

## **Support for Parents and Carers**

### **Useful Telephone Numbers**

#### **The Financial Inclusion Team – Aberdeen City Council**

- Tel - 03000 200 292 –
- Email – [moneyadvice@aberdeencity.gov.uk](mailto:moneyadvice@aberdeencity.gov.uk)
- Open Monday - Friday 9am – 5pm
- Advice and advocacy on all aspect of Social Security benefit entitlement.
- Money, budgeting and debt advice.
- Help with form filing and letter writing.
- Links with a number of other advice/information centres across Aberdeen, some of them run by voluntary organisations.
- Specialised advice on all aspects of social Security benefits, Council Tax, Housing Benefit and Tax Credits.
- Personal interviews can be arranged if problems are too complex to be dealt with over the telephone.

#### **Financial Inclusion Team/Homestart Project**

- Tel – 01224 522709
- Money and budgeting advice for families.

#### **Child Benefit (claims and enquiries)**

- 0300 2003100

#### **Carers Allowance**

- 01253 856123

#### **Benefit Enquiry Line**

- 0345 608 8545

#### **Job Centre Plus Claims**

- 0800 055 6688

#### **Scottish Welfare Fund**

- 0800 0304 713

#### **SSAFA (support for serving and former members of the armed forces and their dependants)**

- 01224 708612
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### **CFINE (Community Food Initiatives North East)**

- Provide support to beneficiaries who are navigating the Welfare system.
- Budgeting and Debt advice.
- Food Bank open -
  - Monday 9am – 1pm
  - Tuesday 10am – 4pm
  - Wednesdays 10am – 4pm
  - Thursday 10am – 4pm
  - Friday 1pm – 4pm
- CFINE also support community food outlets which offer access to high quality produce including fruit and vegetables at affordable prices. These include -
  - Altens Community Centre
  - Salvation Army Citadel
  - Cummings Park Community Centre
  - Cummings Park Flat
  - Aberdeen Royal Infirmary
  - Hilton Community Centre
  - Kincorth Community Centre
  - Mastrick Community Centre
  - Northfield Community Centre
  - Peterculter Village Hall
  - Powis Community Centre
  - Rosemount Community Centre
  - Star Flat (Seaton)
  - Sheddocksley Community Centre
  - Tillydrone Community Centre
  - Balnagask Community Centre
- For details of opening times, visit the CFINE website.

### **Instant Neighbour**

- Tel – 01224 489955
- Email – [reception@instantneighbour.co.uk](mailto:reception@instantneighbour.co.uk)
- Provide a range of financial support services and a food bank.

### **SCARF**

- Tel – 01224 213005
- Email – [info@scarf.co.uk](mailto:info@scarf.co.uk)
- Free impartial advice to access financial assistance to lower fuel bills.