

What help can I get when I return to my community?

This has been developed by people from Moray in prison & the community who have been impacted by the justice system

Support & Connection

If you are struggling to access support talk to your social worker, housing officer, or other trusted professional and they can direct you.

Upside - Voluntary Throughcare

Support people transitioning from short-term custody or remand back into their communities. You should have been offered this support while you were in prison. If that didn't happen, or if you said no at the time, you can still get in touch with Upside for help, for up to 12 weeks after your release. Freephone: **0800 587 7263**

Moray Council -Voluntary Throughcare

A support worker can help you settle back into the community if you are leaving prison after a short sentence or time on remand, and you are not on licence. You can get in touch up to 12 months after your release. They can help with appointments, referrals, personal and family matters, and more.

Call: **01343 557200** or email: **justice@moray.gov.uk**

A Place To Live

Moray Council Housing

If you're at risk of homelessness, call **0300 123 4566** (Mon-Fri, 08:45- 17.00). For emergencies outside these hours, including weekends, call **03457 565656**.

If you are worried about rent arrears talk to your housing officer or email: **housing@moray.gov.uk**

To apply for council housing, you can make an application online: **www.moray.gov.uk/housing**
You will need an email address to use this service.

Something to Eat

Moray Food Plus

Access to food parcel containing three days worth of food. Ask your GP, social worker, or housing officer to refer you.

Money & Employment

To apply for universal credit, you can make an online application:

www.gov.uk/universal-credit/how-to-claim

You will need your bank, building society or credit union account details and an email address.

If you do not have these please phone: **0800 328 5644** or go to your local jobcentre branch in Elgin, Forres, Buckie. Email: elgin.jobcentre@dwp.gsi.gov.uk

Moray Citizen's Advice Bureau (CAB)

CAB can help you with benefits, housing, debt, money, and more. Call: **01343 550088** or go to www.moraycab.org.uk/

Moray Pathways

Can support you to find opportunities in education, training, or employment. Email: moraypathways@moray.gov.uk or go to: www.moraypathways.co.uk



Community Justice Partnership
Protecting People in Moray



Your Health

Register with your local GP Practice, to find it you can search on: www.nhsinform.scot which lists all practices and has a symptom checker.

Your local pharmacy can give you free health advice without an appointment.

For support with drug or alcohol use please contact Arrows on **01343 610500** or by email: arrows@quarriers.org.uk

Helplines

Samaritans 24/7- Call for free **116 123**. Online chat or email: jo@samaritans.org

Breathing Space- Call **0800 838587** Mon-Fri 18.00-02.00, Sat-Sun 18.00-06.00

More resources to support you can be found here: www.morayprotects.co.uk or scan the QR code

