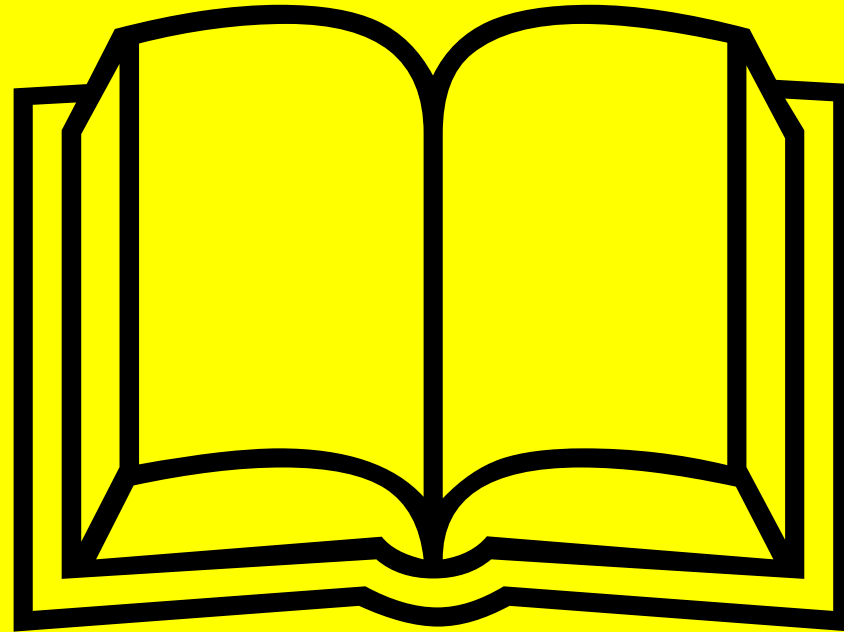


















A guide to organisations that can help you Nithsdale 2015

















































Version 3 June 2015

In Nithsdale, there are people who can help you with ...		Who can help ...	
 <p>Your home</p>	<ul style="list-style-type: none"> housing and paying rent applying for housing and other benefits the Benefit Cap and Under Occupancy if you are affected by them - with your housing 		Your landlord or housing officer
	<ul style="list-style-type: none"> setting up a new home getting good 2nd hand furniture 		Furniture projects
	<ul style="list-style-type: none"> how to cut your energy bills and make your home warmer by funding insulation and other measures 		Home Energy Scotland
	<ul style="list-style-type: none"> advice if you are going to court to be evicted for not paying your rent 		Dumfries and Galloway Citizens Advice Service
	<ul style="list-style-type: none"> support if you are facing eviction or have nowhere to live applying for benefits you may be entitled to – there are over 50. These include Universal Credit, Jobseekers Allowance, Employment and Support Allowance, Disability Living Allowance, Personal Independence Payment, Attendance Allowance, Pension Credit, benefits for people injured in the Armed Forces and benefits for Carers. applying for tax credits and child benefit you may be entitled to 		Your landlord or housing officer
			Homeless Team, Dumfries and Galloway Council
			Shelter
			Jobcentre Plus
			HMRC (Her Majesty's Revenue and Customs)
	 <p>Your benefits and money</p>	<ul style="list-style-type: none"> applying for housing benefits the Benefit Cap and Under Occupancy, if you are affected by them - with applying for Discretionary Housing Payments and looking at other options for financial support advice on Council Tax Reduction (previously Council Tax Benefit) 	
<ul style="list-style-type: none"> applying for money for a one-off emergency (Crisis Grant) applying for help to set up or stay in your home (Community Care Grant) 			Scottish Welfare Fund, Dumfries and Galloway Council
<ul style="list-style-type: none"> advice about applying for benefits including Tax and Pension Credits advice about applying for “passported” benefits you may be entitled to - from our Council – free school meals, help with school uniforms, transport concessions, garden maintenance etc.] From the NHS - Healthy Start food and vitamins, free NHS dental treatment, glasses, transport to hospital, etc.] Legal Aid Independent Learning Accounts letting you know about other ways you might be able to get financial help advice if you are behind with paying your rent or want to manage your money better debt advice and help to manage debts a benefits health check to make sure you are getting everything you should be information about other ways you might get help in a crisis - if you are not eligible for a Crisis or Community Care Grant 			Dumfries and Galloway Citizens Advice Service
			Dumfries Welfare Rights
			Financial Inclusion and Assessment Team, Dumfries and Galloway Council

