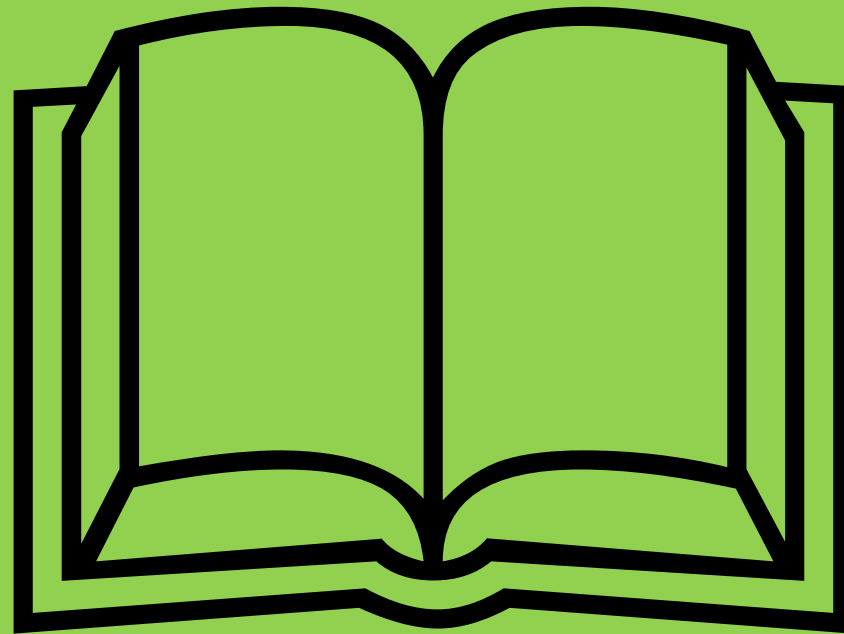

















































# A guide to organisations that can help you Stewartry 2015
















Version 3 June 2015

In the Stewartry, there are people who can help you with ...		Who can help ...	
 <p><b>Your home</b></p>	<ul style="list-style-type: none"> <li>housing and paying rent</li> <li>applying for housing and other benefits</li> <li>the Benefit Cap and Under Occupancy if you are affected by them - with your housing</li> </ul>		Your landlord or housing officer
	<ul style="list-style-type: none"> <li>setting up a new home</li> <li>getting good 2<sup>nd</sup> hand furniture</li> </ul>		Furniture projects
	<ul style="list-style-type: none"> <li>how to cut your energy bills and make your home warmer by funding insulation and other measures</li> </ul>		Home Energy Scotland
	<ul style="list-style-type: none"> <li>advice if you are going to court to be evicted for not paying your rent</li> </ul>		Dumfries and Galloway Citizens Advice Service
	<ul style="list-style-type: none"> <li>support if you are facing eviction or have nowhere to live</li> </ul>	   	Your landlord or housing officer Homeless Team, Dumfries and Galloway Council Shelter
 <p><b>Your benefits and money</b></p>	<ul style="list-style-type: none"> <li>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.</li> </ul>		Jobcentre Plus
	<ul style="list-style-type: none"> <li>applying for tax credits and child benefit you may be entitled to</li> </ul>		HMRC (Her Majesty's Revenue and Customs)
	<ul style="list-style-type: none"> <li>applying for housing benefits</li> <li>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</li> <li>advice on Council Tax Reduction (previously Council Tax Benefit)</li> </ul>	 	Revenues and Benefits, Dumfries and Galloway Council
	<ul style="list-style-type: none"> <li>applying for money for a one-off emergency (Crisis Grant)</li> <li>applying for help to set up or stay in your home (Community Care Grant)</li> </ul>	 	Scottish Welfare Fund, Dumfries and Galloway Council
	<ul style="list-style-type: none"> <li>advice about applying for benefits including Tax and Pension Credits</li> <li>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</li> <li>letting you know about other ways you might be able to get financial help</li> <li>advice if you are behind with paying your rent or want to manage your money better</li> <li>debt advice and help to manage debts</li> <li>a benefits health check to make sure you are getting everything you should be</li> <li>information about other ways you might get help in a crisis - if you are not eligible for a Crisis or Community Care Grant</li> </ul>	 	Dumfries and Galloway Citizens Advice Service Dumfries Welfare Rights
		 	Financial Inclusion and Assessment Team, Dumfries and Galloway Council

