



Caithness Poverty
Action Group

COMMUNITY SUPPORT

Discover assistance with food, energy, community hubs, employment support and benefit advice.

For updates scan the QR code.



HEALTH SERVICE CONTACTS

NHS Highland services, Caithness
Single Point of Access

0345 850 9413.

All community Adult Health and
Social Care referrals and enquiries

Social Work Out of Hours Team

0808 175 3646

ESWS@highland.gov.uk

Social Work Children's Services
Family Teams

01955 608123 / 01955 608124

*Funded by Highland Council, the Duchess of
Westminster Fund, North Highland Initiative Fund &
Camster Windfarm.*

LOCAL SERVICES CAITHNESS WIDE

Caithness Foodbank

The Caithness Foodbank can provide three days of nutritionally balanced **emergency food** and support to local people who are referred to in **crisis**. They have centres in **Wick and Thurso**. To access Caithness Foodbank, you need to be **referred**. For more information visit **www.caithness.foodbank.org.uk**

Caithness Citizens Advice Bureau

CAB is a local, independent charity which provides free, impartial and confidential advice and information. Energy advice, Fuel vouchers, budgeting support, Debt advice and more 5 days a week.
(Thurso) 01847 894243 (Wick) 01955 605989
www.caithnesscab.org

Highland Council Employability Service

Offers a tailored package to support people of a working age to work towards and into **employment**. They also provide **low-income parents** with support to progress within their employment with **funded accredited training, SVQ's and industry recognised qualifications** that will enable you to increase your earning potential and improve your household income. To see how they can support you to find your ideal job, access funded training opportunities and more
Email: Employability@highland.gov.uk

Social Security Scotland

They can help the people of Scotland by helping with and delivering social security payments. Their main areas of support are Adult & Child Disability Payments & Best Start Grants.
Tel: 0800 182 2222
www.socialsecurity.gov.scot

The Fishermens Mission - RNMDSF

They can support **fishermen** either **actively fishing or retired, their widows, or children**, with **grants**. They support anyone who uses a boat, or has used a boat, for work on a fish farm. They can provide support with **debt advice, counselling, benefit checks, emergency help for food or fuel, white goods and regular grants** when the criteria is met. Phone **07774116386** or email: **jackiedodds@fishermensmission.org.uk**

Highland Council Welfare Support

Assistance with all financial benefits, income maximisation, Benefit checks, free school meals & DHP.
Tel: 0800 090 1004
Email: welfare.support@highland.gov.uk

Home-Start Caithness

Home-Start is a local community network of **trained volunteers and expert support helping families** with young children through their **challenging times**. They provide **non-judgemental practical and emotional support** and help build the **family's confidence and ability to cope**. Please contact them for more information **Tel: 01955 609163**
www.homestartcaithness.org.uk

Caithness KLICS Young Carers

KLICS is the only dedicated young carers project in Caithness and their aims are to **support young people aged 5 to 18 years** old who have a caring role at home. Warm Hub and support through the cost of living is available to service users & their families.
Tel: 01955604500
Email: caithnessklics@outlook.com

Caithness and Sutherland Women's Aid

Specialised in **supporting women, children and young people** in Caithness and Sutherland to stay safe from domestic abuse. **Tel: 0345 408 0151 Email: info@caswa.org.uk Website: www.caswa.org.uk**
N.B. our team do not work in the evenings or weekends, the Scottish Domestic Abuse & Forced Marriage. **Helpline is available 24/7 on: 0800 027 1234**

Stepping Stones, The Haven & Listening Ear

Provide a friendly & welcoming warm space with **low-cost refreshments & hot meals, 365 days a year** at both their centres in **Thurso & Wick**. Open to all 16yrs+ for those that are experiencing difficulties with their mental wellbeing, whatever those difficulties maybe.
Thurso: 01847 892177 Wick: 01955 605264

Home Energy Scotland

Offers **free, impartial advice** and support to help you **save energy, keep warm, go green and save money**.
www.homeenergyscotland.org

LOCAL SERVICES EAST CAITHNESS

Dunbeath & District Community Centre

They offer a Social Hub, Linger Longer, **food Sharing Shack, Food Boxes**, Supporting Local Schools, **Free Soup and fruit**, and **Solid Fuel Support**.

