

Service Available	Organisation name	Type of service	Other/More Information	Details of what you are offering(Opening times, deliveries, etc)	Service Suited To	Phone No.	Email	Website	Facebook
Moray Wide	Walk Moray	Physical Activity	Walk Moray's Stretch2Step programme can help you to stay active and independent at home during lockdown. We can offer a tailored support pack to guide gentle physical activity and the chance to receive weekly check-in phone calls to chat about your progress. Please contact Claire for further information.		Whole Community	07931228444	claire.buchanan2@nhs.scot		
Moray Wide	Royal Voluntary Service	Companion/ Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies	Transport also available for medical/dental appointments - charged at £4.20 for the first 3 miles and then £0.65 per mile there after.	I work from 9 to 13.00 but will answer phone for emergency's after hours as I'm working from home. I then coordinate this to a volunteer	Whole Community	07760619275	moraysupport@royalvoluntaryservice.org.uk	http://www.royalvoluntaryservice.org.uk	
Burghead and Cummingston	Burghead and Cummingston Community Council	Food shopping / Urgent supplies/Community Cohesion	We have a team of dog-walkers, gardeners, IT specialists, CAB volunteers, housing officers to assist you. Face masks are available, and there is a self service larder. Also, lending an ear to anyone who wishes to talk.	Taking food to people. Delivering prescription medicines	Whole Community	01343835537	christspucke@gmail.com		https://www.facebook.com/BurgheadCummingston/
Craigellachie	Craigellachie Village Council	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies /Emergency Response/Community Cohesion		We handed out leaflets to every household in Craigellachie offering to help with shopping, posting mail, getting urgent supplies to them or chatting. We have no opening times as such.	Whole Community	01340871882	brendacoop63@gmail.com	http://www.craigellachie.org	
Buckie Area	Buckie Kindness Group	Befriending / Loneliness (e.g chatting on the phone or online) Food shopping / Urgent supplies	Prescriptions collection	Phone operated between 12-7 daily.	Whole Community	07592307501	BuckieKindness@outlook.com		
Moray Wide	Quarriers Carer Support Service (Moray)	Befriending / Loneliness (e.g chatting on the phone or online)/Resource Sharing/Emotional Wellbeing/Support for Parents/Disability and Carer Support	The office is currently closed but staff continue to provide support to the unpaid carers of Moray as usual. Our facebook page is updated daily and aims to keep carers in touch with updates and useful resources to aid the caring role at this time.	Email or phone service (Mon - Fri, 9am - 5pm)	Whole Community	01343556031	carersmoray@quarriers.org.uk	http://www.quarriers.org.uk/carersmoray	https://www.facebook.com/quarrierscarersupportmoray/
Forres Area	Forres Area Community Trust	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Resource Response	One-to-one digital support and advice		Whole Community	01309674388	info@forresarea.org	http://www.forresarea.org	
Findhorn	Findhorn Volunteers	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Resource Response	Dog walking, wood chopping, anything needed	Findhorn Volunteers anytime Findhorn Village Store offering deliveries, 7am to 7pm Bakehouse, Findhorn set up dried food store and fresh veg and bread. See FB page for details	Whole Community	07977920010	cathy@cathylow.com		
Dyke, Kintessack, Brodie, Daley & Moy + Darnaway Area	Dyke, Kintessack, Brodie & Area Coronavirus Support Network	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies	Neighbours supporting each other with: - collecting & delivering shopping or prescriptions, including pet prescriptions - posting letters or dropping off parcels - supporting households who are ill, self-isolating or shielding - support with referrals to the Moray Emergency Relief Fund via the Dyke Landward Community Council - phone calls to anyone who feels isolated or lonely - relevant information for our Communities		Whole Community	Get in touch via FACT in Forres - 01309 674388	dyke.and.area.group@gmail.com		https://www.facebook.com/groups/199188444724674/
