



North Ayrshire  
Community Planning Partnership

# GARNOCK VALLEY COMMUNITY BOOK



## Community Support Hub

Our contact centre number is 01294 310000 (Monday to Friday during office hours). They can offer you advice and make referrals to other services. If you want to get in touch with your local Community Support Hub please use the number below. This might be for help with accessing food, prescription delivery or for local community group. The minimum opening hours for the hub phone lines are 10am to 1pm Monday to Friday.

Garnock Valley Community Hub Contact Details:  
07395941571  
07907876260



## Business support

"I run a business and need advice and support in relation to Coronavirus."

You can contact our Business Development Team by telephone on 01294449944.



## Care/Disability Support

"I need care/ disability support."

Please get in touch with our Service Access team on 01294 310300



## Coronavirus

"I want information and advice about Coronavirus."

Please visit the NHS Inform site at <https://www.nhsinform.scot>

There is also a free helpline on 0800 028 2816, which is open from 8am to 10pm each day.



## Benefits

"I have concerns about my benefits."

If you are having issues or concerns regarding benefits please email [moneymatters@north-ayrshire.gov.uk](mailto:moneymatters@north-ayrshire.gov.uk), or call 01294 310456.



## Mental Health and Wellbeing

"I need support with my mental health."

Breathing Space offers free, confidential support for people experiencing low mood, depression or anxiety. Call 0800838587.

The Samaritans charity offers support to people who are suicidal or despairing. Call 116 123 (lines open 24 hours).

Your GP can also help you access services.



North Ayrshire  
Community Planning Partnership



**Utilities**

"I am worried about paying my utility bills."

You should contact your energy supplier in the first instance. However, should you require assistance or advocacy then Citrus Energy may be able to help. You can contact them by calling freephone 0800 221 8089.



**Adult/child protection.**

"I am concerned about someone's welfare."

If someone is in immediate danger, contact the police by telephoning 101.

In an emergency call 999.

Alternatively contact our Social Work team by calling 01294 310300



**Housing**

"I need help with my housing situation."

Council tenants looking for welfare and debt advice should contact 0300 999 4606. Cunninghame Housing Association tenants can call 01294 468360.

For advice and support about homelessness, or if you are in rented accommodation and have a housing problem call North Ayrshire Housing advice services on 01294 314600 or email [housing-info-advice@north-ayrshire.gov.uk](mailto:housing-info-advice@north-ayrshire.gov.uk). On evenings, weekends and bank holidays you can call the out of hours number on 0800 0196500.



**Other sources of local information**

**Garnock Valley Virtual Community Centre**  
<https://www.facebook.com/groups/GarnockValleyCommunity>

**Garnock Valley Locality Facebook Page**  
<https://www.facebook.com/GarnockValleyLocalityPartnership>

**Community Planning Website**  
<https://www.north-ayrshire.community>

# GARNOCK VALLEY COMMUNITY BOOK

