

## **Citizen Advice Bureau (CAB) Denny and Dunipace**

CAB is an information and advice service offering support and guidance with benefits, debt, consumer, housing and employment issues. They also have specialist service offering support with pension options and service specific to members of the armed forces community. For more information, please click [here](#)

**Falkirk Council Benefit and Debt advice** – Falkirk Council have an in-house benefits advice and support team that can support you claim a wide range of benefits. They may also be able to help with funds to support you while food, energy and fuel bills are high. They also have a debt service that support you all types of debt including: rent and mortgage arrears; council tax; personal loans; hire purchase agreements; credit and store cards, catalogues and fuel bills. For more info click [here](#)

## **CAP Poverty**

They can provide free expert debt help to support you in becoming debt free. They also have a money and life skills course to help you take control of your finances, learn how to budget, save and prevent debt and learn practical tools to help you live well on a low income. To make an appointment, please click [here](#)

## **Home Energy Scotland**

There are many organizations that are able to assist people with the high cost of their energy bills. If you need to speak to someone about how to reduce your energy bill or claim for discounts, talk to someone on their free helpline on **0808 808 2282**. Our lines are open Monday - Friday, 8am - 8pm, and Saturday 9am - 5pm. Please note our phone lines are often quite busy in the evenings and at weekends.

## **Cost of Living One-stop website**

The Scottish Government one-stop website information on benefits and income, debt, health and wellbeing, advice for businesses, and has dedicated sections for children and families, and older or disabled people. Click [here](#) for support. Young Scot also have a webpage with information on new offers, tips on saving money, benefits and links to support. Click [here](#) for more info

## **Local Food Pantry's**

### **Roots Helping Hands Food Share**

Free food larder every Tuesday from 12-2pm. Free for all to use, collection only.

Unit 6, Foundry Road. Bonnybridge. FK4 2AP.

Phone: 07808 054211



### **Food Pantry – Dennyloanhead Community Hall**

Every Tuesday 11am-1pm – Food Pantry for residents in Dennyloanhead and Head of Muir

£3.00 donation if possible

Phone: 01324 882642 OR 07873100660

Email: dchlca@outlook.com



## **Falkirk Food Banks**

Most foodbanks operate on a food voucher basis where partner agencies can hand out vouchers which will be exchanged for 6 days emergency food at a Food Bank. Your first step is to find out who in your local area can give food vouchers please click [here](#)

## **Turn2us**

This is a great resource to find out if you might be eligible for support through Trust Funds. Some trust funds provide help to people who have worked in certain industries/occupation, or have a particular health condition/disability. To search the database click [here](#)