Moray Wide	Childline	Befriending / Loneliness (e.g chatting on the phone or online)		A dedicated coronavirus page which covers what coronavirus is, what to do if you are worried and how to cope if you are staying at home Phone line - 9.00am until 3.30am seven days a week.	Children & Young People	08001111		https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/	
Buckie, Keith & Milnes	Buckie Buddies	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Emergency Response/Physical Activity		Anytime errands and support for all elderly, disabled or isolated due to medical risks. Open 24/7 currently.	Older People, People with a disability	07375036032	enquiries@buckiebuddies.co.uk	http://www.buckiebuddies.co.uk	
Moray Wide	Penumbra, Community Mental Health & Wellness Service - Self-Harm Awareness Training	Mental Health	Training offers participants the opportunity to learn ways to support someone who harms. The training objectives are: - Defining and understanding Self-Harm, causes and recognising self-harm, what is the function of Self-Harm? Self-Harm and Suicide, responding to someone who Self-Harms and self help and where to find it.	Monday – Friday 10am – 5pm. No referral needed, just call or email the service.	Over 16	Freephone 0800 234 3490	moraywellnessservice@penumbra.org.uk	http://www.penumbra.org.uk	https://www.facebook.com/moraycommunitymentalhealth/
Moray Wide	Penumbra, Community Mental Health & Wellness Service	Mental Health	The Peer Support service is open to people 16 years and over. You will receive support from a dedicated Peer Worker, based in your area, over the course of several weeks to support you through your mental health journey. Professional and experienced Peer Workers can offer unique insight to enable you to understand elements of your own mental health whilst using recovery tools, apps, worksheets or programmes to support you further.	Monday – Friday 10am – 5pm. No referral needed, just call or email the service.	Over 16	Freephone 0800 234 3490	moraywellnessservice@penumbra.org.uk	http://www.penumbra.org.uk	https://www.facebook.com/moraycommunitymentalhealth/
Moray Wide	Alzheimer Scotland	Befriending / Loneliness (e.g chatting on the phone or online)/Resource Sharing	Service for people living with dementia and their carers	Offering information and advice for carers and people living with dementia, as well as a variety of online support groups. Phone support - times vary but answering machine is available.	Whole Community	01343552080	wmenzies@alzscot.org		
Moray Wide	CLAN Cancer Support	Emotional and practical support to people affected by cancer, their family, carers and friends.	Services available to any one affected by cancer	Providing telephone listening, support, counselling and children and families service. Monday to Friday 9am to 4pm Online wellbeing classes/groups and support Also transport to and from Raigmore, Dr Grays and ARI	Whole Community	01343544132	tracy.sellar@clanhouse.org		

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Findhorn, Kinloss & Forres	Caring Community Circle	Resource Sharing/Community Cohesion	Volunteering/Resource Sharing/Community Cohesion Support for vulnerable members of the Findhorn Foundation Community (Holding awareness, Asset Mapping, Volunteer matching, some equipment for care at home)	Our Caring Community Coordinator is working part-time I have been providing activities and links for the children to help focus their days. These activities have fun and laughter at their core and yet provide a chance for family time spent together learning a new skill or lesson.	Whole community		ccc.coordinator@parkecovillagetrust.co.uk	https://parkecovillagetrust.co.uk/caring-community-circle/	
Lhanbryde and Urquhart	1st Lhanbryde and Urquhart Rainbows	Community Cohesion	Learning activities for children		Young People	07804611437	lisa.morrison63@gmail.com	https://www.girlguidingscotland.org.uk/	
Glenlivet and Inveravon	Glenlivet and Inveravon Community Association	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Community Cohesion		Anytime Food bank Fochabers Institute 1-5pm Delivery of food essentials to those who can't	Whole Community	01807500225	tricialawson@me.com		
