

For general support in making sure your household is receiving all the financial support and benefits you're entitled to, speaking to services on your behalf, practical help and a friendly ear contact the **Anchor for Families** Team or phone our central Council number.

**0800 0308780** • [anchor@shetland.gov.uk](mailto:anchor@shetland.gov.uk) •  
[www.shetland.gov.uk/family-support/anchor-early-action](http://www.shetland.gov.uk/family-support/anchor-early-action)

It's everyone's job to make sure children and young people are all right. If you are concerned about a child's welfare, please tell someone who can help.

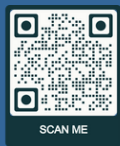
Duty Social Work for Children and Young People (up to the age of 18) • **01595 744420**

Duty Social Work for Adults • **01595 744468**

Outside Office Hours • **01595 695611**

If you would like an easy read or translated version of this leaflet, would like some help or would like to help, get in touch on **0800 0308780** or visit [shetland.gov.uk/costofliving](http://shetland.gov.uk/costofliving)

This campaign is dedicated to making sure everyone knows about and receives all the support they need. Let us know your thoughts about it and your experience of getting support by filling in a short anonymous evaluation.



[shetland.gov.uk/costofliving](http://shetland.gov.uk/costofliving)

**The cost of living crisis is  
putting everyone under  
pressure - but there is help  
available, for everyone.**

**We Shine Brighter  
Together**

If you're worried about yourself or a neighbour, friend or loved one, **this leaflet has lots of information about the supports Shetland has available to help, from financial support, energy efficiency advice to befriending and mental health services.**

For more info call 0800 0308780 or visit  
[shetland.gov.uk/costofliving](http://shetland.gov.uk/costofliving)



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## Worried about money?

Shetland Islands Citizens Advice Bureau (CAB) gives advice on money issues, tackling debts, reducing energy costs, accessing grants and benefits and more. Get a Benefit Check to see if you are entitled to extra help you might not know about. CAB advisers can help you apply for benefits and appeal decisions.

**01595 694696** • [sicab@shetland.org](mailto:sicab@shetland.org) •  
[www.shetlandcab.org.uk](http://www.shetlandcab.org.uk)

If you have children at school, check whether you're entitled to Free School Meals, School Clothing Grants, meal payments during holidays and the Education Maintenance Grant:

**01595 743832** • [childrensservices-finance@shetland.gov.uk](mailto:childrensservices-finance@shetland.gov.uk) •  
[www.shetland.gov.uk/support-pupils/ema-bursaries-financial-support](http://www.shetland.gov.uk/support-pupils/ema-bursaries-financial-support)

You may be able to get a Crisis Grant. This is for people on a low income to help during an emergency or disaster, or due to unexpected expenses. You may also be eligible for Housing Benefit and Council Tax Reduction:

**01595 744682** • [benefits@shetland.gov.uk](mailto:benefits@shetland.gov.uk) •  
[www.shetland.gov.uk/support-grants-benefits](http://www.shetland.gov.uk/support-grants-benefits)

## Worried about food?

The Shetland Food Bank can provide you with a week's worth of food and basic toiletries as needed. Get in touch with any local support agency, such as CAB, and they will refer you.

**01595 741263** • [info@shetland.foodbank.org.uk](mailto:info@shetland.foodbank.org.uk) •  
[www.shetland.foodbank.org.uk](http://www.shetland.foodbank.org.uk)

[shetland.gov.uk/costofliving](http://shetland.gov.uk/costofliving)

## Worried about energy bills?

Begin by contacting Shetland Islands Citizens Advice Bureau (CAB). They, along with a number of other agencies, may be able to help you access Fuel Vouchers.

**01595 694696** • [sicab@shetland.org](mailto:sicab@shetland.org) • [www.shetlandcab.org.uk](http://www.shetlandcab.org.uk)

If you are on a low income you may be eligible for the Warm Home Discount:

[www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

The Council's Energy Efficiency Team can help with information and advice on energy efficiency grant and loan schemes:

**01595 744179** • [energyefficiency@shetland.gov.uk](mailto:energyefficiency@shetland.gov.uk) •  
[www.shetland.gov.uk/grants/energy-efficiency-grants](http://www.shetland.gov.uk/grants/energy-efficiency-grants)

Home Energy Scotland are also able to provide advice to save on bills:

**0808 808 2282** • [www.homeenergyscotland.org](http://www.homeenergyscotland.org)

## Worried about your mental health?

If you find you're struggling with your mental health, Mind Your Head will support you. They can also refer you onto to other help, if you need it.

**01595 745035** • [mindyourhead@shetland.org](mailto:mindyourhead@shetland.org) •  
[www.mindyourhead.org.uk/contact](http://www.mindyourhead.org.uk/contact)

If you're feeling lonely or isolated, Shetland Befriending Scheme have a telephone Befriending Service.

**01595 743907** • [mairi.jamieson@shetland.org](mailto:mairi.jamieson@shetland.org) •

[shetland.gov.uk/costofliving](http://shetland.gov.uk/costofliving)