In Nithsdale, there are people who can help you with ...

Who can help ...

 <p>Bank accounts, loans and savings</p>	<ul style="list-style-type: none"> opening a basic bank or building society account to pay in your benefit and pay your bills advice about setting up monthly direct debits for rent and other bills 		Basic bank accounts with a bank or building society
	<ul style="list-style-type: none"> applying for a loan at an affordable rate 		Jobcentre Plus – Budgeting loan
	<ul style="list-style-type: none"> opening a savings account 		Solway Credit Union
			Basic bank account with a bank or building society
	<ul style="list-style-type: none"> dealing with an illegal money lender 	 	Trading Standards, Dumfries and Galloway Council
 <p>Computers</p>	<ul style="list-style-type: none"> getting access to a computer working with a computer 	 	Employability and Skills Service, Dumfries and Galloway Council
		 	Community Learning and Development, Dumfries and Galloway Council
			IT centres
		 	Jobcentre Plus
		 	Libraries, Dumfries and Galloway Council
		 	Community Learning and Development, Dumfries and Galloway Council
 <p>Training and jobs</p>	<ul style="list-style-type: none"> improving your reading, writing or counting 	 	Community Learning and Development, Dumfries and Galloway Council
	<ul style="list-style-type: none"> improving your English if it's not your first language 		Dumfries and Galloway Multi-cultural Association
	<ul style="list-style-type: none"> accredited training 	 	Community Learning and Development, Dumfries and Galloway Council
			Dumfries and Galloway College
	<ul style="list-style-type: none"> training, learning or volunteering building your confidence form filling, CV writing and learning interview skills getting into work 		Dumfries and Galloway College
		 	Employability and Skills Service, Dumfries and Galloway Council
		 	Community Learning and Development, Dumfries and Galloway Council






In Nithsdale, there are people who can help you with ...		Who can help ...	
			Jobcentre Plus
	<ul style="list-style-type: none"> taking a job or increasing the hours you already work, if you are in a job 		Jobcentre Plus
 <p>Dealing with problems</p>	<ul style="list-style-type: none"> dealing with a physical disability or a hearing or eyesight loss 		DGVoice
			Social Work Services, Dumfries and Galloway Council
	<ul style="list-style-type: none"> Support if you are a carer 		Dumfries & Galloway Carers Centre
	<ul style="list-style-type: none"> support If you have been subject to domestic abuse 		Dumfries & Stewartry Women's Aid
	<ul style="list-style-type: none"> ex-service personnel issues 		Soldiers, Sailors and Airmen's Families Association (SSAFA)
	<ul style="list-style-type: none"> support if you are a child or young person and have a drink, drug, gambling or other addiction problem 		Aberlour Childcare
			Issu18
	<ul style="list-style-type: none"> support if you are an adult and have a drink, drug, gambling or other addiction problem 		Addaction
		ADS South West Scotland	
		Apex	
		Criminal Justice, Dumfries and Galloway Council	
		NHS Specialist Drug and Alcohol team	



























Please note this list only has some of the places you can go for help. There are many other organisations that provide a variety of support. Talk to a specialist adviser who will know of other people who may be able to help you.

























































In Nithsdale, here are the contact details for the services who can help you






































































Please note that this is not a full list of all the support that is available.






































For more information about what is available, please contact any of the agencies shown.