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



**Dealing with problems**

<ul style="list-style-type: none"> <li>dealing with a physical disability or a hearing or eyesight loss</li> </ul>		DGVoice
	 	Social Work Services, Dumfries and Galloway Council
<ul style="list-style-type: none"> <li>support if you are a carer</li> </ul>		Dumfries & Galloway Carers Centre
<ul style="list-style-type: none"> <li>support If you have been subject to domestic abuse</li> </ul>		Dumfries & Stewartry Women's Aid
<ul style="list-style-type: none"> <li>ex-service personnel issues</li> </ul>		Soldiers, Sailors and Airmen's Families Association (SSAFA)
<ul style="list-style-type: none"> <li>support if you are a child or young person and have a drink, drug, gambling or other addiction problem</li> </ul>		Issu18
<ul style="list-style-type: none"> <li>support if you are an adult and have a drink, drug, gambling or other addiction problem</li> </ul>		Addaction
<ul style="list-style-type: none"> <li>support if you are an adult and have a drink, drug, gambling or other addiction problem</li> </ul>		ADS South West Scotland
<ul style="list-style-type: none"> <li>support if you are an adult and have a drink, drug, gambling or other addiction problem</li> </ul>		Apex
<ul style="list-style-type: none"> <li>support if you are an adult and have a drink, drug, gambling or other addiction problem</li> </ul>	 	Criminal Justice, Dumfries and Galloway Council
<ul style="list-style-type: none"> <li>support if you are an adult and have a drink, drug, gambling or other addiction problem</li> </ul>		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 the Stewartry, 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
Addaction 	79 Buccleuch Street, Dumfries DG1 2AB	 01387 263208  <a href="http://www.addaction.org.uk/default.asp">http://www.addaction.org.uk/default.asp</a> <a href="mailto:Dumfries&amp;Galloway@addaction.org.uk">Dumfries&amp;Galloway@addaction.org.uk</a>	Mon to Fri 9am - 5pm.
Alcohol and Drugs Support, South West Scotland 	225 King St, Castle Douglas DG7 1DT	 01556 503550  <a href="http://www.adssws.co.uk/">http://www.adssws.co.uk/</a> <a href="mailto:info@adssws.co.uk">info@adssws.co.uk</a>	Mon to Fri 9am - 5pm.
Apex 	77-79 Friars Vennel, Dumfries DG1 2RF	 01387 256310  <a href="http://www.apexscotland.org.uk/">http://www.apexscotland.org.uk/</a> <a href="mailto:gary_small@apexscotland.org.uk">gary_small@apexscotland.org.uk</a>	Mon to Fri 9am - 5pm.
Basic bank account: Dalbeattie 	Bank of Scotland, 1 John Street, Dalbeattie DG5 4AL	 01556 610420  <a href="http://www.bankofscotland.co.uk/">http://www.bankofscotland.co.uk/</a>	Mon, Tues, Thurs & Fri 9.15am - 4.45pm, Wed 10am - 4.45pm. Closed for lunch 12.30pm – 1.30pm.
Basic bank account: Kirkcudbright 	Bank of Scotland, 15 St Mary Street, Kirkcudbright DG6 4AD	 01557 331119  <a href="http://www.bankofscotland.co.uk/">http://www.bankofscotland.co.uk/</a>	Mon, Tues, Thurs & Fri 9.15am - 4.45pm Wed 9.30am - 4.45pm. Closed for lunch 12.30pm - 1.30pm
	Royal Bank of Scotland, 37 St Mary Street, Kirkcudbright DG6 4AE	 01557 330492  <a href="http://www.rbs.co.uk/personal.ashx">http://www.rbs.co.uk/personal.ashx</a>	Mon, Tues, Thurs & Fri 9.15am – 5pm, Wed 9.30am – 5pm.
Basic bank account: Castle Douglas 	Bank of Scotland, 192 King Street, Castle Douglas DG7 1DB	 01556 522024  <a href="http://www.bankofscotland.co.uk/">http://www.bankofscotland.co.uk/</a>	Mon, Tues, Thurs & Fri 9.15am - 4.45pm, Wed 9.30am - 4.45pm.
	Royal Bank of Scotland, 133 King Street, Castle Douglas DG7 1NB	 01556 502361  <a href="http://www.rbs.co.uk/personal.ashx">http://www.rbs.co.uk/personal.ashx</a>	Mon, Tues, Thurs & Fri 9.15am – 5pm, Wed 9.30am – 5pm, Sat 9am – 3pm.
	TSB Bank, 55 King Street, Castle Douglas DG7 1AE	 01556 804 999  <a href="http://www.tsb.co.uk/">http://www.tsb.co.uk/</a>	Mon & Tues 9am – 4pm, Wed 10am – 4pm, Thurs 9am – 5.30pm, Fri 9am – 5pm.
Basic bank account: Gatehouse 	Bank of Scotland, 1 High Street, Gatehouse DG7 2HR	 01557 814518  <a href="http://www.bankofscotland.co.uk/">http://www.bankofscotland.co.uk/</a>	Tue and Thur 9.15am -12.30pm & 1.30pm - 4.45pm.
Basic bank account: Dalry 	Bank of Scotland, 12 Main Street, Dalry DG7 3UW	 01644 430342  <a href="http://www.bankofscotland.co.uk/">http://www.bankofscotland.co.uk/</a>	Wed 10.15am - 12.30pm & 1.30pm - 4.45pm.
Community Learning & Development  	Castle Douglas Community Centre, Cotton Street, Castle Douglas DG7 1AJ	 Reading, writing and counting 01556 502521  <a href="mailto:Lindsay.Callander@dumgal.gov.uk">Lindsay.Callander@dumgal.gov.uk</a>	Mon to Fri 9am – 5pm.
Criminal Justice, Dumfries and Galloway Council  	122-124 Irish Street, Dumfries DG1 2AW	 01387 273600  <a href="http://www.dumgal.gov.uk/index.aspx?articleid=2143">http://www.dumgal.gov.uk/index.aspx?articleid=2143</a>	Mon to Fri 9am - 5pm.

