

Organisation	Guide words	Contact person	Contact phone	Contact email
Aberdeenshire Council Community Care services	Range of care services		03456 081206	
Elder	Organisers of Live- in Home Carers		0370 218 8434	hello@elder.org
Ann Inspired Care	Full and part time care	Sarah Milne	01224 761904	sarah@ann-inspiredcare.co.uk
Quarriers	Care at home	Via Ballater Clinic	01467 538700	
Able Community Care	Range of care services		01603 764567	info@ablecommunitycare.com
Crossroads Caring Scotland	Home support for Carers		0141 2263793	info@crossroads-scotland.co.uk
Deeside Parkinsons Group	Parkinsons – local support group	Mike Powell	07756 866931	mikepowell.obe@gmail.com
Deeside Stroke Group	Stroke – local support group	Eric Sinclair	013398 86199	eric Sinclair@btconnect.com
CLAN (Cancer Link Aberdeen & North)	Cancer information & support	Helen Hasnip	07720 737497	helen.hasnip@clancancersupport.org
Macmillan Cancer Support	Cancer information & support		0808 808 00 00	(via website – macmillan.org.uk)
Marie Curie	Information & support re terminal illness, dying & bereavement		0800 090 2309	(via website – mariecurie.org.uk)
One to One Counselling	Free mental health counselling	Astrid Whyte	013398 86700	astrid.whyte@mhaberdeen.org.uk
RNIB (Royal National Institution for the Blind)	Sight loss condition help & support	RNIB Eye Clinic Officer: Laura Lilley	07759 365138	laura.lilley@rnib.org.uk
Deeside Macular Degeneration Group	Help & support for people with macular degeneration	Laura Gray	01467 620658	Laura.gray@macularsociety.org
Sight Scotland Veterans	Help & support for service veterans affected by sight loss	Alison McPherson	07785 614618	alison.mcpherson@sightscotlandveterans.org.uk
Glaucoma UK	Supporting people with, and at risk of glaucoma.	Philippa Mason	01233 648170	p.mason@glaucoma.uk
North East Sensory Services	Talking newspapers (including Deeside Piper / P & J) for those with visual impairment		0345 2712345	(via website - nesensoryservice.org)
Deaf Action	Information, advice & guidance for anyone with diagnosed hearing loss	Sam Reid	07772 105015	aberdeenshire@deafaction.org
Forget Me Not Club	Dementia – help & support	Eunice Gardyne	01330 822655	eunice.gardyne@forgetmenotclub.co.uk
Playlist for Life	Dementia – help & support	Pam Ribbeck	07895 406187	pam@playlistforlife.org.uk
Samaritans	Free confidential listening service about anything		116 123	jo@samaritans.org
Age Scotland	Free confidential phone service for older people, their carers and families		0800 1244222	helpline@agescotland.org.uk
Kincardine & Deeside Befriending	Supporting mental & physical health of over 55's who are socially isolated & living independently	Maggie Dornan	01330 823368	Maggie.dornan@kdbefriending.org.uk
AbilityNet	Supporting anyone living with disability or impairment to use technology		0800 048 7642	enquiries@abilitynet.org.uk
Childline	Information & advice for young people about anything		0800 1111	(via website - childline.org.uk)
The Cactus Book Club	Books for young people ages 16-30 in north Scotland	Jenny Gow	07813 720963	gowdeli@yahoo.co.uk
Deeside Riding for the Disabled	Therapy & fun for all ages	Linda Byers	07909 797460	rdadeeside@gmail.com
Scottish Disability Sport	Sport for all ages & disabilities	Alison Shaw	07828 744848	alison.shaw@scottishdisabilitysport.com