

Useful Phone Numbers

If you are caring for someone:

- *You might be entitled to extra benefits **see tel no 1***
- *For advice on helping the person you are caring for to move without hurting yourself **see tel no 2***
- *For advice and support **see tel no 3***
- *For advice about respite or homecare **see tel no 4***

(See reverse for numbers)



**PERTH &
KINROSS
COUNCIL**

**Housing &
Community Care**

1 Welfare Rights

*Nicola Sutherland -
Carers Specialist Advice*

01738 646830

2 Moving and Handling

*Rosemary Campbell and
Shirley Cameron*

01738 477883

3 Carer Support and Information

*Trina Crichton -
Princess Royal Trust for Carers*

01738 567076

4 Social Work

01738 476700

*Give your address and you will
be given the number for your
local Social Work Office*