

## FAMILY SUPPORT

Action in Mind	01786 451203	<a href="http://actioninmind.org.uk">actioninmind.org.uk</a>
Advocacy – Forth Valley and Central	01324 557070	<a href="http://forthvalleyadvocacy.com">forthvalleyadvocacy.com</a>
Age Scotland	08001 244 222	<a href="http://ageuk.org.uk">ageuk.org.uk</a>
Carers' Centre - Ludgate House - Advice & Support for unpaid carers	01259 226839	<a href="http://centralcarers.org">centralcarers.org</a>
Central Advocacy Partners - Support to people with learning disabilities	01324 633321	<a href="http://centraladvocacypartners.org.uk">centraladvocacypartners.org.uk</a>
Citizens Advice Bureau	01259 219404	<a href="http://clacksab.org.uk">clacksab.org.uk</a>
Crossroads Caring Scotland - Support for carers & families	01259 216760	<a href="http://crossroads-scotland.co.uk">crossroads-scotland.co.uk</a>
People First - Support people with learning disabilities	07764 831148	<a href="http://peoplefirstscotland.org.uk">peoplefirstscotland.org.uk</a>
Power of Attorney - Office of the Public Guardian	01324 678398	<a href="http://publicguardian-scotland.gov.uk">publicguardian-scotland.gov.uk</a>
power of Attorney - Solicitors for Older People	0800 152 2037	<a href="http://solicitorsforolderpeoplescotland.co.uk">solicitorsforolderpeoplescotland.co.uk</a>
Royal Voluntary Service	01786 450718	<a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>
Relationship Scotland	03451 192 020	<a href="http://relationshipsotland.org.uk">relationshipsotland.org.uk</a>
Silver-Line - Confidential helpline for older people	08004 708 090	<a href="http://thesilverline.org.uk">thesilverline.org.uk</a>
Stroke Association	07764 907 472	<a href="http://stroke.org.uk">stroke.org.uk</a>
The Mental Health Resource Centre - Support with mental health & wellbeing	01259 290343	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Wellbeing Scotland - Confidential support & counselling	01324 630100	<a href="http://wellbeingscotland.org">wellbeingscotland.org</a>

## TRANSPORT

Bus Timetables & Enquiries	01259 450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Dial a Journey - Service for people with mobility issues (charges apply)	01786 465355	<a href="http://dial-a-journey.org">dial-a-journey.org</a>
First Bus	01324 602 200	<a href="http://firstgroup.com">firstgroup.com</a>
Taxicard	01259 450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Thistle Card - To help anyone who has difficulty in using public transport	01259 450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Traveline Scotland	0871 200 22 33	<a href="http://www.travelinescotland.com/">www.travelinescotland.com/</a>
Mackies of Alloa	01259 216180	<a href="http://mackiescoaches.com">mackiescoaches.com</a>
Hunters Executive Coaches of Alloa	01259 215560	<a href="http://huntersexecutivecoaches.co.uk">huntersexecutivecoaches.co.uk</a>
The train line - Guide to train times		<a href="http://thetrainline.com">thetrainline.com</a>
Scot Rail - Guide to train times		<a href="http://scotrail.co.uk">scotrail.co.uk</a>

## WELLBEING

Clackmannanshire Archives	01259 452262	
Clackmannanshire Ramblers	01259 450000	<a href="http://www.clacks.gov.uk/culture/ramblers/">www.clacks.gov.uk/culture/ramblers/</a>
Devon Angling Association	01259 213891	<a href="http://devonanglingassociation.org.uk/river-devon/">devonanglingassociation.org.uk/river-devon/</a>
Dollar Art Group	01259 742511	
Dollar Bridge Club	01259 743279	
Dollar Drama Group		<a href="http://www.dollardrama.org.uk/">http://www.dollardrama.org.uk/</a>
Dollar Golf Club	01259 742400	<a href="http://dollargolfclub.com">dollargolfclub.com</a>
Dollar History Society	01259 742828	
Dollar Horticultural and Garden Club	01259 743514	<a href="http://dollargardens.info">dollargardens.info</a>
Dollar Museum	01259 742895	<a href="http://dollarmuseum.org.uk">dollarmuseum.org.uk</a>
Dollar Reading Group	01259 452262/743253	<a href="http://clacksweb.org.uk/culture/readinggroups">clacksweb.org.uk/culture/readinggroups</a>
Frandy Fishery	01259 781352	<a href="http://frandyfishery.co.uk/">frandyfishery.co.uk/</a>
Glensherup Trout Fishery	01259 781631	<a href="http://glensherup-fishery.co.uk">glensherup-fishery.co.uk</a>
Hillfoot Harmony	07979 530 760	<a href="http://hillfootharmony.org.uk">hillfootharmony.org.uk</a>
Kinross & Ochil Ramblers	01259 450000	<a href="http://www.clacks.gov.uk/culture/walks/">www.clacks.gov.uk/culture/walks/</a>
Muckhart Golf Club	01259 781423	<a href="http://muckhartgolf.com">muckhartgolf.com</a>
Scottish Women's Rural Institute	01259 743226	<a href="http://www.swri.org.uk">www.swri.org.uk</a>

