



This leaflet was developed by the  
Aberdeenshire North Public Health Team.

If you found this leaflet helpful and have  
any suggestions for future updates please  
share using the QR code or get in touch  
with the team on the email below:

Gram.northpublichealth@nhs.scot



Support  
available



**Support For Families**

Home-Start  
Office@home-startnea.org.uk  
01346 532007

**Housing**

Aberdeenshire  
Council Housing  
Contact Centre  
03456 08 12 03

**Emotional Wellbeing**

Shirley's Space:  
shirleysspace@hotmail.com  
07940959002

Aberdeen Foyer:  
www.aberdeenshire.gov.uk/  
info@aberdeenfoyer.com

Aberdeenshire Mental Health  
Improvement and Wellbeing  
Service  
www.nhsgrampian.org/  
mhiws-aberdeenshire  
01224 557400

**Affordable Fuel Costs**

Home Energy Scotland  
www.homeenergy  
scotland.org.uk  
0808 808 2282

**Adult Learning**

Community Learning and  
Development Service  
cld@aberdeenshire.gov.uk

**Welfare/Benefits/Claims**

Welfare Rights Adviser:  
01467 538555

Citizen Advice Bureau:  
01779 471515

Department for Work and  
Pension: 0800 328 5644

Free period products  
www.aberdeenshire.gov.uk/  
communities-and-events/  
sanitary-products/

**Warm Spaces**

www.avashire.org.uk/  
warm-spaces-aberdeenshire

Just in time



**Transport  
Information**  
Banff and Buchan area



## CONCESSIONARY TRAVEL



### Free Bus Pass

This is a Scotland-wide scheme for anyone under the age of 22, over the age of 60 or residents with disabilities to travel free on bus and coach services.

T: 0345 608 1208

E: [entitlementcard@aberdeenshire.gov.uk](mailto:entitlementcard@aberdeenshire.gov.uk)

## LOCAL TRANSPORT SCHEMES



Banffshire Partnership Limited

Provides community transport for people unable to use public transport due to isolation, age, disability or lack of confidence.

T: 01261 843598

E: [bpl.transport@banffdab.org.uk](mailto:bpl.transport@banffdab.org.uk)



A2B dial-a-bus is operated by Aberdeenshire Council for people living within Fraserburgh (includes Rosehearty & Sandhaven) who find it difficult to use public transport. All journeys must be pre-booked by phone.

T: 01467 535333

E: [a2bdialabus@aberdeenshire.gov.uk](mailto:a2bdialabus@aberdeenshire.gov.uk)



## JOURNEY PLANNING



Provides information on all public transport services within Scotland.

T: 0871 2002233

[www.travelinescotland.com](http://www.travelinescotland.com)



THInC provides transport advice to residents in Aberdeen & Aberdeenshire on available options for travelling to Health and Social Care Appointments.

T: 01467 536111

E: [travel@thinc-hub.org](mailto:travel@thinc-hub.org)

## GENERAL SUPPORT



The assistance card lets the bus driver know that you need some help once shown. The card is customised based on the type of assistance you need.

[www.stagecoachbus.com](http://www.stagecoachbus.com)



## TRAVEL TO HOSPITAL



HCS1

Provides information on financial support for travelling to and from the hospital for those on certain benefits.

[www.gov.scot/publications/hcs1/pages/13/](http://www.gov.scot/publications/hcs1/pages/13/)

