

Community Services **Moray**

GP (General Practitioner)

For all routine healthcare, go to your GP Practice.

If you are not registered with a GP you can phone 111 or go to the NHS 24 website and go to the 'Find Local Services' section to find local GP surgeries.

Housing & Homelessness (Moray Council)

If you think you may become homeless, and want to talk to us about your options call us on 0300 123 4566 during office hours (Monday to Friday between 8.45am and 5pm)

If it is an emergency and you are facing **immediate homelessness**, call **0300 123 4566** during office hours, or if it is during the weekend our out-of-hours (between 5pm and 8.45am) call **03457 565656**. - http://www.moray.gov.uk/moray_standard/page_70843.html

Justice Social Work

We will help you to settle back into the community if you are leaving prison after a short prison sentence or time on remand, and you are not on licence. We can support you with a wide range of things and you can contact us for up to 1 year after your release.

If you are on any kind of supervision when you leave Court/prison please follow the reporting instructions you have been given or contact your worker right away.

11 North Guildry Street, Elgin, IV30 1JR Tel:01343 557200 or justice@moray.gov.uk
Office hours:09:00am -17:00pm Monday to Friday

Job Centre Plus

Are responsible for assisting people of working age to find jobs through it's network of offices. It is also responsible for administering some benefits for people of working age and for the administration of national insurance numbers

Telephone 0800 169 0190 Email elgin.jobcentre@dwp.gsi.gov.uk

Social Security Scotland

Provide financial support. Administer benefits and grants to help with living costs, including support for low-income families, people with disabilities, and older adults.

Call: 0800 182 2222

Moray Food Plus (food bank)

The crisis service works on a referral basis from agencies such as social work, housing and health; please contact us for more information. Call 01343 208293 or admin@morayfoodplus.org.uk

Alcohol & Drugs

Arrows offer a single access point for people living in Moray who are 16 years and over seeking support in tackling their substance use. The service provides access, support, assessment and onward referral to other specialist services.

Tel: 01343 610 500 Text: 07812 228547 Email: arrows@quarriers.org.uk
<https://www.quarriers.org.uk/services/arrows-drug-and-alcohol-support-2/>

MIDAS (Moray Integrated Drug & Alcohol Services)

We are based at 11 North Guildry Street, Elgin and are an integrated service made up of: Moray Council Social Workers and NHS Grampian Community Psychiatric Nurses. You will only be referred to MIDAS after completing an assessment with Arrows.

Alcoholics Anonymous (AA) has groups across Moray. To find a meeting visit their website- alcoholics-anonymous.org.uk

Self-Management and Recovery Training (SMART) They run a network of self-help meetings and also partner with care professionals. Find a group at <https://smartrecovery.org.uk> Local Groups can be found at Arrows.

Narcotics Anonymous (NA) has groups across Moray. To find a meeting visit their website- ukna.org or www.eastcoastscotlandna.com

Scottish Families Affected by Alcohol & Drugs (SFAD) SFAD offers support to families including on line <https://www.sfad.org.uk> or by telephone 08080 101011

Families Anonymous: has groups, spread throughout the country, which meet regularly. To find a meeting visit their website famanon.org.uk

Al-Anon: Al-Anon Family Groups run in Moray. To find a group visit the Al-Anon Website al-anonuk.org.uk

The Scottish Recovery Consortium exist to build and promote recovery from addictions in Scotland using means and messages that are consistent with the values and practices of recovery from addictions.

Recovery support groups: take place within Arrows and have the opportunity for informal peer support, volunteering and connecting with like-minded individuals.

Families Outside

Support for families affected by imprisonment. Phone for free 0800 254 0088 or email support@familiesoutside.org.uk

Moray Rape Crisis

Call 01343 550 407 or contact@morayrapecrisis.scot We provide trauma-informed support, information and advocacy for anyone aged 11 and over in the Moray area who has experienced any form of sexual violence- whether recently or in the past.

AMIS - <https://abusedmeninScotland.org/> - Scotland's leading charity and helpline for male domestic abuse. Everyone is welcome to contact us for help by phone 03300 949 395. 9am – 4pm, Monday to Friday, or email: support@amis.org.uk

Moray Women's Aid

Call 01343 548549 or admin@mwaelgin.co.uk Moray Women's Aid is the largest provider of support services to women and children experiencing Domestic Abuse/Violence throughout Moray. Services include provision of safe accommodation both at Marleon House and within the community, community support, professional counselling and drop-in centres.

Wellbeing, Mental Health & Recovery All accessible on: <https://moraywellbeinghub.org.uk/>

- Wellness College - events and courses in Moray.
- Discover Pathways to Wellbeing - online tool to deciding which support is right for you at this time.
- Moray Wellbeing Hub - peer-support and opportunity to use your lived experiences to create positive change as part of the social movement.

NHS 24

NHS 24 is a call centre operated by the NHS to provide patients with health advice and help over the phone when your usual GP services aren't available. Call: 111 or phone 999 if it is an emergency.

Samaritans

Confidential, non-judgemental emotional support for anyone who is struggling to cope – you don't have to be suicidal. **The service is available 24 hours a day, seven days a week.** Call: 116 123, Text: 07725 90 90 90

Breathing Space

Breathing Space is a free, confidential phonenumber service for any individual who is experiencing low mood and depression, or who is unusually worried and in need of someone to talk to. **Lines are open from 6pm – 2am Monday to Thursday and 6pm – 6am Friday to Monday AM** Call: 0800 83 85 87

Skills Development Scotland (SDS) is the careers service that can support you to re-join the workforce (by supporting you with developing your career management skills, job searching, CV writing and applications, interview skills and consider learning and funding). You can access support through myworldofwork.co.uk or call the Elgin team on 01343 344006

tsiMORAY (Third Sector Interface) All accessible on: <https://tsimoray.org.uk/>

- Volunteering Opportunities
- Moray Community Map (map of local services in the area)

Moray Pathways is the local employability partnership that includes a large network of employment support organisations and local employers from the public, private and third sector. We support individuals who require additional help into fair and sustainable jobs. <https://www.moraypathways.co.uk/>

Advocacy in Moray Free, independent advocacy service.

VoiceAbility Contact: helpline.scotland@voiceability.org

Circles: Info.moray@circlesnetwork.org.uk or 01343559546

Men's Group Moray (run by justice social work). Fridays 1-3

Women's Group Moray (run by justice social work) - Fridays 10-12

A safe, non judgemental space with opportunities to learn new skills and link to the community, with free tea, coffee and biscuits. (Elgin)

Citizen's Advice Bureau (CAB) Moray

A local, independent charity which provides free, impartial and confidential advice and information to give you the tools you need to sort out any issues or problems. 01343 550088

Scottish Fire and Rescue Service (SFRS)

Enhance fire safety in your home with a home fire safety check or visit.

<https://www.firescotland.gov.uk/contact-us/home-fire-safety-visits/>