Milnes Area	Fochabers village association	Food shopping/Urgent supplies			Whole Community	07843967409	Fochabers.institute@gmail.com		
		Maintaining contact remotely and providing emergency practical and emotional support to existing service users, including urgent support where required. We are taking referrals for support for people who have a sight and/or hearing loss and contact will be made over the phone or remotely. Sensory Services (information, equipment and support to overcome the barriers of living with a sight and/or hearing loss) are available to anyone who may need them, as long as they have a significant sight and/or hearing loss including being a Deaf British Sign Language User.		A Duty Worker is available Monday for Friday 9am-4pm	People with sight and/or hearing loss	03452712345	info@nesensoryservices.org	https://contactsotland-bsl.org/	https://en-gb.facebook.com/northeastensoryservices/
Moray Wide	North East Sensory Services		Counselling, Stress-management for supporting resilience and decreasing anxiety, Herbal Medicine and Nutrition for prevention and treatment.	Conducted via skype so sessions can be schedule by email.	Whole community	01854613240	owenokie@integralherbalism.com	https://earthmind.org.uk/	
Moray Wide	EarthMind	Addictions / Dependency			Whole community				
Finderne	Finderne Development Trust	Urgent supplies / Food Shopping / Telephone Befriending / Food Parcels / Emergency Hardship Fund			Whole community	07483133203	per@findernedevelopmenttrust.com	https://findernedevelopmenttrust.com/	https://www.facebook.com/findernedevelopmenttrust/
Keith Area	Keith Covid 19 Group including Strathisla	Food shopping / Urgent supplies		Coordinating volunteer group 3 Key Contacts within the Community and a group of 29 volunteers to support requests. In place from Wednesday 24 March 2020. Key Contacts - Andrea Woohead 488874 or 07881 826706 / Gaynor Boyce 663138 or 07388 171489 / Joe Innes 835134 or 07812 601336	Whole Community	07980898374	theresa.coull@moray.gov.uk		
Findochty	COVID-19 Findochty and District Volunteers	Food shopping / Urgent supplies	Prescription collections / Dog walking / Errands / A phone call / something else?		Whole Community	07881826706, 07388171489, 07812601336			
		Access to Children1st assistance fund for essential items Rights, Advocacy and Mediation service for young people up to 18yrs - We promote a rights based approach where children and young people • Can ensure their views are at the centre of decision making about their lives • Can get advice and information on their rights • Can be involved in giving feedback, helping plan and design services		Work during office hours, can deliver food or prescriptions	Families	Parentline 08000 28 22 33 07960 779 913	mandy.morrison@children1st.org.uk	https://www.children1st.org.uk/	https://www.facebook.com/groups/children1stHEM
Moray Wide	Children1st	Family support via telephone and zoom, food parcel/meals delivery in partnership with Moray Foodplus, money advice available		REAP can offer growing and composting advice and resources; and energy advice and emergency fuel payments. Rind our land line 01542888070 or email info@reapscotland.org.uk - staff are working at home Monday - Friday and we will get back to you Crisis food support via referral only - for those with minimal financial resources. Surplus food recovery redistribution to community groups to support activities and service users.	Whole Community	01542888070	info@reapscotland.org.uk	http://www.reapscotland.org.uk/	https://www.facebook.com/ReapScotland/
Moray Wide	REAP	Resource Sharing/Physical Activity	Help contacting energy companies, emergency fuel payments, energy advice		Whole Community				
Moray Wide	Moray Food Plus	Emergency Response			Whole Community (Referred by Professional)	01343208293 (leave a message)	admin@morayfoodplus.org.uk		
