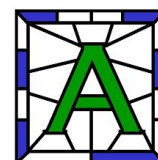


Lomond and Argyll Advocacy Service here to help you



- Are you struggling during this difficult period?
- Do you need support to speak up and have your voice heard?
- We can help with phone calls, letters, emails and gathering information about your rights and entitlements.

You can reach us on 01546 606056

- We are still able to work with you and help you address areas of concern although we are not providing face to face appointments at the moment.
- More information about the Advocacy Service is available at www.laas.org.uk.

Here is some useful information about services offering help:

Caring for People Helpline – 01546 605524

A dedicated helpline has been set up for people across Argyll and Bute who may need practical and emotional support during the Coronavirus outbreak. The Caring for People helpline brings together partner agencies and covers a wide range of issues including help for those who are experiencing difficulties accessing food or prescriptions, business advice including access to grants and anyone who has financial or personal concerns. This includes information around food banks in your local area.

The helpline is available Monday to Friday, 9am to 5pm. An answer machine service will be available to leave a message out-with office hours and at weekends. A member of staff will get in touch during office hours.

There is also the option to request assistance online:
www.argyll-bute.gov.uk/coronavirus-help-and-advice

For further information on volunteering, information for organisations and helplines, please visit <https://www.argyll-bute.gov.uk/coronavirus/help-for-communities>.

Argyll and Bute Council – 01546 605517

If you require Social Work assistance please call their number during working hours Monday to Friday 9am to 5pm.

For **Emergency Out of Hours Service** please call **01631 566491** or **01631 569712**.

Scottish Government Test and Protect:

Information and support for people who have been asked to self-isolate because of Covid-19: www.gov.scot/publications/coronavirus-covid-19-test-and-protect

Argyll and Bute Citizen Advice Bureau - 01546 605550

Due to COVID-19, the Citizens Advice Bureau is running a reduced service. To help keep people safe, the Bureau will only be operating a telephone and email advice service.

Email: info@abcab.org.uk Website: www.argyllandbutecab.org.uk

NHS Inform

You can gather useful information and advice about latest guidance around coronavirus, the symptoms and self help at www.nhsinform.scot/coronavirus.

If you can't get online you can phone the NHS free helpline on **0800 028 2816**.

Welfare Rights Officer Argyll and Bute - 01546 605517

Offering advice and support if you need help understanding which benefits you may be entitled to access.

We Are With You – 0800 2061460

(Substance Abuse and Addiction Service)

WAWY have an online support which can be accessed by calling them to arrange. WAWY are on Facebook – “We Are With You (in Argyll and Bute)”. There is also WAWY webchat which can be reached without an appointment by anyone at www.wearewithyou.org.uk.

Allenergy - 01631 565183

Argyll Energy Advice Service delivers a home energy advice service to households across Argyll and Bute. Help is available for anyone suffering from fuel poverty.

Please do not hesitate to contact an Advocate on 01546 606056 if you or someone you know needs help to speak up and get more information.

Stay safe and well.

