Useful Information:

www.yourcommunitypk.org
Your Community PK is your one-stop shop to give people access to local information, organisations and things to do which help support the health and wellbeing of individuals and our local communities.

Welfare Rights Team
Perth & Kinross Council
Telephone: 01738 476 900
Email: welfarerights@pkc.gov.uk

Citizens Advice Bureau
7 Atholl Crescent
Perth PH1 5NG
Telephone: 01738 450 580

Mindspace Recovery College
Telephone: 01738 639657
Email: admin@mindspacepk.com
Visit: www.mindspacepk.com

PKAVS Mental health & Wellbeing Hub
The Walled Garden & Cafe
Telephone: 01738 631777

Developed by MoveAhead, in conjunction with Clinical Governance and has been reviewed by Service User Group and patients.

Revised: 01/2020 Review: 01/2022 LN0633

Perth and Kinross Health and Social Care Partnership
Supporting healthy and independent lives

NHS Tayside

Welcome to MoveAhead

Information for people using the service

MoveAhead
Cairnwell
Perth Royal Infirmary
Perth
PH1 1NX
Telephone: 01738 413070
Email: tay.moveaheadservice@nhs.scot

What is MoveAhead?

MoveAhead is a locally based support service which enables people to access activities and services in the community.

It aims to enhance the wellbeing of individuals through participation and engagement in their local community offering one to one support.

Our aim is to enable people to gain enjoyment and confidence via activity promoting long term independence.

What we do

The service provides support to people who wish to participate in a variety of community based activities, signposting on to other relevant services and organisations if required.

Support is individual and tailored to the individuals needs and focuses on helping people to link into a wide range of activities such as:

- Voluntary work
- Leisure opportunities
- Recreational and social activities
- Educational opportunities
- Work preparation

We support and guide people to access a variety of organisations and agencies in the local community to meet their needs. For example, Welfare Rights, Citizens Advice Perth, Counselling services, Housing services, etc.

Who we support

Anyone, who is over the age of 16, has left school and lives in the Perth City boundaries. We support anyone who has a wellbeing need, including people with or without a mental health diagnosis.

Carer involvement

At MoveAhead we acknowledge the positive involvement that carers can have to their loved ones recovery.

We offer a Carers Information Pack to carers and encourage where appropriate carer involvement in care planning.

MoveAhead Volunteers

We recognise the importance of volunteers in our work and value the contribution of volunteers. At MoveAhead, we create volunteering opportunities and work in partnership to co-deliver local opportunities with our skilled and dedicated volunteers.

If you would like further information, request an application form or want to chat about your needs please contact:

Telephone number: 01738 413070

Email: tay.moveaheadservice@nhs.scot

You can also follow us on our Facebook page:

@moveaheadnhsperthcity