



# **Welcome to Perth & Kinross**

A guide to your new area

# Introduction

Welcome and we hope you enjoy your new home!

This guide aims to help you settle in and get to know your local area. Whether you are new to Perth & Kinross or are already familiar with it, we hope you will find useful information. There are sections about some of the services, facilities and contacts you might need or want, and a “Moving-in checklist”. There is also a section on some things to do or see in one of the most beautiful parts of Scotland. The area truly has something for everyone so have fun exploring!



**Julia**  
**Housing Options Scotland volunteer**



This guide has been produced by volunteers at **Housing Options Scotland**. We are Scotland's housing charity for disabled people, older adults and members of the Armed Forces community. If you need help with your housing situation, contact us:

**[housingoptionsscotland.org.uk](https://housingoptionsscotland.org.uk)**

**0131 510 1567**

**[info@housingoptionsscotland.org.uk](mailto:info@housingoptionsscotland.org.uk)**

.....

*Image credits: Gunther Tschuch ([Wikimedia](#))*

.....

**If you have any questions about this guide, contact Ben Parker on**  
**[ben@housingoptionsscotland.org.uk](mailto:ben@housingoptionsscotland.org.uk)**

# Contents

Background information	1
Moving home	2
In your new home	3
Council services	4
Transport	5
Education	7
Money, work and debt advice	8
Health and wellbeing	11
Leisure	13
Key Contacts	15

# Background information

Perth & Kinross runs north to the Highlands and south to the Lowlands, with Perth – the “fair city” – in the lowlands of the River Tay, and Dunkeld considered as the gateway to the Highlands. It is an area of glorious scenery with mountains, forests, lochs and rivers in abundance, historic castles and monuments, and is home to the biggest hedge in the world. Wherever you live, from small settlements to the rural market towns of Crieff and Blairgowrie or the small city of Perth, you are never far from the beautiful landscape. Perth is around half an hour’s drive or train journey from Dundee, and its history as a trading town means good travel connections to all the other major Scottish cities.

In the Perth & Kinross region, the main towns and villages are:

- Aberfeldy & Kenmore
- Alyth
- Auchterarder
- Blair Atholl
- Blairgowrie & Rattray
- Bridge of Earn
- Crieff
- Dunkeld
- Kinross
- Perth
- Pitlochry

[Find out more about these places and other settlements in Perth & Kinross.](#)



*Image credit: Paul ([Wikimedia](#))*

# Moving home

## **Take gas and electricity meter readings.**

Do this when you move out. This will make sure you only pay for the energy you used.

**Settle up bills at your old property.** Make sure you pay for all bills due including:

- Rent/mortgage
- Garden/common area maintenance
- Council tax
- Gas and electricity
- Telephone and broadband.



**Change your address.** It's important to let people know you're moving, including:

- Friends and family
- Your employer
- Your local **job-centre**
- The [Department for Work and Pensions \(DWP\)](#)
- Your bank, insurance, pension and credit card companies
- Your doctor and dentist
- Your local council
- The [electoral register](#)
- The [Driver and Vehicle Licensing Agency](#) (DVLA)
- Telephone, TV and broadband providers
- [TV licensing](#)
- Charities you might support

## **Redirecting your post**

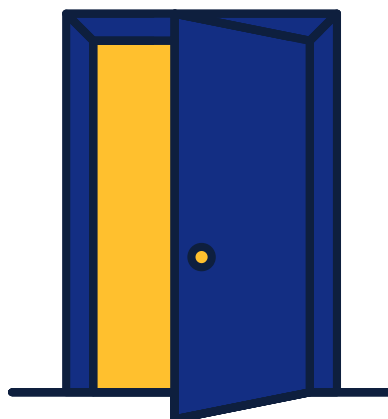
When you move home, you might miss some of the important information you get through the post. A simple way to make sure you keep receiving your post is to use the [Post Office redirection service](#). You can choose how long you want your post redirected for. There is a fee for this service.

# In your new home

**Register with your local council.** Contact your new local council to register for Council Tax and the electoral register.

**Register with a doctor** - [How to register with a local doctor.](#)

**Register with a dentist** - [How to register with a local dentist.](#)



**Spare keys.** Get copies of your keys cut, so you have spares in case you need them.

**Take gas and electricity meter readings.** Do this when you move in to make sure you only pay for the energy you use. Comparison sites like [USwitch](#), [Compare the Market](#), [Money Supermarket](#), and [Go Compare](#) can help you find the best energy deals.

**Household appliances.** Ask for instruction booklets or manuals for the boiler, washing machine and all appliances in the property to be left for you. If any are missing, you can find instructions for most appliances with a quick online search.