		As well as people going to court, we help anyone affected by crime with emotional and practical support, even if they haven't reported the crime. We also have a specific service for families bereaved by crime (due to culpable manslaughter and homicide).	A dedicated phone number 07872 620888 which will be available 9am-5pm Monday-Friday that will receive referrals for victims and witnesses to receive information and emotional support	Can also access support via email, web chat and text, as well as our national helpline on 0800 160 1985 which is available 8am-8pm Monday-Friday.	Victims & Witnesses	0800 160 1985		https://victimsupport.scot/	https://www.facebook.com/victimSupportScot
Moray Wide	Victim Support Scotland								
			Moray CAB provide information and advice covering a range of issues.	Our Elgin office is currently closed but we are working from home to provide telephone and email advice. Information and advice on issues including benefits, housing, employment, relationship, consumer and debt. The Families Outside Helpline and Regional Family Support Teams are on hand throughout Scotland and offer direct, impartial advice & support until a positive outcome is reached.	Whole Community	01343 555163 (10am-1pm Mon-Fri)		https://www.moraycab.org.uk/contact-us	
Moray Wide	Moray Citizens Advice	Advice and Information			Whole Community				
Moray Wide	Families Outside	Emotional support, practical information on funding, benefits, housing, prison issues and prison visiting.	Families Outside is the only organisation in Scotland that works solely to support families affected by imprisonment.		Whole Community	07496577307 or 08002540088	caroline.cooper@familiesoutside.org.uk	www.familiesoutside.org.uk	
		Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Resource Sharing/Emergency Response/Community Cohesion	Dog walking, Chatting on line through Zoom/telephone/text, Collecting prescriptions, Posting letters, Food parcels/meals delivery, Family activity pack, Assess and support to	Monday to Friday 9am to 5pm	Whole Community	Kelly Blackmore 07772226615 or Anne Grant 07717 53923	kelly.blackmore@aberlour.org.uk; morayyouth@aberlour.org.uk; anne.grant@aberlour.org.uk	https://www.aberlour.org.uk/ http://www.moray.gov.uk/moray_standard/page_84329.html	https://www.facebook.com/AberlourCC/
Moray Wide	Aberlour Youthpoint-Moray	Help with money, food and household items in a crisis	Aberlour's Coronavirus Urgent Assistance Fund		Whole Community	01343563456			
Moray Wide	Scottish Welfare Fund				Whole Community				

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Moray Wide	Money Advice Moray	Help with managing and repaying debts, help with claiming benefits, budgeting and benefit appeals	Telephone 03001234563 to speak to one or our advisors		Whole Community	03001234563			
Moray Wide	Moray Council - Benefit Services	Entitlement to free school meals, clothing grants, educational maintenance allowance, housing benefit, council tax reduction and discretionary housing payments. There's just a single application form for that covers all of these benefits. Help if you require further financial assistance to meet your rent costs	Telephone 01343 563456 to request a form.		Whole Community	01343563456		http://www.moray.gov.uk/moray_standard/page_41496.html	
Moray Wide	Moray Council - Discretionary Housing Payments				Whole Community	01343563456			
Forres Area	Forres Local	Resource Sharing/Community Cohesion	Local coronavirus resources including up-to-date details of delivery services, opening hours and retailers' safety measures		Whole Community	01309 255060	editor@forreslocal.com	https://forreslocal.com/	https://www.facebook.com/ForresLocal/
Moray Wide	Moray Employability Project	Support people who are 16 years and over, who are disabled people, carers and those experiencing exclusion to build up confidence, develop employability skills, undertake volunteer opportunities etc.	Offering services by phone, email, and one to one and group video conferencing (Zoom etc). An opportunity for clients to start learning and being supported to develop their skills.	Monday to Wednesday from 9 am – 4.30 pm	Over 16 with a disability, or carer for someone with a disability	07741899506	jharrison@lead.org.uk		
