**Email to all members of Highland and Strathtay Action Partnership from the Stronger Communities Team – apologies for any cross-posting**

Hi There

This week’s Stronger Communities update is the first of our new style of communication. The first difference to notice is that we will now be moving back to **weekly updates** as opposed to fortnightly. This is so the information contained is the update is manageable and easier to read. The other difference to notice is that these weekly updates will now be switched between **2 themes**. This week we will be sharing information and activities which are relevant for **members of the community**. This means that any information contained in the email can be passed directly to your networks and local residents. Next week we will be sharing information which is relevant **for** **community groups, volunteers and professionals**. This will include info about key funding opportunities, training or any relevant support.

As always, if you have any information you would like to share with either of these themed groups, please send it to CatherineGordon@pkc.gov.uk so we can share the details on our next email update.

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**GET HELP**

(Remember to look at the newsletters listed further down this email for more information and news)

* **CAP’s Debt Counselling Service**

Christians Against Poverty’s debt counselling service focuses on providing a service which works well for those who are more vulnerable and who need support to help them gain freedom from their debts. Our service is completely free. We are currently temporarily replacing our face to face debt counselling service with telephone and video-based appointments due to COVID-19. Our service is holistic and we give clients the time they need to work with us.

All clients need in order to access our service is a phone and access to the internet or that they are able to get to a post box. Our local service in Highland Perthshire covers an area from Blair Atholl to Dunkeld and Rannoch to Pitlochry and everywhere in between.

Any prospective clients should call 0800 328 0006 (our lines are open 9.30am-5.00pm Monday to Thursday and 9.30am-3.30pm on Fridays.

Once it is safe to do so, and following Government guidelines, we will look to resume our face to face home visiting service for clients.  Please see that attached document for ore information.

* **Dunkeld Co-Op Temporary Closure**

Pitlochry Coop will be providing home deliveries from Friday, 22 January, for the duration of the Dunkeld Co-op closure  (probably until early April)

The home delivery service will run on Mondays, Wednesdays and Fridays and the number to call is 07787733375.

Please give this info to anyone you think might be interested or need this service.

**HAVE YOUR SAY**

* **Scottish Rural Parliament**

Registration for the next Scottish Rural Parliament is now open at <https://www.srp2021.scot/> The Rural Parliament is organised by Scottish Rural Action, a national charity designed to give a collective a strong voice to Scotland’s rural communities. The aim of this event is to produce an updated Manifesto for Rural Scotland prior to the Scottish Parliament elections in May.  Please can you share this information with your networks as appropriate, as some community members may wish to sign up.

**JOIN IN**

* **PKAVS Social Groups for Carers Throughout Perth and Kinross**

Please see that attached posters for information about social groups and events for any adult carers, and for The Bridge Project for any carer who has lost their loved one or they have gone into full time care.

For more information please contact *Kathleen Murray Carer Community Development Worker* *kathleen.murray@pkavs.org.uk*

* **Languages Week in Scotland**

Next week is Languages Week in Scotland.  There is a new initiative being launched on Friday 5th February called [Say A Gaelic Phrase Day – Hands Up for Trad](https://projects.handsupfortrad.scot/handsupfortrad/say-a-gaelic-phrase-day/)

* **Free Online Safety Classes**

Lead Scotland are hosting FREE online safety classes for members of the public during February 2021. The classes will be especially useful for disabled people, carers or those who might find it harder to use the internet safely, but they are open and suitable for everyone.  All classes are free and open to the public.

We are offering 1 hour zoom classes in:

* How to Create Strong Passwords
* How to Remember Your Passwords
* Online Scams: How to Spot Them and What to Do
* Learn More about Complex Scams
* Cyber Attacks: What to Do and Where to Get Help

We’re also giving webinars for practitioners and organisations about how to give online safety information in an accessible manner:

* How to Promote Digital Safety in an Accessible Manner
* How to Promote Digital Safety to Those with Low IT Confidence

To sign up please follow this link:   <https://www.lead.org.uk/learn-how-to-be-safe-online-with-lead-scotland/>

Amulree Welch, Perth Digital Skills Learning Coordinator, Lead Scotland,  awelch@lead.org.uk     [www.lead.org.uk](http://www.lead.org.uk/)

**NEWSLETTERS**

* **Carers Support News**  <https://mailchi.mp/8a51b331311a/carers-support-news-january-5049110?e=21e48c2340>
* **The Atholl & Breadalbane Quair** - The February edition of The Atholl & Breadalbane Quair Community Magazine will be delivered to every one of the 7,100 households and businesses throughout Highland Perthshire week commencing 1st February 2021. Thank you so much to all of the businesses and contributors who support us and enable us to continue producing two premium magazines for the local community. If you've not got your copy yet you can see an online edition at [www.thequair.scot.](http://www.thequair.scot/?fbclid=IwAR2bQLyxYvZdbnTbkggJ0gkj_Q6DTcDGJrCt5jRIChC7HRcoO_FtBjGAYIA)

As always – do please keep safe and well.

Kindest regards

Cat, Audra, Fiona, Alison, Jeannie and Jeni

The Highland and Strathtay Stronger Communities Team

**West side A9 Strathtay (Bankfoot, Moneydie, Pitcairngreen, Almondbank, Harrietfield, Logiealmond, Bertha Park, Dalguise and Amulree)**

Fiona Johnstone (coordinator), Community Engagement Worker

FJohnstone@pkc.gov.uk      07935354561

**East side A9 Strathtay (Dunkeld, Stanley, Luncarty, Meikleour, Airntully Spittalfield, Murthly, Caputh, Meikleour, Kinclaven, Dowally etc.) area.**

 Fiona Johnstone (coordinator), Community Engagement Worker

FJohnstone@pkc.gov.uk      07935354561

**Aberfeldy and surrounding areas, Grandtully, Strathtay, Kinloch Rannoch, Kenmore & Glenlyon areas**

Audra Webster, Healthy Communities

audrawebster@nhs.net      07896280852

**Pitlochry, Tummel Bridge, Blair Atholl, Calvine, Killiecrankie, Ballinluig, Logierait**

Cat Gordon, Community Learning and Development

CatherineGordon@pkc.gov.uk    07795368453

P.S. Apologies if you receive this email more than once, we have multiple mailing lists and there is some crossover.

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Perth & Kinross Council

Telephone 01738 459701

Email Dunkeldcomlearn@pkc.gov.uk

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