**Get to know your new home.** Consider getting two copies of keys cut for your new home and ask for instructions / booklets for all appliances to be left for you. Also make sure you know where to locate the following:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Gas and electricity meters                      | <input checked="" type="checkbox"/> Fuse box  |
| <input checked="" type="checkbox"/> Thermostat for central heating                  | <input checked="" type="checkbox"/> Landline telephone sockets                          |
| <input checked="" type="checkbox"/> Water boiler                                    | <input checked="" type="checkbox"/> TV and satellite aerial sockets                     |
| <input checked="" type="checkbox"/> Hot and cold water tanks                        | <input checked="" type="checkbox"/> Access points e.g. to loft points/under floor areas |
| <input checked="" type="checkbox"/> Stopcock (to turn the main water supply on/off) |   |

# Council services

Perth & Kinross Council provides a [wide range of services](#).

[MyPKC](#) provides general contact details and you can register for a [MyPKC account](#), to report faults, apply for services and make enquiries.



## Council Tax

Council tax is due for your home. The amount is set according to valuation bands (ranges of property values) that relate to its value. The bill also includes charges for clean water and wastewater, set by Scottish Water.

You may qualify for a discount on the full council tax charge. This would apply if you are the only adult in the house, are disabled or have a disabled person living with you, have a student or carer living with you and in several other situations.

- Find out the [current rates of council tax and water charges](#) for your Council.
- Manage your council tax account online, including making online payments, by [registering for a MyPKC account](#).
- Check out if you can claim a discount or exemption on the full Council tax charges. [Find out more about your Council's discount and exemption schemes](#).
- If you need independent advice on your eligibility for a discount, contact [Perth Citizen's Advice Bureau](#).

## Waste collection and recycling

- [Find out about kerbside bin collections](#), including recycling and garden waste in your Council area.
- [Check what rubbish you can put in each bin](#).
- Type your postcode in the search box to [find the bin collection days](#) for your home, and arrangements for special bulky item uplifts.
- If you need help putting your bin out, find out about "[Assisted lift collections](#)".
- Type your postcode in the search box to [find your nearest recycling centre](#).

# Transport

## Public Transport

Perth & Kinross Council provides [general information about public and community transport](#) in Perth and Kinross.

[Traveline Scotland](#) is an excellent resource for [planning journeys](#) with buses, trains and other public transport.

National, regional and small local bus operators serve the Perth & Kinross area.

- [View or download bus timetables](#).
- Some more rural areas are serviced by a taxi-based service for defined areas and times at the cost of an equivalent bus fare. It needs to be booked 24 hours in advance. [Find out more about Demand Responsive Transport](#).

There are train stations in Perth, Invergowrie, Auchterarder, Blairgowrie, Pitlochry, Dunkeld, Blair Atholl and Rannoch Moor.



- [Plan your rail journey](#).
- Find out more about [accessible rail travel and assistance](#).
- Type in the station for [information about its facilities](#).

## Active Travel

Perth & Kinross Council is investing in Active Travel projects and training to encourage people to walk, cycle, and wheel more.



- Download an [map of walking and cycle routes](#) in Perth City and across the region.
- Find travel leaflets, bike, bus and car routes at [PK on the go](#)
- Plan your cycling journey with [CycleStreets](#)
- Contact [All Ability Cycling](#) for training, to try out or borrow adapted bikes.

## Cars and taxis

- [Find out more about parking](#) in Perth & Kinross.
- If you live in Perth, you can [apply for a Residents Parking Permit Scheme](#).
- If you have severe mobility problems, you can [apply for a blue badge](#) to park nearer to where you need to go. Learn more about the eligibility criteria for the [blue badge scheme](#).
- You can ask for a [disabled person's parking bay](#) to be marked outside your home.
- Find out more about [licenced taxis and private car hire](#) in Perth & Kinross, including how you can check the vehicle and driver are properly licenced.
- This [Wheelchair accessible taxis](#) list from the **Perth & Kinross Centre for Inclusive Living** provides contact information about taxi companies whose drivers have had disability awareness training and have wheelchair accessible cars.



# Education

Perth & Kinross Council provides plenty of information about [schools and learning](#).

## Early learning, nurseries and childcare

All 3 – 5-year-olds and eligible 2-year-olds are entitled to 1,140 hours of free (funded) [nursery care](#). There are 11 early learning and childcare communities in Perth and Kinross, with each having local authority nursery or other provision at primary schools or in the community. [Find nurseries in your area and register your child](#).

This guide to [Early Learning and Childcare in Perth & Kinross](#) leaflet gives helpful information for parents and guardians.

## Schools

There are 73 local authority primary schools and 16 secondary [schools in Perth and Kinross](#). Enter your postcode to [find your school catchment area](#).

