PENTLAND
HOUSING ASSOCIATION

Useful numbers

Housing / Homeless Support	01349 886602
Highland Council Coronavirus hotline	0300 303 1362
Welfare Support Team	0800 090 1004
Universal Credit	0800 328 5644
Ops Team (Housing Benefit and Council Tax Reductions and other Council Benefits)	0800 090 1004
Scottish Business Helpline	0300 303 0660
Age Scotland	0800 12 44 222
NHS 24 (only to be called if local GP practice is closed)	111
Waste enquiries	01349 886603
Scottish Power	0845 272 7999
GAS (Emergency)	0800 111 999
Police	101 (Non Emergency)
Samaritans	116 123
Social Work – out of hours	0845 769 7284
CAB	0202 200 9060
PHA Emergency Repairs	07802 930 685
Thurso Community Support	01847 867050
Pultneytown People's Project	01955 608530

Useful websites

Health and care advice	https://www.nhsinform.scot/
Health – Coronavirus	https://www.nehinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19
Scottish Government – Coronavirus advice and guidance	https://www.gov.scot/coronavirus-covid-19
Travel advice	https://www.gov.uk/guidance/travel-advice-novel-coronavirus and https://www.fitfortravel.nhs.uk/home
Advice for refugees and asylum seekers	https://www.nhsinform.scot/care-support-and-rights/health-rights/access/healthcare-for-refugees-and-asylum-seekers
Highland Council	www.highland.gov.uk
Universal Credit advice line	www.understadinguniversalcredit.gov.uk/coronavirus