

## Help managing the cost-of-living increases

Where to get advice and support in Renfrewshire

ENGAGE  
RENFREWESHIRE

### Do you need immediate financial support?

#### You may be eligible for a Crisis Grant

To learn more visit: [www.mygov.scot/scottish-welfare-fund/crisis-grants](http://www.mygov.scot/scottish-welfare-fund/crisis-grants)  
For further guidance, please get in touch with one of the following organisations:

#### Advice Works

T. 0300 300 1238

#### Citizens Advice Bureau

T. 0141 889 2121

### Do you need fuel & energy support?

#### Renfrewshire Council Energy Management Unit

For help with energy advocacy & access to available grants or fuel vouchers.

T. 0300 300 0300

E. [emu@renfrewshire.gov.uk](mailto:emu@renfrewshire.gov.uk)

#### Renfrewshire Citizens Advice Bureau

For free & impartial energy advice.

T. 0141 889 2121

E. [ren-bureau@paisleyCAB.casonline.org.uk](mailto:ren-bureau@paisleyCAB.casonline.org.uk)

[www.renfrewshirecab.org.uk](http://www.renfrewshirecab.org.uk)

#### Home Energy Scotland

For help to reduce energy bills & tackle climate change.

[www.homeenergyscotland.org](http://www.homeenergyscotland.org)

### Find your nearest Winter Connections space

Winter Connections is a network of places and spaces where you can connect to others in your community this winter.

Visit [www.renfrewshire.gov.uk/article/13003/Winter-Connections](http://www.renfrewshire.gov.uk/article/13003/Winter-Connections)

### Do you need Mental Health Support?

If you are feeling overwhelmed please talk to someone you trust or contact:

**FIRST Crisis** Freephone 0800 221 8929 (or standard rate 0141 848 9090)



## Do you need immediate access to food?

### Request a Foodbank Voucher

Access an emergency 3-day food parcel from the Renfrewshire Foodbank, available for individuals & families who are in need.

Vouchers can be issued by a number of agencies including:

#### Advice Works

T. 0300 300 1238

#### Citizens Advice Bureau

T. 0141 889 2121

### Other Local Food Support Options

#### Darkwood Crew | Tannahill Centre, 76 Blackstoun Rd, Paisley, PA3 1NT

T: 07309 862 681 | [www.darkwoodcrew.co.uk](http://www.darkwoodcrew.co.uk)

#### EBI Unites | Project Space within Erskine Church of the Nazarene Rashielee Avenue Erskine, PA8 6HA

E. [ebiunites@hotmail.com](mailto:ebiunites@hotmail.com) | [www.ebi.scot](http://www.ebi.scot)

#### Lochwinnoch Community Larder | Lochhead Ave, Lochwinnoch, PA12 4AW

[www.facebook.com/groups/lochwinnochcommunitylarder](http://www.facebook.com/groups/lochwinnochcommunitylarder)

#### Star Project Community Food Pantry | 12-14 Wallace Street, Paisley PA3 2BU

T. 0141 889 5850 | [www.facebook.com/STARPantryPlus](http://www.facebook.com/STARPantryPlus)

#### Station 7, Active Communities Pantry | 7 Quarry Street, Johnstone, PA5 8DY

T. 01505 801 501 | E. [info@activecommunities.co.uk](mailto:info@activecommunities.co.uk)

[www.activecommunities.co.uk/station-seven](http://www.activecommunities.co.uk/station-seven)

### Accessible Web Version

View this information our website: <https://bit.ly/EngageCOL>