Who I am looking for		Where they are	How I can contact them	When they are open
Aberlour Childcare		North West Resource Centre, College Drive, Dumfries DG2 0BX	☎ 01387 279279 📧 www.aberlour.org.uk ✉ dumfries.outreach@aberlour.org.uk	Mon to Fri 9am - 5pm.
Addaction		79 Buccleuch Street, Dumfries DG1 2AB	☎ 01387 263208 📧 http://www.addaction.org.uk/default.asp ✉ Dumfries&Galloway@addaction.org.uk	Mon to Fri 9am - 5pm.
Alcohol and Drugs Support, South West Scotland		79 Buccleuch Street, Dumfries DG1 2AB	☎ 01387 259999 📧 http://www.adssws.co.uk/ ✉ info@adssws.co.uk	Mon to Fri 9am - 5pm.
Apex		77-79 Friars Vennel, Dumfries DG1 2RF	☎ 01387 256310 📧 http://www.apexscotland.org.uk/ ✉ gary.small@apexscotland.org.uk	Mon to Fri 9am - 5pm.
Basic bank account: Dumfries		Bank of Scotland, 91 High Street, Dumfries DG1 2BN	☎ 01387 227001 📧 http://www.bankofscotland.co.uk/	Mon, Tues, Thurs & Fri 9am - 5pm Wed 9.30am - 5.00pm, Sat 9am - 4pm.
		Barclays, 3 Castle Street, Dumfries DG1 1DJ	☎ 0345 7 345 345 📧 http://ask.barclays.co.uk/	Mon to Fri 9:30am – 4.30pm
		HSBC, 46 High Street, Dumfries DG1 2JA	☎ New customers: 03456 040 626 Existing Customers: 03457 404 404 📧 http://www.hsbc.co.uk/	Mon, Wed Thurs & Fri 9am – 5pm, Tues 9.30am – 5pm, Sat 9am – 2pm.
		Nationwide, 2 Church Crescent, Dumfries DG1 1EW	☎ 0800 5540930 📧 http://www.nationwide.co.uk/	Mon to Fri 9am – 4.30pm, Sat 9am – 12 noon
		Royal Bank of Scotland, 151 High Street, Dumfries DG1 2RA	☎ 01387 254325 📧 http://www.rbs.co.uk/personal.ashx	Mon, Tues, Thurs & Fri 9.15am – 5pm, Wed 9.30am – 5pm, Sat 9am – 3pm.
		Royal Bank of Scotland, 68 Whitesands, Dumfries DG1 2PG	☎ 01387 269222 📧 http://www.rbs.co.uk/personal.ashx	Mon, Tues, Thurs & Fri 9.15am – 5pm, Wed 9.30am – 5pm.
		Santander, 136 High Street, Dumfries DG1 2BG	☎ 0845 765 4321 📧 http://www.santander.co.uk/	Mon to Fri 9am – 5pm, Sat 9am – 4pm.
		TSB Bank, 6 Queensberry Square, Dumfries DG1 1BL	☎ 0345 975 8758 📧 http://www.tsb.co.uk/	Mon, Tues, Thurs 9.30am – 4pm, Wed 10am – 4pm, Fri 9.30am – 6pm.
Basic bank account: Thornhill		Bank of Scotland, 63 Drumlanrig Street, Thornhill DG3 5LY	☎ 01848 272001 📧 http://www.bankofscotland.co.uk/	Mon, Tues, Thurs & Fri 9.15am - 4.45pm, Wed 9.30am - 4.45pm. Closed for lunch 12.30pm - 1.30pm.
Basic bank account: Sanquhar		Bank of Scotland, 63 High Street, Sanquhar DG4 6DT	☎ 01659 222018 📧 http://www.bankofscotland.co.uk/	Mon, Tues, Thurs & Fri 9.15am - 4.45pm Closed for lunch 12.30pm - 1.30pm.
Community Learning & Development		North West Resource Centre, College Road, Dumfries DG2 0LB	☎ 01387 279279 ✉ Jean.Nelson@dumgal.gov.uk	Mon to Fri 9am - 5pm.
		Kirkconnel Resource Base, 37a Main Street, Kirkconnel DG4 6NB	☎ 01659 66279 ✉ Violet.Wark@dumgal.gov.uk	Mon to Fri 9am - 5pm.