Tel: 01593 731335

**Email: info@dunbeathanddistrictcentre.org
www.dunbeathanddistrictcentre.org**

The Pulteney Centre

PPP offers a **food-sharing** facility which is located at the front door every weekday for people to take what they need. They host a **neighbourhood meal two days a week** on Tuesdays 4 to 5.30pm and Thursdays 12.30pm to 2.00pm. **The café space is their hub** for anyone to use throughout the week. They also offer groups such as the **Caithness Family Support Group, Art Classes, Knit and Knatter, Blue Moon Yoga & Pilates, Men's Shed, and Public Music Tutor Sessions**. And provide **Childcare, Elderly Care** and a **Jobs Club!** Contact a member of the team for more information.

Tel: 01955 608530

Web: www.pppwick.org.uk

Wick Youth Club

Provides services to all young people including an **after school & holiday club**. They provide support to families who use the facility and mental health support to young people of all ages. A **warm hub** called the **Monday Club** runs on a Monday which includes a **free light lunch with refreshments** as well as activities and support to adults of all ages. A bus pick-up service is available if required

Tel: 01955 603174

Sinclair's Bay Trust.

The ambition of the Trust is that it aims to **improve the lives of those living, working and visiting the Sinclair's Bay area**. They run regular projects to support the local community and cover the villages of **Reiss, Keiss, Ackergill, Staxigoe and Papigoe** as well as the **surrounding areas**. Please contact them for more information about the support they have to offer:

Email: admin@sinclairsbay.co.uk

Latheron, Lybster and Clyth Community Development Company (LLCCDC) provide community activities and a training hub, a fully equipped training/meeting room, polytunnels, allotments, and a tool shed along with support and assistance to residents and community groups. **Email: lccdc@outlook.com**

Tel: 01593721230

Caithness Community Connections

As well as running weekly youth sessions CCC **distribute foodstuff** in Lybster village, and occasionally in Thrumster. CCC provide **support to families and people** in the communities they work in. If you'd like to be added to their **food share group**, please get in touch by sending a text to:

Text: 07885295264

Wick Baptist Church

Offer regular **social spaces** and **free food**, please contact **01955 606186 www.wickandkeissbc.com**.

LOCAL SERVICES WEST CAITHNESS

Thurso Community Cafe

The cafe offers food & emotional support to those struggling and disadvantaged within the community. **The cafe operates on a 'pay what you can' basis** and has a **Community food Larder**.

www.thursocommunitycafe.co.uk

Email: thursocc@yahoo.com

Thurso Youth Club

Thurso Youth Club offers sessions for children & young people from P1 upwards. **Free hot snacks** are available on **Monday and Thursday evenings** and on **Friday afternoons they have a drop-in youth café where hot food is available at very reasonable prices**. During holidays They offer activity sessions for children with a hot meal option. **Tel: 07833750530**

Email: thursoyouthclub@gmail.com

Castletown - Sharing is Caring

Castletown offers a **food-sharing facility** distributing surplus food from local supermarkets, FareShare and Cfine. It can help to **stretch your budget and help to reduce food waste**. Located at the back of Castletown Youth Club. **Tel: 07745 707506**

Thurso Community Development Trust

TCDT run a food **Sharing Shed** located beside Thurso Youth Club open daily. They run monthly **senior lunches** (sit in at Thurso youth club or delivery to Thurso area). **Highland Community Waste** run regular Workshops to reduce waste. This helps cut costs, grow local, and reduce our environmental impact. **Tel: 01847 867310**

www.thursocdt.co.uk

Ormlie Community Association

Ormlie runs **activities** for primary **school age children, teens, baby & toddler** and **crafting** sessions. Their **GETIT** project provides support to people who need help to **build a CV, access online benefits, job searching**. Regular **social hubs** including **free food** and distribute excess food from supermarkets.

Tel: 01847 891789

Email: admin@ormlie.org

St Peter's Thurso & St Andrews

Offer regular **social spaces** and **free food**, please contact for more information.

minister@stpetersthurso.uk

Find them at

Princes Street, Highland KW14 7AA

Scotscalder Hall

Offer regular **social spaces** and **free food**.

For more information contact

scotscalderhall@outlook.com

Find them at Scotscalder Hall

Reay Young-Stars

Offer **support and advice** to those in and around the Reay area with different services for all ages, depending on need and want. These services include **groups for kids** of different ages, **food distribution** and **support for all circumstances**.

Sharing shed is located in The Terrace, Reay.

Email: reayyoungstars@gmail.com

Halkirk and Westerdale Church of Scotland

Offer regular social hubs and food to its community.

Find them at **Bridge Street, Halkirk, KW12 6YG**

Contact jsmowat25@btinternet.com