

## AIM HI Project

For an appointment please speak to staff at your Sure Start Centre in person or call the centre on the numbers listed.

If you are unable to attend a sure start centre due to a health condition please call

Tel: 01968 675259

e-mail: [steve.hunter@penicuikcab.org.uk](mailto:steve.hunter@penicuikcab.org.uk)  
Project adviser

### Fuel Advice



For help with utility enquiries, including fuel debt, we can make an appointment with an adviser from 'Change Works' who can help with all electricity and gas issues including , high bills, fuel efficiency and changing supplier.



Penicuik CAB  
14a John Street Penicuik EH26 8AB

Charity no: SCO 14421  
Authorised and regulated by the Financial Conduct  
Authority FRN: 617474

## Appointments held at:

**Penicuik Family Learning Centre**  
60 Queensway, Penicuik EH26 0HE  
Every 2<sup>nd</sup> Thursday 9am, 10am & 11am  
Tel: 01968 679215

**Paradykes Family Learning Centre**  
Mayburn Avenue, Loanhead EH20 9HB  
Every 2<sup>nd</sup> Thursday 9am, 10am & 11am  
Tel: 0131 271 4653 mob -07729752550

**Mount Esk Family Learning Centre**  
Bonnyrigg, EH19 2LS  
Every 2<sup>nd</sup> Wednesday 9am, 10am & 11am  
Tel: 0131 660 1749

**Gorebridge Family Learning Centre**  
Gorebridge Beacon, Hunterfield Road  
EH23 4TT  
Every 2<sup>nd</sup> Tuesday 9am, 10am & 11am  
Tel: 01875 822428 mob - 07591 213 928

**Mayfield Family Learning Centre**  
Stone Avenue, Mayfield EH22 5PB  
Every 2<sup>nd</sup> Wednesday 9am, 10am & 11am  
Tel: 0131 660 6644

**Woodburn Family Learning Centre**  
Cousland Road, Dalkeith EH22 2PS  
Every 2<sup>nd</sup> Tuesday 9am, 10am & 11am  
Tel: 0131 654 1565

Appointments can also be held at  
**Midlothian Sure Start**  
McSense Business Park  
32 Sycamore Road, Mayfield EH22 5TA

## AIM HI Project



**FREE  
CONFIDENTIAL  
IMPARTIAL  
INDEPENDENT**

**Advice and Support**



**We can we help!**

Advice Surgeries held at your Sure Start Centre every 2 weeks

Home visits by arrangement

Please speak with staff to book an appointment

9-10am, 10-11am, 11-12pm  
Alternative times can be arranged



## Introduction

The **Access to Improved opportunities in Midlothian for long term Health Improvement Project**.

The **AIM HI Project** is a partnership project between Penicuik Citizens Advice Bureau (CAB), Dalkeith CAB, Changeworks and **Sure Start Midlothian**.

Partners hold complimentary expertise / experience in tackling child, fuel and food poverty.

Based in Midlothian, and well networked with local organisations, our activity will contribute to improve health and well-being **for parents to be, families with children under 18 and young people in transition, who are most in need**.

The focus of the project is income maximisation, welfare rights and budgeting advice.

Appointments can be made with a Citizens Advice Bureau (CAB) adviser who will hold surgeries in each Sure Start Centre every fortnight.

Advice sessions are normally 1 hour appointments but 2 hours are made available for form filling such as Child DLA or Personal Independence Payment (PIP) forms.

## *How can we help?*

Everyone can receive a financial health check.

This includes a **benefit check** to ensure you are receiving all the benefits you are entitled to. If you are on a low income you could receive help:

- For essential things
- If you are pregnant or have had a baby
- If you have school aged children
- If you are ill, injured or disabled
- Home and housing support

We can give you a budget planner to show you a detailed breakdown of your spending against your income and suggest ways of saving money.

**Planning and budgeting** helps you to take control of your finances by saving money.

- Cut the waste
- Break bad money habits
- Tackle your debt
- Put your money to good use

## *How can we help?*

You can receive help on issues that may be causing you difficulty or hardship such as:

- Benefit applications & Appeals
- Debt issues
- Relationship/family issues
- Housing
- Consumer
- Employment
- Utilities

### **Health & Disability forms**

Forms such as PIP or DLA can be daunting; they are complex and lengthy asking lots of questions and you need to write down lots of information.

We can give you a double appointment (2hrs) to help you complete a form.

### **Challenging benefit decisions**

We can help you with a Mandatory Reconsideration Request and Appeal and may be able to represent you at an Independent Appeal Hearing.