Who I am looking for		Where they are	How I can contact them	When they are open
Community Learning & Development		Sanquhar Community Centre Station Road, Sanquhar DG4 6BT	  01659 50426 / 01659 66279 Violet.Wark@dumgal.gov.uk	Mon to Fri 9am - 5pm.
Criminal Justice, Dumfries and Galloway Council		122-124 Irish Street, Dumfries DG1 2AW	  01387 273600 http://www.dumgal.gov.uk/index.aspx?articleid=2143	Mon to Fri 9am - 5pm.
DG Voice		Midsteeple (2nd Floor), High Street, Dumfries DG1 2BH	  01387 257770 http://www.dgvoice.co.uk/ info@dgvoice.co.uk	Mon to Fri 9am - 5pm.
Dumfries & Galloway Carers Centre		2-6 Nith Street Dumfries DG1 2PW	  01387 248600 http://www.dgalcarers.co.uk/ info@dgalcarers.org	Mon, Weds, Fri 9-4 Tues and Thurs appointments only.
Dumfries and Galloway Citizens Advice Service		81 – 85 Irish Street, Dumfries DG1 2PQ	  0300 303 4321 www.dagcas.org info@dagcas.org	Mon to Fri 9am – 5pm and also Thurs 5pm – 7pm
		Reception, D&G Royal Infirmary, Bankend Road, Dumfries DG1 4TG		Mon 2pm – 5pm (General).
		MacMillan Cancer Information Centre, D&G Royal Infirmary, Bankend Road, Dumfries DG1 4TG	  0300 303 4321. Telephone advice Mon to Fri 9am -7pm www.dagcas.org info@dagcas.org	Wed & Fri 10am – 12 noon (Benefits only).
		Midpark Hospital, Bankend Road, Dumfries DG1 4TN		Tues 10am – 12 noon. By appointment only.
		Northwest Resource Centre, College Drive, Lincluden, Dumfries DG2 0BX		Mon & Wed 10am – 12 noon (Debt), Thurs 10am – 12 noon. By appointment only.
		Mill Hill Centre, Kelloholm DG4 6EL		Every 2 nd Wed 2pm – 4pm. Debt advice every 2 nd week. By appointment only.
		Action for Children, Greystone Avenue, Kelloholm DG4 6RB		Every 2 nd Tues 9.30am – 12.30pm.
		Kirkconnel Job Club, Kirkconnel Resource Base, 37a Main Street, Kirkconnel DG4 6NB		Every 2 nd Wed 1.30pm – 3.30pm.
Council Offices, 100 -102 High Street, Sanquhar DG4 6EB	Wed 9.30am – 12.30pm, Every 2 nd Tues 9.30am – 12.30pm. Debt advice every 2 nd week. By appointment only.			
Dumfries and Galloway College		Bankend Road, Dumfries DG1 4FD		  01387 734000 www.dumgal.ac.uk colin@dumgal.co.uk
Dumfries and Galloway Multicultural Association		Old Assembly Close, Irish Street, Dumfries DG1 2NP	  01387 254624 http://www.dgma.org.uk/ info@dgma.org.uk	Mon to Fri 1pm to 5pm.
Dumfriesshire and Stewartry Women's Aid		12 Whitesands, Dumfries DG1 2RR	  01387 263052. 24 hour on 0771 015 2772. www.dumfriesshireandstewartrywomensaid.co.uk admin@dumfriesshireandstewartrywomensaid.org.uk	Mon to Fri 9.30am – 4.30pm.