Elgin Area	St Giles Crisis Group	Urgent Supplies/Emergency Response The Scottish Government has allocated funding to councils to offer householders who may face financial hardship help with paying for food during the coronavirus crisis.	Emergency Food Supplies for children The Flexible Food Fund will be a monthly payment (initially available for May and June) based on the number of adults and children in the household.		Whole Community	01343551501	stgileselgin@gmail.com	www.elginstgileschurch.co.uk	
Moray Wide	Flexible Food Fund			Organisations and support services can refer clients by using the referral form below The service is currently offered by phone, email and online. The sessions are tailored to suit individual needs eg supporting you child's learning, getting ready for work, filling in forms, brushing up on your skills. During Covid 19 best contact is by email, GCBN@archie.org. Emails are monitored 7 days a week.	Whole Community	03001234563		http://www.moray.gov.uk/downloads/file128761.pdf	
Moray Wide	Essential Skills	Support for Parents Resource Sharing/Physical Activity, Outdoor Learning/Support for Parents/Emotional Wellbeing	Supporting adults with basic skills, eg reading, using numbers		Whole Community	07966120572	moira.strathdee@moray.gov.uk	http://www.moray.gov.uk/moray_standard/page_46679.html	
Moray Wide	Grampian Child Bereavement Network		Bereavement Support		Children & Young People aged under 18	01224554152	gcbn@archie.org	https://gcbn.org.uk/	https://www.facebook.com/grampianchildbereavement
Moray Wide	Abbie's Sparkle Foundation	Emotional Wellbeing	Support for Children affected by cancer. We provide support in the way of a gift (a Sparkle) to a child affected by cancer. We are continuing to support all the Children in Grampian and Highland, in treatment for cancer, with an extra Sparkle at Christmas and Easter. We liaise with the specialist contacts in Edinburgh, Glasgow and Dundee to provide a gift to approx 60 more Children from those areas, at those special times.	Due to the restrictions for fundraising, we only wish our details to be shared with partners in Scotland, as support further afield in the UK is being allocated individually, based on funding raised in those areas. Gifts are facilitated via the application form found on Abbie's Sparkle Foundation website and verified by a supporting Clic Sargent Social Worker.	Children & Young People aged under 18	01343209143	abbiesparklefoundation@gmail.com	https://abbiesparklefoundation.org/	https://www.facebook.com/AbbiesSparkleFoundation/
Moray Wide	Sacro	Housing Support		Direct referral service - people must go through the Moray Council Homeless process to access our services. We would not be able to offer services in any other form unfortunately. We have one homeless supported accommodation for 16-24 year olds and the other for those aged 24+	Whole Community	01343 559737 or 01343 552938	kdonnachie@sacro.org.uk	www.sacro.org.uk	
Moray Wide	Sleep Scotland	Support for Parents		Phone and email support to parents whose children are having problems sleeping. Monday to Thursday, 10am - 4pm.	Children & Young People		sleepsupport@sleepscotland.org	https://www.sleepscotland.org/	https://www.facebook.com/sleepscotland/
Forres Area	Findhorn Village Centre	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Resource Sharing/Physical Activity, Outdoor Learning/Community Cohesion/Financial/funding support		Shopping, prescription collection, weekly meal delivery, sharing info etc	Whole Community	07977920010	cathy@cathylow.com		
Moray Wide	Trefoil	Financial/funding support Resource Sharing/Community Cohesion/Emergency Response/Emotional Wellbeing/	Funding for personal development projects for children and young people with additional support needs.	Trefoil offers Personal Development Grants to young people under the age of 25 years with additional needs which may be psycho/social or of a physical nature which impacts upon their development.	Children & Young People, People with a disability		trefoil@wssociety.co.uk	http://www.trefoil.org.uk/applications/personal-development-grants	
Keith Area	The Loft Youth Project	Physical Activity/Outdoor Learning	Vulnerable families with young people Delivering their normal outdoor learning activities to the wider community.	Food parcels, toiletries parcel, baking etc Bike Revolution: open 9am to 5pm Monday to Friday.	Children & Young People	01542886630	sharon@lypkeith.org.uk		https://www.facebook.com/KeithLoftYP/
