North Ayrshire
Community Planning Partnership

# THREE TOWNS COMMUNITY BOOK

## Community Support Hub

Our contact centre number is 01294 310000 (Monday to Friday during office hours). Emergency cover is available outwith office hours. They can offer you advice and make referrals to other services. They can also refer you to the Three Towns Community Support Hub. This might be for help with accessing food, prescription delivery or your wellbeing.

### 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, 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.

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## 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, 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.On evenings, weekends and bank holidays you can call the out of hours number on 0800 0196500.

## Other sources of local information
**Three Towns Virtual Community Centre**
https://www.facebook.com/groups/ThreeTownsCommunity

**Three Towns Locality Facebook Page**
https://www.facebook.com/ThreeTownsLocalityPartnership

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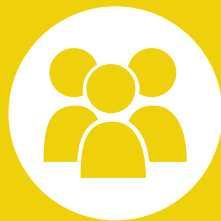https://www.north-ayrshire.community

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## Community Groups

**Whitlees Community Larder** – Open to all within the Three Towns – membership at £3.50/week giving access to a wide range of foods. £3.50 for delivery of a homemade soup, sandwich and main meal.
Tel: 01294 461700

**Beith Community Trust** - Lend an Ear - Telephone befriending service.
Tel: 01505 595063
Email: help@beithtrust.org

**CLASPS** – Telephone befriending and digital support service for older people in North Ayrshire
Tel: 07464206592
Email: liz@clasps.org.uk

**The Living Room, Largs** -Trained volunteers are available to signpost and support people with many issues including finances and wellbeing
Tel: 01475 789580
Email: info@livingroomlargs.co.uk
https://www.facebook.com/livingroomlargs

**Christians Against Poverty Irvine, Kilwinning & Three Towns Personal Debt Centre -** Free debt counselling and support with debt solutions available to everyone. Tel: 0800 328 0006
www.capuk.org

**IMC Project** - in Saltcoats can support with food. The community fridge is located on Springvale Street in Saltcoats and donations are welcome.
Tel: 07384806467.

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