

## USEFUL HELPLINE NUMBERS

Help/Advice for:	Organisation providing the service	Tel No	Opening Times	Area Covered	Website
Carers	Carers Scotland	0808 808 7777	Monday-Friday 1000-1600 hrs	Scotland	<a href="http://www.carersuk.org">www.carersuk.org</a>
Carers	The Princess Royal Trust for Carers	01324 611510	Monday-Friday 0900-1700 hrs	Falkirk	<a href="http://www.carers.org">www.carers.org</a>
		01259 226839	Monday-Friday 1000-1400 hrs	Clackmannan	
		01786 447003	Monday-Friday 1000-1600 hrs	Stirling	
People living with Cancer	Macmillan Cancer Support	0808 808 0000	Monday-Friday 0900-20.00 hrs	UK	<a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
Patients and Carers	Marie Curie Cancer Care	0800 716 146	Monday-Friday 0900-1700 hrs	UK	<a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>
Patients and Carers	Different numbers for different benefits	Numbers online	Monday-Friday 0800-1800 hrs	UK	<a href="http://www.dwp.gov.uk">www.dwp.gov.uk</a>
Carers	Crossroads – Caring for the Carers	01360449400	Monday-Friday 0900-1300 hrs	West & North Stirlingshire	<a href="http://www.carers.org/scotland">www.carers.org/scotland</a>
		01786 464380	Monday-Friday 0900-1400 hrs	Stirling	
		01259 216760	Monday-Friday 0900-1700 hrs	Clackmannan	
		01324 555230	Monday-Friday 0900-1600 hrs	Falkirk & Dist	
Family and friends	Cruse Bereavement Care Scotland	0845 600 2227 helpline and to contact local groups	Monday-Friday 1000-1600	Scotland	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>
Family and friends	Quiet Waters	01324 630643	Falkirk and area		<a href="http://www.quiet-waters.org">www.quiet-waters.org</a>
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Support to People in crisis (incl Carers)	Samaritans	0845 790 9090	24 hours per day, and 365 days per year	UK	<a href="http://www.samaritans.org">www.samaritans.org</a>
Patients and Carers	*Maggie's Centre Glasgow	0141 357 2269	Monday-Friday 0900-1700 hrs	Forth Valley West Scotland	<a href="http://www.maggiescentres.org/our-centres/maggies-glasgow/">www.maggiescentres.org/our-centres/maggies-glasgow/</a>
Patients and Carers	Maggie's Centre Edinburgh	0131 537 3131	Monday-Friday 0900-1700 hrs	Forth Valley Lothian	<a href="http://www.maggiescentres.org">www.maggiescentres.org</a>
Patients, Carers, Families	Cancer Support Scotland	0800 6524531	Monday-Friday 0900-1700	Glasgow	<a href="http://www.cancersupportscotland.org">www.cancersupportscotland.org</a>

**Notes:-**

1. \* Support, information, tea etc.
2. McMillan Long term conditions – local support, financial and benefits advice – 01786233525.
3. Beatson – The information centre here has many excellent leaflets. Beatson staff will direct you there.
4. There may also be local support groups for your condition. Ask any of the Health Professionals involved in your care if they know of any local support groups.