



*Stay
Safe, Well
& Warm
this Winter*

2024/25





*Stay
Safe...*



Free Home Fire Safety Check

The need to prepare and think about your safety and the risks that colder weather can bring is important. Make sure your alarms are working and home electrical items are safe.

Scottish Fire and Rescue
0800 0731 999

Scammers

Being fraud aware and telling someone if you are being controlled or harmed are also important. If you've been scammed, there are organisations you should report the scam to.

Don't feel embarrassed about reporting a scam. Scammers are clever and scams can happen to anyone.

Police: 101

**Advice Direct Scotland's
Consumer Service:**
0808 164 6000

Citizens Advice Bureau

Free independent, confidential advice over the phone on many different kinds of problems.

Falkirk CAB: **01324 626070**

Denny and Dunipace CAB:
01324 823118

Grangemouth and Bo'ness CAB:
01324 666935

Domestic Abuse Support

If you are being harmed by a partner or ex-partner, there is support available.

Committed to Ending Abuse
01324 635661

Equally Safe Falkirk
01324 632903

Central Advocacy Partners
01324 633321

Adult Support and Protection

If you think an adult you know is being harmed, we can help. If you are an adult and you're being harmed, we can help keep you safe. Start the conversation by telling us you have concerns an adult is at risk of harm.

**Report an Adult Protection
Concern: 01324 506070**





Stay Well...



It's important to keep physically and mentally well and socially connected to others, especially over winter months.

If you're struggling there is support and people that can help.

FDAMH

Mental Health Charity in Falkirk
01324 671600

Shout

Support for anyone of any age struggling with their mental health.
TEXT 'Falkirk' to 85258

Central Wellbeing

Groups & Café
5 Manse Place, Falkirk
01324 274034

Falkirk & Clackmannanshire Carers Centre

Support for unpaid carers looking after a family member or friend.
01324 611510

Dial-a-Journey

Door-to-door transport for people who have mobility difficulties.
01324 630500

Falkirk Food Train

Helping older people with shopping, befriending, light housework and meal sharing.
01324 374144

Change Grow Live

For anyone with concerns about their drink or drug use.
08081 962 188

Recovery Scotland

Support for addiction and mental health. Activities every week at cafés across Falkirk.
01324 874969

Andy's Man Club

A support group dedicated to men's mental health. The group is open to all men in the community, offering a safe and non-judgmental space for men of all ages and backgrounds to come together and discuss their ups and downs.
01324 562992



Stay Warm...



You'll get a warm welcome at your local library. Free to join and visit. Read, study, charge your phone, use library wi-fi or PCs and help yourself to a free hot drink. Families will love our children's spaces, and you'll find clubs and events for children and adults. Many events are free or have a reduced entry cost if you receive certain benefits.

Call: 01324 506800 for information.

Library Opening Hours

All closed: Wednesday & Sunday

Bo'ness, Falkirk & Larbert (Stenhousemuir)

Monday: 10am - 8pm
Tuesday: 10am - 5pm
Thursday: 10am - 5pm
Friday: 10am - 5pm
Saturday: 10am - 3pm

Bonnybridge, Denny, G'mouth & Meadowbank (Polmont)

Monday: 10am - 5pm
Tuesday: 10am - 5pm
Thursday: 10am - 8pm
Friday: 10am - 5pm
Saturday: 10am - 3pm

Slamannan

Monday: 10am - 2pm
Tuesday: 10am - 2pm
Thursday: 2pm - 7pm
Friday: 2pm - 5pm
Saturday: 10am - 1pm

Scottish Welfare Fund Helpline

Grants: 01324 506070

Welfare Benefits Help / Debt or Money Management Worries

Debt or money management worries.
Debt Advice Team: 01324 506735

Welfare Benefits Team

Benefit support & assistance:
01324 506070



It's important to keep warm over winter. Keep moving, eat well, stay stocked up, keep up with health appointments, keep your home warm and wrap up when outside.

If you are having difficulties with the cost to heat your home or you don't have enough food, help might be available.

Support for People

Helping you to access essential items you can't with the support of local community groups

Monday - Friday | 9am - 5pm
0808 100 3161

Central Advice & Support HUB

Monday - Friday · 10am - 4pm
01324 506070

East Advice & Support HUB

Monday - Friday · 10am - 4pm
01324 506070

West Advice and Support HUB

Monday - Friday · 10am - 4pm
01324 506070

Weekly Outreach Advice & Support:

Tuesday 2:30pm - 4:30pm
Larbert Library, 22 Hallam Road,
Stenhousemuir, FK5 3JX

01324 503590

Thursday 2:30pm - 4:30pm
Bo'ness Library, Scotland's Close,
Bo'ness EH51 0AH

01506 778520



National Helplines

Home Energy Scotland

Free and impartial advice on energy saving measures and information about funding available in your area.

0808 808 2282

Age Scotland Helpline

Free and confidential phone service for older people, their carers and families in Scotland.

Monday - Friday • 9am - 5pm

0800 124 4222

Shelter Scotland

Housing Advice

0808 800 4444

NHS 24

Call: **111** for 24/7 Support

Breathing Space

If you are feeling unable to cope and need to talk.

0800 83 85 87

Samaritans

116 123 for 24/7 Support

Scotland's Citizens Advice Helpline

Free, impartial and confidential advice on a variety of topics.

0800 028 1456

**If you think an adult
you know is being
harmed, we can help.**

Mon - Fri • 9am - 5pm:
01324 506070

All other times:
01786 470500

If it's an emergency
always dial **999**



The leaflet was put together
by Falkirk Adult Support and
Protection Committee