Moray Wide	Outfit Moray				Children & Young People	01343549571	info@outfitmoray.com	https://www.outfitmoray.com/	https://www.facebook.com/outfitmoray/
Moray Wide	Scotland's Domestic Abuse and Forced Marriage Helpline	Emotional Wellbeing	Information and support around domestic abuse and forced marriage	We offer initial support and information for anyone who may be experiencing domestic abuse or forced marriage, as well as professionals and people concerned about someone they know. You can contact us 24/7 over the phone, web chat, or email. Telephone & email support is available Monday to Friday between 9am - 8pm. Webchat support is available on the following days and times: Wednesday: 10-11am & 3-4pm Thursday: 10-11am & 3-4pm Friday: 10-11am & 3-4pm Email support available at weekends: Saturday: 10am-12pm & 4-6pm Sunday: 10am-12pm & 4-6pm	Whole Community	08000271234	helpline@sdfmh.org.uk	https://sdfmh.org.uk/	
Moray Wide	RESPECT	Emotional Wellbeing	Supporting MALE and FEMALE Perpetrators of domestic abuse. Two helplines are available - the Men's Advice Line and the Respect Phoneline.		Whole Community	Freephone 0808 8024040	info@respectphoneline.org.uk	https://respectphoneline.org.uk/	https://www.facebook.com/UKRespect/
Moray Wide	Stroke Association	Befriending / Loneliness (e.g chatting on the phone or online)/Disability and Carer support	The Stroke Association's telephone support service, 'Here For You' is available to anyone affected by stroke.	Two different types of telephone support are available: 'Lived Experience', where individuals are matched with a volunteer stroke survivor or carer for peer support and 'Connect & Chat' which aims to reduce isolation and loneliness for stroke survivors and carers who may be finding things difficult at this time.	Older People & People with a disability	07776508592	Gaby.beattie@stroke.org.uk	https://www.stroke.org.uk/	https://www.facebook.com/strokescotland/

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Moray Wide	Food Train Connects	Food Shopping	A weekly shopping service for over 65s	Will connect you with a local volunteer to arrange a day to carry out a grocery shop, and delivery. Make a referral using the form found here - https://www.foodtrainconnects.org.uk/Home/SuggestCustomer	Older People	08003047924	shopping@foodtrainconnects.org.uk	https://www.foodtrainconnects.org.uk/	
Moray Wide	Step by Step in Moray	Befriending / Loneliness (e.g chatting on the phone or online)/Food shopping / Urgent supplies/Resource Sharing/Support for Parents/Emotional Wellbeing/Financial/funding support	Step by Step in Moray is providing continued support to existing Step by Step families as well as accepting new referrals from Health and Social Care Practitioners.	In particular we offer the following to families who may be feeling isolated or vulnerable: - 1:1 Family Support - Online Group Chats - Referrals/Signposting to Other Organisations - Delivery of Essentials e.g. Food, Toiletries, Clothes, Vouchers - Assistance with Funding Applications - Resource and Information Sharing - Indoor Activities / Arts and Crafts Packs - Outdoor Activities / Walking Groups (dependent upon local restrictions)	Children (under 5 years old)		info@stepsmoray.org	https://www.stepsmoray.org/	
Moray Wide	SAMH Moray Services	Food shopping / Urgent supplies/Resource Sharing/Emergency Response/Emotional Wellbeing/Housing Support	Crisis intervention if possible and transition from hospital to home	Service is accessed via CMHT and is operating within the hours of 0900hrs to 2100hrs for people with mental health issues Therapeutic support provided by phone, email, text and in office to survivors and their supporters. Advocacy support for reporting, court hearings, liaising, etc. Prevention work available to schools, community groups and clubs.	People with a disability	01343 542781	moray.sa@samh.org.uk	https://www.samh.org.uk/	