## FINANCIAL/ONLINE SUPPORT

Age Uk - Advice Line	08006 781174	<a href="http://age.uk.org.uk">age.uk.org.uk</a>
Citizens Advice Bureau	01259 219404	<a href="http://clackscab.org.uk">clackscab.org.uk</a>
Clackmannanshire Credit Union	01259 214200	<a href="http://clackmannanshirecreditunion.com">clackmannanshirecreditunion.com</a>
Digital Sessions - Help with Basic IT Skills	01259 213840	<a href="http://Clackmannanshire Third Sector Interface">Clackmannanshire Third Sector Interface</a>
Housing Benefit & Council Tax	01259 450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Money Advice Service - National Advice Service	08001 387777	<a href="http://moneyadvice.service.org.uk">moneyadvice.service.org.uk</a>

## FOOD

Dollar Lunch Club	01259 742761	
Ludgate House Resource Centre - Day Care (charges may apply)	01259 226833/450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Meals on Wheels (charges may apply)	01259 226833/450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Oakhouse Food Scotland - Private company delivering ready meals	03333 706700	<a href="http://oakhousefoods.co.uk">oakhousefoods.co.uk</a>
Wiltshire Farm Food - Private company delivering ready meals	08000 773100	<a href="http://wiltshirefarmfoods.com">wiltshirefarmfoods.com</a>

## CARE NEEDS

Action on Elder Abuse - Confidential help & advice	08088 088141	<a href="http://elderabuse.org.uk">elderabuse.org.uk</a>
Alfy Line - Advice Line For You - Information on services	01324 567247	<a href="http://nhsforthvalley.com">nhsforthvalley.com</a>
Alzheimer Scotland - Support for people with dementia and their families	08088 083000	<a href="http://alzscot.org">alzscot.org</a>
Contact The Elderly - Befriending Service	08007 16543	<a href="http://contact-the-elderly.org.uk">contact-the-elderly.org.uk</a>
Crossroads Caring Scotland - Care Support	01259 216760	<a href="http://crossroads-scotland.co.uk">crossroads-scotland.co.uk</a>
Flourish Home Support Service - Private care support	01259 214270/07719 045800	<a href="http://homecare.co.uk">homecare.co.uk</a>
Independent Age UK - Advice & Support Helpline	08003 196786	<a href="http://independentage.org">independentage.org</a>
Independent Living Services (ILS) -Home Care Services	01259 768600	<a href="http://homecare.co.uk">homecare.co.uk</a>
Linking People CIC - Support shopping & support in the home	07484 168545	<a href="http://linkingpeople.org.uk">linkingpeople.org.uk</a>
Mears Care - Home care services	08001 216525	<a href="http://mearsgroup.co.uk">mearsgroup.co.uk</a>
MECOPP - Help to get care entitlements	0131 467 2994	<a href="http://mecopp.org.uk">mecopp.org.uk</a>
Respite Care - Clackmannanshire Council & Day Care	01259 452498/450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Self Directed support in Scotland		<a href="http://selfdirectedsupportscotland.org.uk">selfdirectedsupportscotland.org.uk</a>
Telecare Mobile Emergency Care Service (MECS)	01259 226833/450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
The Orchard Care Centre - Private Care Home	01259 720550	<a href="http://hc-one.co.uk">hc-one.co.uk</a>
Toptoes - Footcare, for Healthy Feet	01324 692001	<a href="http://toptoes.org.uk">toptoes.org.uk</a>

