance with income changes, job loss, Universal Credit, self employed (Monday – Friday times vary)

01343 550 088

www.moraycab.org.uk/home

REAP (Rural Environmental Action Project)

Energy saving advice aiming for more affordable fuel costs

01542 888 070

✉ info@reapscotland.org.uk

Grampian Coronavirus Assistance Hotline

Central Hub for all support enquiries in Moray

0808 196 3384

www.gcah.org.uk

Police Scotland

To report a crime **101 or 999**