Moray Wide	Moray Rape Crisis	Emotional and Mental Wellbeing Offer advice/help on the following subjects: - Deaths/Bereavements - Money Debt issues - Safe Guarding Children and Venerable Adults - People suffering with loneliness or Depression Loneliness (e.g chatting on the phone)	Support for anyone age 11+ of any gender who has experienced any form of sexual violence. Support also available for family, friends and partners.	Office hours Monday to Friday 9-5, other times depending on availability. Out of Hours support on the National Helpline daily 6pm – midnight.	Whole Community	01343 550407	contact@morayrapecrisis.scot	https://www.morayrapecrisis.scot/	https://www.facebook.com/Moray-RapeCrisis-67976659051067/
Moray Wide	39 Engineer Regiment Welfare Department			Offer primary welfare support. Assist serving personnel and their families by being there for them and being ready to help. They will receive some of the best help there is to offer through their Chain of Command and specialist agency's that they operate closely with. Providing support, guidance and accommodation to women, children and young people experiencing domestic abuse. The service operates Monday to Friday 9am to 5pm Counselling via telephone or video link. This counselling service will be broadened to schools in Moray. Open 10 - 5 Monday to Friday, 12 - 3 Saturday	Service Personnel and Military Families	01309617197	sean.dyer762@mod.gov.uk		https://www.facebook.com/KinlossBks/
Moray Wide	Moray Women's Aid	Emotional Wellbeing	Domestic abuse		Whole Community	01343548549	admin@mwaelgin.co.uk		
Moray Wide	Grampian Regional Equality Council	Emotional Wellbeing	Counselling for young people experiencing prejudice		Young People aged 12 to 18	01224 595505	mthomson@grec.co.uk		
Moray Wide	Arrows	Addictions / Dependency/Support for Parents/Emotional Wellbeing			Whole Community	01343 610500	arrows@quarriers.org.uk	http://www.quarriers.org.uk/arrows	
Moray Wide	The Out of Darkness Theatre Company	Resource Sharing	Out of the Darkness Theatre Company is a professional theatre company located in Elgin, Scotland, who create and perform an inclusive and engaging programme of theatre and training.	Adult Day Services have returned at the Theatre.	Whole Community		social@odtheatre.org.uk	https://www.youthlinkscotland.org/covid-19-guidance/	
Moray Wide	Youthlink Scotland	Resource Sharing	Youth Work Development		Young People aged 12 to 18	01313132488	ssymington@youthlinkscotland.org		
Moray Wide	Who Cares? Scotland	The Who Cares? Scotland Helpline is a lifelong offer open to Care Experienced people of any age across Scotland. Following on from the positive feedback on our Covid-19 Helpline throughout the first few months of the Coronavirus crisis, it is evident that a dedicated phone line is a valued source of connection for our community.	The Helpline offers the following: - Connection with Who Cares? Scotland - Support and signposting around finances, benefits, housing, health, employment, education, and rights - Lifelong advocacy - A listening ear	Mon-Fri 12noon-4pm	Whole Community	0330 107 7540 or text via 07756047389	help@whocarescotland.org		
Elgin, Forres & Speyside	Green Tree Arts Studio	Emotional Wellbeing	At Green Tree Arts we use art making and the natural world to provide rich and fulfilling experiences to empower your creativity and enhance wellbeing. This includes Art Therapy Services for individuals & groups. -Art Therapy with Nature -Studio Art Therapy -Tree of Life Sessions -Work/Teams Art Therapy -Personal Art Therapy Sessions by appointment/online Services available		Whole Community	07860867118	contact@greentreeartsstudio.co.uk	http://www.greentreeartsstudio.co.uk/	https://www.facebook.com/Greentreeartsstudio/
Moray Wide	Moray Emergency Relief Fund	Emergency Response/ Financial, Funding Support Addictions / Dependency/Support for Parents/Emotional Wellbeing/Financial,funding support	Emergency support to those most in need		Whole Community			http://www.moray.gov.uk/moray_standard/page_132517.html	
Moray Wide	R-evolution For Good		Flexible times across Moray		Whole Community	01340212101	contactus@revolutionforgood.org.uk	https://www.facebook.com/revolutionforgood/	