## HOME AND GARDEN

Citizens Advice Bureau	01259 219404	<a href="http://clackscab.org.uk">clackscab.org.uk</a>
Age Exclusive Housing	01259 450000	<a href="http://housingcare.org/housing-care/facility-info-13832-curlers-court-dollar-scotland.aspx">housingcare.org/housing-care/facility-info-13832-curlers-court-dollar-scotland.aspx</a>
Clackmannanshire Council - Housing Officers	01259 225115	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Clackmannanshire Tenants' & Residents' Federation	01259 725757	<a href="http://clacksfed.btck.co.uk">clacksfed.btck.co.uk</a>
C-Mee Ltd - Gardening, decorating & small repairs	01259 726685	<a href="http://c-mee.co.uk">c-mee.co.uk</a>
Energy Advice Line	08009 151800	<a href="http://energyadvice.scot.nhs.uk">energyadvice.scot.nhs.uk</a>
Hanover Housing	0131 557 0598	<a href="http://hanover.scot">hanover.scot</a>
Kingdom Housing Association	01592 630922	<a href="http://kingdomhousing.org.uk">kingdomhousing.org.uk</a>
Minor Housing Adaptions	01259 450000	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Ochil View Housing Association	01259 722899	<a href="http://ochilviewha.co.uk">ochilviewha.co.uk</a>
Paragon Housing	01324 664966	<a href="http://paragonha.org.uk">paragonha.org.uk</a>
Trust Housing	01259 721680	<a href="http://trustha.org.uk">trustha.org.uk</a>
Volunteering Matters - Handy Person Service	01259 928088	<a href="http://volunteeringmatters.org.uk">volunteeringmatters.org.uk</a>

## Guide to Local Services

Asda Delivery Service		<a href="http://asda.com/delivery">asda.com/delivery</a>
Buy with Confidence - Local Trusted Traders	01786 443322	<a href="http://buywithconfidence.gov.uk">buywithconfidence.gov.uk</a>
Central Scotland Police	01259 723255	<a href="http://scotland.police.uk">scotland.police.uk</a>
Chemist - Lloyds Pharmacy	01259 742536	<a href="http://lloydspharmacy.com">lloydspharmacy.com</a>
Clackmannanshire Council - Social Services	01259 452498	<a href="http://clacksweb.org.uk">clacksweb.org.uk</a>
Co-operative Food	01259 742505	<a href="http://co-operativefood.co.uk">co-operativefood.co.uk</a>
Dentist - Dollar Dental Care	01259 742218	<a href="http://dollardentalcare.co.uk">dollardentalcare.co.uk</a>
Doctors - Dollar Health Centre	01259 742120	<a href="http://dollarhealthcentre.org.uk">dollarhealthcentre.org.uk</a>
Dollar CAP - Dollar Civic Centre	01259 743253	<a href="http://clacksweb.org.uk/culture/dollarcap">clacksweb.org.uk/culture/dollarcap</a>
Dollar Community Council	01259 450000	<a href="http://dollarcommunity.org.uk">dollarcommunity.org.uk</a>
Dollar Lunch Club	01259 742761	
Dollar Parish Church	01259 743432	<a href="http://dollarparishchurch.org">dollarparishchurch.org</a>
Fire & Rescue Prevention Advice	01259 724112	<a href="http://firescotland.gov.uk">firescotland.gov.uk</a>
Keep Well Clackmannanshire	01259 290213	
Living It Up - Digest of 'What's On' locally		<a href="http://nhsinform.scot.liu">nhsinform.scot.liu</a>
Morrisons	01259 218040	<a href="http://my.morrisons.com/storefinder/#/1/162">my.morrisons.com/storefinder/#/1/162</a>
Muckhart Community Council	01259 450000	<a href="http://muckhart.org.uk">muckhart.org.uk</a>
Muckhart Parish Church		<a href="http://muckhartparishchurch.co.uk">muckhartparishchurch.co.uk</a>
Optician- Stephen Beirne	01259 742662	<a href="http://falkirk-opticians.co.uk">falkirk-opticians.co.uk</a>
Post Office - Dollar	01259 742670	<a href="http://postoffice.co.uk">postoffice.co.uk</a>
Post Office - Muckhart (Mobile Post Office) (Mon & Wed 215-315pm)	0345 611 2970	<a href="http://postoffice.co.uk">postoffice.co.uk</a>
Power of Attorney - Office of the Public Guardian	01324 678398	<a href="http://publicguardian-scotland.gov.uk">publicguardian-scotland.gov.uk</a>
Power of Attorney - Solicitors for Older People	0800 152 2037	<a href="http://solicitorsforolderpeoplescotland.co.uk">solicitorsforolderpeoplescotland.co.uk</a>
St James the Great Episcopal Church	01259 742975	<a href="http://stjamesthegreatdollar">stjamesthegreatdollar</a>
Tesco Delivery Service		<a href="http://tesco.com">tesco.com</a>

## Guide to Local Health Support Groups

Alcoholics Anonymous	Arthritis Support	Braveheart
Breathe Easy	Breathe Easy	Cancer Support Group
Clackmannanshire Woman's Aid	Clackmannanshire Kinship Carers	Epilepsy Connections
Forth Valley Stoma Support Group	M.E Support	M.S Support
National Osteoporosis Society	Neuro Central	Parkinsons
Recovery Café - The Gate	Scottish Slimmers	Signpost Recovery
Slimming World	Smart Recovery	Stroke Association
The Friendship Club	Weight Watchers	Women 4 Women