Who I am looking for		Where they are	How I can contact them	When they are open
Employability and Skills, Dumfries and Galloway Council	 	4 Nith Place, Dumfries DG1 2PN	   01387 245191 http://www.dumgal.gov.uk/yourfuture ESSreferrals@dumgal.gov.uk	Mon to Fri 9am – 5pm.
Financial Inclusion and Assessment Team, Dumfries and Galloway Council	 	Carruthers House, English Street, Dumfries DG1 2HP	   030 33 33 3008 http://www.dumgal.gov.uk/index.aspx?articleid=1633 fiatreferrals@dumgal.gov.uk	Mon to Fri 9am - 5pm.
		Reception, D&G Royal Infirmary, Bankend Road, Dumfries DG1 4TG		Thur 10am – 4pm.
Furniture project: Nithsdale Furniture Project		Shirley Road, Lochside, Dumfries, DG2 2RP	   01387 720961 http://www.nithsdalefurnitureproject.com/home.html admin@furnitureproject.org	Mon to Fri 9am - 5pm.
		17 – 21 Friars Vennel, Dumfries DG1 2RQ		Mon to Sat 9am – 6pm.
Furniture project: SHAX		Merrick House, Bankend Road, Dumfries DG1 4TA	   01387 245358 http://www.shax.org.uk/ info@shax.org.uk	Mon to Fri 9.30am – 4pm.
Furniture project: VP Furniture Project		Nith Buildings, Kelloholm DG4 6RX	  07904 872310 https://www.facebook.com/pages/Kirkconnel-Village-Pride/136874469671563	Mon to Thurs 10am – 12 noon, Fri 10am – 3.30pm.
Home Energy Scotland		Online	  0808 808 2282 http://www.greenerscotland.org/warm-homes	Mon to Fri 8am - 8pm, Sat 9am - 5pm.
Homeless team, Dumfries and Galloway Council	 	52-60 Queensberry Square, Dumfries DG1 1BF	   01387 260766/260752 http://www.dumgal.gov.uk/index.aspx?articleid=1613 homelessdumfries@dumgal.gsx.gov.uk	Mon to Fri 9am – 5pm.
HMRC (Her Majesty's Revenue and Customs)		Child Benefit Office PO Box 1 Newcastle Upon Tyne NE88 1AA	  0300 200 3100 https://www.gov.uk/government/organisations/hm-revenue-customs/contact/child-benefit	Mon to Fri 8am – 6pm.
		Tax Credit Office Preston PR1 4AT	  0345 300 3900 https://www.gov.uk/government/organisations/hm-revenue-customs/contact/tax-credits-enquiries	
Issu18		Young People's Substance Service, Ladyfield Offices, Glencaple Road, Dumfries DG1 4TE	   01387 244327 http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Child_Health_Services/Child_and_Adolescent_Mental_Health_Services_CAMHS dums-uhb.CAMHS-mail@nhs.net	Mon to Fri 9am - 5pm.
IT centres: Dumfries		DGHP, 4 Nith Street, Dumfries DG1 2PW	   0800 011 3447 or 0845 606 3447 https://www.dghp.org.uk/ customerservice@dghp.org.uk	Mon to Fri 9am - 5pm. By appointment only
	 	Ewart Library, Catherine Street, Dumfries DG1 1JB	   01387 253820 http://www.dumgal.gov.uk/index.aspx?articleid=1383 library@dumgal.gov.uk	Mon & Wed 9am – 6.30pm, Tues & Fri 9am – 5pm, Thurs 9am – 6pm, Sat 10am – 4pm.
	 	Georgetown Library, Gillbrae Road, Dumfries DG1 4EJ	   01387 256059 http://www.dumgal.gov.uk/index.aspx?articleid=1383 libgeorgetown@dumgal.gov.uk	Mon 1pm – 7pm, Tues 9am – 5pm, Wed 9am – 4pm, Thurs 12 noon – 5pm, Fri 9am – 4pm, Sat 10am – 1pm.
		Independent Living Support, 8 George Street, Dumfries DG1 1HH	   01387 262226 www.ils-dumfries.co.uk enquiries@ils-dumfries.co.uk	Mon to Fri 10am – 2pm.

