



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 For Families

Home-Start
Office@homestartnea.org.uk
01346 532007

Housing

Aberdeenshire Council Housing
Contact Centre: 03456 08 12 03

Affordable Fuel Costs

Home Energy Scotland
www.homeenergyscotland.
org.uk
0800 808 2282

Emotional Wellbeing

Shirley's Space:
shirleysspace@hotmail.com
07940959002

Aberdeen Foyer:
www.aberdeenshire.gov.uk/communities-and-
events/sanitary-products/

Men United:
hello@menunited.scot
www.menunited.scot

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

Home Items

Stella's Voice
europe@stellasvoice.org
0300 303 2520

Buchan Giving Tree
Phone/Text/WhatsApp
07510 647 217

**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/

Adult Learning

Community Learning
and Development Service:
01467 537 577

Warm Spaces

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

Just in time



Transport Information

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

LOCAL TRANSPORT SCHEMES



Dial-a-Community Bus

Buchan Dial-a-Community Bus is based in Maud and is focussed on the reduction of isolation in Aberdeenshire through the provision of high-quality transport and supported services. Services include Shopping Service and Transport for you.

T: 01771 619191

E: info@dialabus.org.uk



A2B dial-a-bus is operated by Aberdeenshire Council for all residents within Central Buchan and people in Peterhead who may find it difficult to use public transport. All journeys must be pre-booked by phone or email.

T: 01467 535333

E: a2bdialabus@aberdeenshire.gov.uk



JOURNEY PLANNING



Provides information on all public transport services within Scotland.

T: 0871 2002233

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

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.

T: 0345 2418000

www.stagecoachbus.com



TRAVEL TO HOSPITAL



Scottish Government
Riaghaltas na h-Alba

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/