Who I am looking for	Where they are	How I can contact them	When they are open
DG Voice	 Midsteeples (2nd Floor), High Street, Dumfries DG1 2BH	 01387 257770  <a href="http://www.dgvoice.co.uk/">http://www.dgvoice.co.uk/</a>  <a href="mailto:info@dgvoice.co.uk">info@dgvoice.co.uk</a>	Mon to Fri 9am - 5pm.
Dumfries & Galloway Carers Centre	 2-6 Nith Street Dumfries DG1 2PW	 01387 248600  <a href="http://www.dgalcarers.co.uk/">http://www.dgalcarers.co.uk/</a>  <a href="mailto:info@dgalcarers.org">info@dgalcarers.org</a>	Mon, Weds, Fri 9-4 Tues and Thurs appointments only.
Dumfries and Galloway Citizens Advice Service	 3 St Andrew Street, Castle Douglas DG7 1DE	 0300 303 4321  <a href="http://www.dagcas.org">www.dagcas.org</a>  <a href="mailto:info@dagcas.org">info@dagcas.org</a>	Mon to Fri 9am – 5pm
			Tues 10am – 12 noon.
			Wed 2pm – 4pm.
Dumfries and Galloway Multicultural Association	 Old Assembly Close, Irish Street, Dumfries DG1 2NP	 01387 254624  <a href="http://www.dgma.org.uk/">http://www.dgma.org.uk/</a>  <a href="mailto:info@dgma.org.uk">info@dgma.org.uk</a>	Monday to Friday 1pm to 5pm.
Dumfries and Galloway College	 Bankend Road, Dumfries DG1 4FD	 01387 734000  <a href="http://www.dumgal.ac.uk">www.dumgal.ac.uk</a>  <a href="mailto:colin@dumgal.co.uk">colin@dumgal.co.uk</a>	Monday to Friday 8.45am – 4.30pm
Dumfriesshire and Stewartry Women's Aid	 12 Whitesands, Dumfries DG1 2RR	 01387 263052  <a href="http://www.dumfriesshireandstewartrywomensaid.co.uk">www.dumfriesshireandstewartrywomensaid.co.uk</a>  <a href="mailto:admin@dumfrieswomensaid.org.uk">admin@dumfrieswomensaid.org.uk</a>	Mon to Fri 9.30am – 4.30pm.
Employability and Skills, Dumfries and Galloway Council	 Customer Service Centre, Daar Road, St Mary Street, Kirkcudbright DG6 4JG	 01556 505230  <a href="http://www.dumgal.gov.uk/yourfuture">http://www.dumgal.gov.uk/yourfuture</a>  <a href="mailto:ESSreferrals@dumgal.gov.uk">ESSreferrals@dumgal.gov.uk</a>	Monday to Friday 9am - 5pm. <b>By appointment only.</b>
Financial Inclusion and Assessment Team, Dumfries and Galloway Council	 Customer Service Centre, Daar Road, St Mary Street, Kirkcudbright DG6 4JG	 030 33 33 3008  <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1633">http://www.dumgal.gov.uk/index.aspx?articleid=1633</a>  <a href="mailto:fiatreferrals@dumgal.gov.uk">fiatreferrals@dumgal.gov.uk</a>	Mon to Fri 9am - 5pm.
Furniture project - Nithsdale Furniture Project	 Shirley Road, Lochside, Dumfries, DG2 2RP 17 – 21 Friars Vennel, Dumfries DG1 2RQ	 01387 720961  <a href="http://www.nithsdalefurnitureproject.com/home.html">http://www.nithsdalefurnitureproject.com/home.html</a>  <a href="mailto:admin@furnitureproject.org">admin@furnitureproject.org</a>	Mon to Fri 9am - 5pm
			Mon to Sat 9am – 6pm.
Furniture project - SHAX	 Merrick House, Bankend Road, Dumfries DG1 4TA	 01387 245358  <a href="http://www.shax.org.uk/">http://www.shax.org.uk/</a>  <a href="mailto:info@shax.org.uk">info@shax.org.uk</a>	Mon to Fri 9.30am – 4pm.
Home Energy Scotland	 Online	 0808 808 2282  <a href="http://www.greenerscotland.org/warm-homes">http://www.greenerscotland.org/warm-homes</a>	Mon to Fri 8am - 8pm, Sat 9am - 5pm.
Homeless team, Dumfries and Galloway Council	 Customer Service Centre, Daar Road, St Mary Street, Kirkcudbright DG6 4JG	 030 33 33 3000  <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1613">http://www.dumgal.gov.uk/index.aspx?articleid=1613</a>  <a href="mailto:homelesskirkcudbright@dumgal.gsx.gov.uk">homelesskirkcudbright@dumgal.gsx.gov.uk</a>	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  <a href="https://www.gov.uk/government/organisations/hm-revenue-customs/contact/child-benefit">https://www.gov.uk/government/organisations/hm-revenue-customs/contact/child-benefit</a>	Mon to Fri 8am – 6pm.