Who I am looking for		Where they are	How I can contact them	When they are open
IT centres: Dumfries	 	Jobcentre Plus, 67 - 75 Irish Street, Dumfries DG2 1NU	   0345 604 3719 www.gov.uk/dwp	Mon, Tues, Thurs and Fri 9am - 5pm. Wed 10am – 5pm.
	 	Lochside Library, Lochside Road, Lochside, Dumfries DG2 0LW	   01387 268751 http://www.dumgal.gov.uk/index.aspx?articleid=1383 liblochside@dumgal.gov.uk	Tues 12 noon – 7pm, Wed 10am – 5pm, Sat 10am – 1pm.
	 	Lochthorn Library, Lochthorn, Locharbriggs, Dumfries DG1 1UF	   01387 265780 http://www.dumgal.gov.uk/index.aspx?articleid=1383 liblochthorn@dumgal.gov.uk	Mon 1pm – 7pm, Tues 10am – 4pm, Wed & Thurs 10am – 5pm, Fri 9am – 4pm, Sat 10am – 1pm.
		Lowland Training, 1st Floor, 70 Buccleuch Street, Dumfries DG1 2AA	   01387 262721 or 07908 852990 http://www.lowlandtraining.co.uk/ anneclark@lowlandtraining.co.uk or tracyjohnson@lowlandtraining.co.uk	Mon to Fri 9am – 5pm.
	 	Northwest Resource Centre, College Drive, Lincluden, Dumfries DG2 0BX	   01387 279279 http://www.dumgal.gov.uk/index.aspx?articleid=3511 adultlearning@dumgal.gov.uk	Mon to Thurs 9am – 5pm, Fri 12 noon – 4.30pm.
	 	Oasis Youth Centre, Newall Terrace, Dumfries DG1 1LW	   01387 260243 http://www.dumgal.gov.uk/index.aspx?articleid=3514 youth_work@dumgal.gov.uk	Mon to Fri 9am – 6.30pm.
		the hub, 24-26 Friars Vennel, Dumfries DG1 2RQ	   01387 269161 http://www.thehubdg.org/ info@thehubdg.org.uk	Mon to Fri 9am – 4.30pm.
	 	Youth Enquiry Service, 25 Friars Vennel, Dumfries DG1 2RQ	   01387 251322 http://www.youthenquiryservice.com/ youth_work@dumgal.gov.uk	Mon & Fri 1pm – 5pm, Wed 2pm – 6pm, Thurs 4pm – 5pm.
IT centres: Kirkcubright	 	Kirkcubright Library, Greystone Avenue, Kirkcubright DG4 6RA	   01659 67191 http://www.dumgal.gov.uk/index.aspx?articleid=1383 libkirkcubright@dumgal.gov.uk	Wed 2pm – 7pm, Thurs 10am – 4pm, Fri 10am – 1pm, Sat 10am – 1pm.
	 	Kirkcubright Resource Base, 37a Main Street, Kirkcubright DG4 6NB	  01659 50426 adultlearning@dumgal.gov.uk	Mon to Thurs 9am – 5pm, Fri 9am – 4pm.
IT centres: Sanquhar	 	Sanquhar Library, 106 High Street, Sanquhar DG4 6DZ	   01659 50626 http://www.dumgal.gov.uk/index.aspx?articleid=1383 libsanguhar@dumgal.gov.uk	Mon 10am – 1pm, Wed 10am – 4pm, Thurs 10am – 1pm, Fri 2pm – 7pm.
	 	Sanquhar Community Centre, Station Road, Sanquhar DG4 6BT	   01659 50426 http://www.dumgal.gov.uk/index.aspx?articleid=3516 adultlearning@dumgal.gov.uk	Mon to Thurs 9am – 5pm, Fri 9am – 4pm.
IT centre: Thornhill	 	Thornhill Library, Townhead Street, Thornhill DG3 5NW	   01848 330654 http://www.dumgal.gov.uk/index.aspx?articleid=1383 libthornhill@dumgal.gov.uk	Tues 10am – 2pm, Thurs 4pm – 8pm, Fri 2pm – 5pm, Sat 10am – 1pm.
Jobcentre Plus		67 - 75 Irish Street, Dumfries DG2 1NU	   0345 604 3719 www.gov.uk/dwp	Mon, Tues, Thurs and Fri 9am - 5pm. Wed 10am – 5pm.
NHS Specialist Drug and Alcohol team - Adults		Lochfield Road Primary Care Centre, 12 - 28 Lochfield Road, Dumfries DG2 9BH	  01387 244550/244555 http://www.nhs.uk/Departments_and_Services/Alcohol_and_Drug_Service/Alcohol_and_Drug_Service-Home	Mon to Fri 8.30am - 5pm.

