Family Support: Please contact the appropriate services for further help

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| **Agency** | **Information** | **Contact Details** |
| Moray Pathways | Moray Pathways local employability partnerships including networks of employers and organisations to support people who need additional help to gain and sustain jobs | The Inkwell, Francis Place, Elgin, IV30 1LQ  Email: [moraypathways@moray.gov.uk](mailto:moraypathways@moray.gov.uk)  [Moray Pathways](http://www.moraypathways.co.uk/) |
| Moray Pathways | Pre-Employment Training, Guaranteed Job Interview & Work Experience Placements.  [Moray Pathways](http://www.moraypathways.co.uk/) | The Inkwell, Francis Place, Elgin IV30 1LQ  Email: [moraypathways@moray.gov.uk](mailto:moraypathways@moray.gov.uk) |
| Moray Pathways | Progress for Parents  Offer a service to support parents to improve motivation, tackle money worries and improve family income.  [Moray Pathways](http://www.moraypathways.co.uk/) | The Inkwell, Francis Place, Elgin IV30 1LQ  Email: [moraypathways@moray.gov.uk](mailto:moraypathways@moray.gov.uk) |
| ALISS – Digital | ALISS – information on all local services | Website: [Aliss - for all your local services](https://www.aliss.org/) |
| Welcome - Moray School Bank | Moray School Bank  Charity in Moray that provide new school uniform and warm winter clothing to children living in financial hardship. | Tel: 07754 833 048  Email: [info@morayschoolbank.org](mailto:info@morayschoolbank.org)  Website:[Morayschoolbank.org](https://morayschoolbank.org/) |
| Happy Little Preloved | Forres | Happy Little Preloved  Collect and distribute essential clothes and accessories for families. | Email: [happylittlepreloved@outlook.com](mailto:happylittlepreloved@outlook.com) |
| Image result for money advice moray council | The Moray Council Money Advice Service can advise on how to get debts under control.  Benefit checks are also available, and advice is free and confidential. | Tel: 0300 1234563 for an appointment with a Money Advisor  Website: [Money Advice](http://www.moray.gov.uk/moray_standard/page_111452.html) |
| LEAP - The Energy Advice & Money Saving Service | LEAP helps to support those who are at risk of going into fuel poverty and is open to all types of householders. | Tel: 0800 0294543  Website:  [LEAP](https://applyforleap.org.uk/) |
|  | REAP (Rural Environmental Action Project) provides energy & benefits advice for people in Moray. | Tel: 01542 888070  Email: [info@reapscotland.org.uk](mailto:info@reapscotland.org.uk)  Website: [REAP Moray](https://reapscotland.org.uk/) |
| Logo | Moray Food Plus aims to alleviate food poverty in the Moray area. | Tel: 01343 208293  Email: [Admin@morayfoodplus.org.uk](mailto:Admin@morayfoodplus.org.uk)  Website: [Moray Food Plus](https://morayfoodplus.org.uk/) |
| Citizens Advice Bureau | Kirklees in Recovery | Moray Citizens Advice Bureau provides free, impartial and confidential advice and information for any issues or problems. | 6 Moss Street, Elgin, IV30 1LUn  IV30 1LU  Tel: 01343 550088  Website: [Moray CAB](https://www.moraycab.org.uk/) |
| Step by Step in Moray | Step by Step in Moray is a charity which supports families who feel isolated or vulnerable. We help them to develop friendships, confidence and skills which will enhance their lives and enable them to give their children the best start in life | Tel: 01343 544628  Email: gareth@stepsmoray.org  Website: [Step by Step Moray](https://stepsmoray.org/) |
| Moray Council | Adult & Family Learning  We provide a variety of opportunities for you to develop your skills. Many learners meet one to one with a tutor, while some join small groups of learners who all have similar goals | Email:  [adult.learning@moray.gov.uk](mailto:adult.learning@moray.gov.uk)  Website:  [Essential Skills Moray](http://www.moray.gov.uk/moray_services/page_85919.html) |
| Moray Women's Aid | Moray Women’s Aid  We provide support, guidance and accommodation to women over the age of 16 from all communities including the LGBTQ+ community | Tel: 01343 548565  Helpline: 01343 548549  Email:  [admin@moraywomensaid.co.uk](mailto:admin@moraywomensaid.co.uk)  Website: [Moray Women's Aid](https://moraywomensaid.co.uk/) |
|  | A drop-in service which offers free advice and information on a range of topics and weight management. | Tel: 01343 567842,  Visit Dr. Gray’s Hospital  Website:  [Healthpoint Dr. Grays Hospital](https://www.nhsgrampian.org/your-health/healthpoint/) |
| Moray Wellbeing Hub | Aiming to improve wellbeing across Moray. | Tel; 07721 526141  Email: [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk)  Website: [Moray Wellbeing Hub](https://discoverpathwaysmoray.org.uk/urgent-help/) |
|  | Family Fund provides a wide range of grants to families living in Scotland raising a disabled, or seriously ill, child or young adult on a low income. | Tel: 01904 550055  Website: [Scotland - Family Fund](https://www.familyfund.org.uk/grants/schemes/scotland-core-programme/) |
| Image result for moray rape crisis logo | Moray Rape Crisis  Whether you are in crisis because of a recent incident or something that happened a long time ago, we want to help | Tel: 01343 550407  Email: [contact@morayrapecrisis.scot](mailto:contact@morayrapecrisis.scot)  Website: [Moray Rape Crisis](https://www.morayrapecrisis.scot/) |
| ‎m.connect on the App Store | M.Connect  On demand Bus Service across Moray. | Tel: 0300 123 4565  Website: www.[M.Connect](http://www.moray.gov.uk/moray_standard/page_125954.html) |
| A blue background with a heart and people in the middle  AI-generated content may be incorrect. | Who Cares Scotland  Children’s Hearing Advocacy Service  Non-instructed advocacy | Tel: 0774 394 3776  Email: canderson@whocaresscotland.org |
|  | Supporting children and young people in Moray who are facing challenges with their emotions, behaviour, and well-being. | Tel: **01343 546214**  **Email: morayyouth@aberlour.org.uk** |
| A circle with text on it  AI-generated content may be incorrect. | Wellbeing Supports for Parents, Carers and Families. Offering workshops, wellbeing discussions and 1 to 1 support | Tel: 03302 020 283  Email: [admin@exchange.counselling.co.uk](mailto:admin@exchange.counselling.co.uk)  Website: exchange-counselling/families.com |
| A logo for a company  AI-generated content may be incorrect. | Mikeysline, a mental health charity providing support for young people | Text support: 07786 207 755  Email: mikeysline.co.uk |
| A blue text on a white background  AI-generated content may be incorrect. | Peep – Early Years 0-5 home family learning programme | Email: claire.chisholm@actionforchildren.org.uk (local coordinator) |
| A group of people with their arms raised  AI-generated content may be incorrect. | Empowers children and young people to participate in decision that affect their life | Tel: 01343 610 500 or 07812 228 547  Email: arrows@quarriers.org.uk |