Who I am looking for		Where they are	How I can contact them		When they are open
Issu18		Young People's Substance Service, Ladyfield Offices, Glencaple Road, Dumfries DG1 4TE	  	01387 244327 <a href="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">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</a>	Mon to Fri 9am - 5pm.
IT centres: Castle Douglas		Castle Douglas Community IT Centre, Cotton Street, Castle Douglas DG7 1AG	  	01556 503 167 <a href="http://new.theitcentre.org.uk/learnit@castle-douglas.co.uk">http://new.theitcentre.org.uk/learnit@castle-douglas.co.uk</a>	Mon 9.30am – 8pm, Tues, Wed & Thurs 9.30am – 4.30pm, Fri 9am – 1pm.
	 	Castle Douglas Library, Market Hill, King Street, Castle Douglas DG7 1AE	  	01556 502643 <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1383">http://www.dumgal.gov.uk/index.aspx?articleid=1383</a> <a href="mailto:libcastledouglas@dumgal.gov.uk">libcastledouglas@dumgal.gov.uk</a>	Mon 9am – 5pm, Tues 1pm – 7pm, Wed 9am – 12 noon, Thurs & Fri 9am – 5pm, Sat 10am – 5pm.
IT centre: Dalbeattie	 	Dalbeattie Library, 23 High Street, Dalbeattie DG5 4AD	  	01556 610898 <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1383">http://www.dumgal.gov.uk/index.aspx?articleid=1383</a> <a href="mailto:libdalbeattie@dumgal.gov.uk">libdalbeattie@dumgal.gov.uk</a>	Mon, Wed & Fri 9am – 5pm, Tues 9am – 12 noon, Thurs 1pm – 7pm, Sat 10am – 1pm.
IT centre: Dalry	 	Dalry Library, Main Street, Dalry DG7 3UP	  	01644 430234 <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1383">http://www.dumgal.gov.uk/index.aspx?articleid=1383</a> <a href="mailto:libdalry@dumgal.gov.uk">libdalry@dumgal.gov.uk</a>	Tues & Fri 2.30pm – 6pm, Sat 10am – 12 noon.
IT centre: Gatehouse of Fleet	 	Gatehouse of Fleet Library, 63 High Street, Gatehouse of Fleet DG7 2HS	  	01557 814646 <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1383">http://www.dumgal.gov.uk/index.aspx?articleid=1383</a> <a href="mailto:libgatehouse@dumgal.gov.uk">libgatehouse@dumgal.gov.uk</a>	Mon & Fri 2.30pm – 6pm, Wed 10am – 12 noon.
IT centre: Kirkcudbright	 	Kirkcudbright Library, Sherriff Court House, High Street, Kirkcudbright DG6 4JW	  	01557 331240 <a href="http://www.dumgal.gov.uk/index.aspx?articleid=1383">http://www.dumgal.gov.uk/index.aspx?articleid=1383</a> <a href="mailto:libkirkcudbright@dumgal.gov.uk">libkirkcudbright@dumgal.gov.uk</a>	Mon 1pm – 7pm, Tues, Wed & Thurs 10am – 4pm, Fri 10am – 7pm, Sat 10am – 1pm.
Jobcentre Plus		67 - 75 Irish Street, Dumfries DG2 1NU	 	0345 604 3719 <a href="http://www.gov.uk/dwp">www.gov.uk/dwp</a>	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 <a href="http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Alcohol_and_Drug_Service/Alcohol_and_Drug_Service-Home">http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Alcohol_and_Drug_Service/Alcohol_and_Drug_Service-Home</a>	Mon to Fri 8.30am – 5pm.
Revenues and Benefits, Dumfries and Galloway Council	 	Customer Service Centre, Daar Road, St Mary Street, Kirkcudbright DG6 4JG	   	030 33 33 3006 Housing Benefit and Council Tax Reduction <a href="http://dumgal.gov.uk/index.aspx?articleid=1640">http://dumgal.gov.uk/index.aspx?articleid=1640</a> Benefits Online <a href="http://www.dumgal.gov.uk/benefits">www.dumgal.gov.uk/benefits</a> Benefit Contact Form (Online) - <a href="http://dumgal.gov.uk/index.aspx?articleid=11165">http://dumgal.gov.uk/index.aspx?articleid=11165</a> <a href="mailto:HousingandCouncilTaxBenefit@dumgal.gov.uk">HousingandCouncilTaxBenefit@dumgal.gov.uk</a>	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 <a href="http://www.dumgal.gov.uk/index.aspx?articleid=12036">http://www.dumgal.gov.uk/index.aspx?articleid=12036</a> Community Care grants <a href="http://www.dumgal.gov.uk/index.aspx?articleid=13713">http://www.dumgal.gov.uk/index.aspx?articleid=13713</a> <a href="mailto:scottishwelfarefund@dumgal.gov.uk">scottishwelfarefund@dumgal.gov.uk</a>	By telephone Mon to Fri 8am - 6pm or online at any time.
Shelter		95 Irish Street, Dumfries DG1 2NP	  	0344 515 2390 <a href="http://www.shelter.org.uk">www.shelter.org.uk</a> <a href="mailto:sue_roberts@shelter.org.uk">sue_roberts@shelter.org.uk</a>	Mon to Fri 9am – 5pm
Social Services, Dumfries and Galloway Council	 	2 Garden Hill Rd, Castle Douglas DG7 3EE	 	030 33 33 3001 <a href="http://dumgal.gov.uk/index.aspx?articleid=2067">http://dumgal.gov.uk/index.aspx?articleid=2067</a>	Mon to Fri 9am - 5pm.