Who I am looking for		Where they are	How I can contact them	When they are open
Revenues and Benefits, Dumfries and Galloway Council		Carruthers House, English Street, Dumfries DG1 2HP	 030 33 33 3006  Housing Benefit and Council Tax Reduction  http://dumgal.gov.uk/index.aspx?articleid=1640  Benefits Online www.dumgal.gov.uk/benefits  Benefit Contact Form (Online) -  http://dumgal.gov.uk/index.aspx?articleid=11165  HousingandCouncilTaxBenefit@dumgal.gov.uk	Mon to Fri 9am - 5pm. By telephone Mon to Fri 8am - 6pm.
Scottish Welfare Fund, Dumfries and Galloway Council		Applications by telephone or online only.	 030 33 33 3007  Crisis grants  http://www.dumgal.gov.uk/index.aspx?articleid=12036  Community Care grants  http://www.dumgal.gov.uk/index.aspx?articleid=13713  scottishwelfarefund@dumgal.gov.uk	By telephone Mon to Fri 8am - 6pm or online at any time.
Shelter		95 Irish Street, Dumfries DG1 2NP	 0344 515 2390  www.shelter.org.uk  sue_roberts@shelter.org.uk	Mon to Fri 9am – 5pm
Social Work Services, Dumfries and Galloway Council		122-124 Irish Street, Dumfries DG1 2PB	 030 33 33 3001  http://dumgal.gov.uk/index.aspx?articleid=2067	Mon to Fri 9am - 5pm.
Soldiers, Sailors and Airmen's Families Association		Not available	 01387 266840  https://www.ssafa.org.uk/	Not available.
Solway Credit Union		24 Friars Vennel, Dumfries DG1 2RL	 01387 267200  http://www.solwaycreditunion.co.uk/  solway@solwaycreditunion.wanadoo.co.uk	Tues 9am - 1pm, 2pm - 5pm; Thurs 9am - 1pm; Fri 9am - 1pm.
Trading Standards		Municipal Chambers, Buccleuch Street, Dumfries DG1 2AD	 030 33 33 3000  http://info.dumgal.gov.uk/tradingstandards/Home/Consumer?Length=4  EnvironmentalStandards@dumgal.gov.uk	Mon to Fri 9am - 5pm.
Welfare Rights		63-65 Friars Vennel, Dumfries DG1 2RQ	 01387 266888  http://www.welfarerights.net/home.php  info@welfarerights.net	Monday 10am - 4pm & Friday 10am - 2pm. Tuesday, Wednesday & Thursday 10am - 4pm phone calls only.

Contact details and opening times may be subject to change.

Please check before you attend

If you have any suggestions for amendments to this document, please contact Dumfries and Galloway Council, Revenues and Benefits, Carruthers House, Dumfries DG1 2HP, Telephone 01387 260267 or email DandGPractitioners@dumgal.gov.uk