Moray Wide	Moray Baby Bank	Emergency Response/Support for Parents/Emotional Wellbeing	Helping parents or guardians on low income or benefits and are struggling to provide the essentials for your baby or child from birth to 2 years old.	Offer a confidential service providing clean and safety-checked donated; baby clothes, toys, nappies, toiletries, prams, push chairs, high chairs, cots, Moses baskets and other items all free of charge. Baby items are delivered to your door in line with Covid-19 government guidelines.	Children (under 5 years old)	07935223480	moraybabybank@gmail.com	http://moraybabybank.org.uk/	https://www.facebook.com/MorayBabyBank
Moray Wide	Sacro	VMS – mentoring service for veterans of armed forces who are involved in or on periphery of criminal justice services	Sacro's Veterans Mentoring Service is a service for military veterans who are currently in or are at risk of becoming involved in the criminal justice system. The service will work closely with the veteran to put an intensive support plan in place where strategies can be developed to cope with their specific needs. The aim of the service is to enable the service user to enjoy sustainable, independent living.		Whole Community	01343 559737 or 01343 552938	kdonnachie@sacro.org.uk	https://www.sacro.org.uk/	

Service Available	Organisation name	Type of service	Other/More Information	Details of what you are offering(Opening times, deliveries, etc)	Service Suited To	Phone No.	Email	Website	Facebook
Moray Wide	Sacro	Shine – mentoring service for women offenders	The Shine Women's Mentoring service provides women with a mentor who will provide support on a one-to-one basis with many of the issues they might face in the community. A Shine mentor will discuss any issues the woman may have before participation with the programme. This will be done in prison, prior to release or in the community if serving a CPO.		Whole Community	01343 559737 or 01343 552938	kdonnachie@sacro.org.uk	https://www.sacro.org.uk/	
			<p>If you have:</p> <ul style="list-style-type: none"> - Mental health issues - Learning/physical/sensory disabilities - Personality disorder - Acquired brain injury - Dementia - Autism - Chronic illness - Drug and alcohol issues <p>Circles Advocacy helps people to:</p> <ul style="list-style-type: none"> - Have a say about the services they receive - Understand their rights - Get the right information to help them make choices 		Whole Community	01343 559546	info.moray@circlesnetwork.org.uk	https://circlesnetwork.org.uk/	
Moray Wide	Circles Advocacy	General Support			Whole Community	01309 690450	enquiries@wild-things.org.uk	https://wild-things.org.uk/	https://www.facebook.com/wildthingsUK
Moray Wide	Wild Things	Physical Activity/Outdoor Learning	Please get in touch or visit our website for more details.		Whole Community				
Moray Wide	Moray Council - Active Schools	Resource Sharing/Physical Activity/Outdoor Learning/Community Cohesion/Support for Parents		During lockdown mainly Mon-Fri 9am-5pm	Young People Up to 18	07966120518	paul.rogan@moray.gov.uk	http://www.moray.gov.uk/moray_standard/page_52055.html	https://m.facebook.com/sportinmoray
Moray Wide	Moray Council - Sport and Leisure Service	Physical Activity/Outdoor Learning/Community Cohesion		During lockdown Mon-Fri 9am-5pm	Whole Community	01542 888055	sportandleisure@moray.gov.uk	http://www.moray.gov.uk/moray_standard/page_133878.html	
Moray Wide	Tide	Tide network supports carers of people with dementia		We run sessions on week days, evenings and weekends so hopefully there will be a time to suit your needs. All sessions are currently being run online and support is available to get you up and running.	Whole Community	0141 3535607	jemma@tide.uk.net	https://www.tide.uk.net/our-work-in-scotland/	https://www.facebook.com/tidecarers/
Speyside & Glenlivet Area	Speyside Community Car Sharing Scheme	Community Transport Scheme		Phoneline - 9am to 5pm Monday to Friday Journeys to Vaccination Clinics - 8am to 8pm Monday to Sunday All other journeys - 9am to 5pm (approx) Monday to Friday	Older People/People with a disability	01340 831748	admin@speysideccss.co.uk	https://www.speysideccss.co.uk/	https://www.facebook.com/Speysideccss/