Who I am looking for		Where they are	How I can contact them	When they are open
Soldiers, Sailors and Airmen's Families Association (SSAFA)		Not available	☎ 01387 266840 ✉ <a href="https://www.ssafa.org.uk/">https://www.ssafa.org.uk/</a>	Not available.
Solway Credit Union		24 Friars Vennel, Dumfries DG1 2RL	☎ 01387 267200 ✉ <a href="http://www.solwaycreditunion.co.uk/solway@solwaycreditunion.wanadoo.co.uk">http://www.solwaycreditunion.co.uk/solway@solwaycreditunion.wanadoo.co.uk</a>	Tues 9am - 1pm, 2pm - 5pm, Thurs 9am - 1pm, Fri 9am - 1pm.
Trading Standards		Municipal Chambers, Buccleuch Street, Dumfries DG1 2AD	☎ 030 33 33 3000 ✉ <a href="http://info.dumgal.gov.uk/tradingstandards/Home/Consumer?Length=4">http://info.dumgal.gov.uk/tradingstandards/Home/Consumer?Length=4</a> <a href="mailto:EnvironmentalStandards@dumgal.gov.uk">EnvironmentalStandards@dumgal.gov.uk</a>	Mon to Fri 9am - 5pm.
Welfare Rights		63-65 Friars Vennel, Dumfries DG1 2RQ	☎ 01387 266888 ✉ <a href="http://www.welfarerights.net/home.php">http://www.welfarerights.net/home.php</a> <a href="mailto:info@welfarerights.net">info@welfarerights.net</a>	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](mailto:DandGPractitioners@dumgal.gov.uk)