

USEFUL HELPLINE NUMBERS

Help/Advice for:	Organisation providing the service	Tel No	Opening Times	Area Covered	Website
Carers	Carers Scotland	0808 808 7777 01324 622022	Monday-Friday 1000-1200 hrs; 1400-1600 hrs	Scotland	www.carersonline.org.uk
Carers	The Princess Royal Trust for Carers	01324 611510	Monday-Friday 0900-1800 hrs	Falkirk	www.carers.org
		01259 219288	Monday-Friday 1000-1400 hrs	Clackmannan	
		01786 447003	Monday-Friday 1000-1600 hrs	Stirling	
People whose lives are affected by Cancer	CancerBACUP	0808 808 1234	Monday-Friday 0900-1600 hrs	UK	www.cancerbacup.org.uk
People living with Cancer	Macmillan Cancer Relief	0808 808 2020	Monday-Friday 0900-1900 hrs	UK	www.macmillan.org.uk
People whose lives are touched by Cancer	Cancer Care Society	01789 483 0374	Monday-Friday 1000-1630 hrs	UK	www.cancercaresociety.org
Carers	Marie Curie Cancer Care	0207 599 7777 0800 716416	Monday-Friday 0900-1730 hrs	UK	www.mariecurie.org.uk
Patients and Carers	Benefits Enquiry Line	0800 882 200	Monday-Friday 0830-1830 hrs Saturday 0900-1300 hrs	UK	www.dwp.gov.uk
Carers	Crossroads – Caring for the Carers	01360 550852	Monday-Friday 0900-1300 hrs	West & North Stirlingshire	www.crossroads.org.uk
		01786 464380	Monday-Friday 0900-1400 hrs	Stirling	
		01259 216760	Monday-Friday 0900-1700 hrs	Clackmannan	
		01324 612141	Monday-Friday 0930-1630 hrs	Falkirk & Dist	
Carers	Cruse Bereavement Care	0870 167 1677 0845 758 5565 01786 479864	Monday-Friday 0930-1700 hrs Out of Hours: Monday-Friday 1700-2100 hrs Saturday – 1500-1700 hrs Sunday – 1500-1900 hrs	UK	www.crusebereavementcare.org.uk

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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	www.samaritans.org.uk
Patients and Carers	*Maggie's Centre Glasgow	0141 330 3311	Monday-Friday 0900-1700 hrs	Forth Valley West Scotland	www.maggies.centre@ed.ac.uk
Patients and Carers	Maggie's Centre Edinburgh	0131 537 3131	Monday-Friday 0900-1700 hrs	Forth Valley Lothian	www.maggiescentres.org
Patients, Carers, Families	Tak Tent	0141 211 0122 (Alloa, Stirling & Falkirk) Phone National Number for details	Monday-Friday 1000-1500 hrs	Scotland Forth Valley Monthly Meeting	www.taktent.org.uk

Notes:-

1. * Support, information, tea etc.
2. Money Matters – local financial and benefits advice – 01324 504087.
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.

(2)