The Council provides support for children of all ages with additional special needs (ASN):

- [Find out more about the Council's provision of additional support](#), including [Fairview School](#)
- Independent schools located in Perth & Kinross provide day and residential education, care and support at primary and secondary level for children with additional and complex needs, at [Ochil Tower School](#), [Seamab](#), and [Balnacraig](#).

## Higher education, adult and community learning

[Perth College](#) offers a wide range of higher and further education courses, community courses and distance learning at campuses across Perth & Kinross.

Within easy travel distance [Dundee University](#), [Abertay University](#) and the [University of Stirling](#) offer a wide range of undergraduate and postgraduate degree courses.

For those who want to carry on learning as adults, Perth & Kinross Council has gathered many online courses in their [Adult Learning Hub](#).

# Money and work

## Financial advice



[Scotland's Financial Health Service](#) is a gateway to free and impartial advice about your finances.



[Perth Citizen's Advice Bureau](#) (CAB) in Perth is your local [Money Advice Scotland](#) centre. The CAB provides free, impartial and confidential help with entitlement to benefits, managing money, advice about loans and debts if you are in this situation, and with work-related issues such as redundancy. The website has a benefits calculator.

Citizen's Advice Scotland's [Money Talk Team](#) offers a free financial health check to anyone struggling with money. Contact them on 0800 085 7145 or use the link for a webchat.



Age Scotland [Money Matters](#) can provide tailored money advice for people aged 50 and over.

## Savings and loans

If you would like to save regularly, with a life assurance benefit and access to low-cost loans, [Perth & Kinross Credit Union](#) offers an alternative to high street banks and high interest lenders. It is an ethical financial co-operative.

## Debt advice

The money advice contacts above can provide debt advice. You can also find specialist advice and assistance to manage debt at:

- [Step Change Debt Charity](#) provides free advice and support tailored to your circumstances and in line with Scottish debt law.
- [National Debtline Scotland](#) offers free independent advice on 0808 808 4000 or by [Webchat](#).



NATIONAL  
DEBTLINE

## Pensions

You can find free and impartial information from [The Pensions Advisory Service](#), and its sister service, [Pensionwise](#), which also offers free individual advice appointments to people aged 50 or over. **Age UK** also provides clear [information about pensions](#).

## Benefits and Grants

Benefits and grants provide an additional source of income for people on low incomes or in circumstances which mean they have extra costs for living, housing or working. You may be eligible whether someone in your household works or not, and especially if you:

- have dependents living with you
- are a lone parent or carer
- you or anyone who lives with you is disabled or has a long-term health condition.

It's a good idea to get a 'benefits check' to make sure you are getting all the benefits you are entitled to.

- For up-to-date information and advice about benefits contact the Council's [Welfare Rights Team](#), [Citizen's Advice Scotland](#) and Age Scotland.
- If you are no longer working or have reduced hours, find information and make an online claim for claims including Job Seekers' Allowance, Employment and Support Allowance and Universal Credit at [Department of Work and Pensions](#).
- Contact Job Centre Plus in Perth on [0800 169 0190](#) for help with claims.
- [Turn2Us](#) and [Entitled To](#) offer reliable online benefits and grants calculators as well as good information and advice.

If you have financial difficulties or would benefit from financial help, it is worth contacting charitable trusts or funds operated by your trade union or by any trade or professional organisation that you may be connected with, currently or previously.

**Scottish Welfare Fund** helps people on low incomes with grants that do not need to be paid back. There are two types of grant:

**The Scottish  
WELFARE FUND**

- **Crisis Grant**, where you need help in because of a disaster (like a fire or flood), or an emergency (like losing your money or an unexpected expense);
- **Community Care Grant**, to help you or someone you care for to start to live, or to carry on living, a settled life in the community.

Applications are made through the Council. [Find more information, including how to apply.](#)

You may be entitled to financial help to adapt your home for the needs of a disabled person. Find more [information on entitlements](#) and on the [local policy and process](#).

## Work

The [Council's skills and employment initiatives team](#) supports individuals with all aspects of employability and skills development across Perth & Kinross. The [Employment Support Team](#) helps people with acquired brain injury, learning disabilities, autism, mental health and receiving services from the drug and alcohol team, and their families.

[Employability Pipeline Positive Futures](#) links you to organisations focused on helping people with mental ill health, people with learning disabilities, people facing major barriers to employment; or who live in low employment areas of Perth & Kinross.

[Perth & Kinross Employability Network](#) gives information on providers of advice and support to access employment, training and with job search for young people, disabled people, people with autism, veterans, homeless people and others who may be struggling to find and stay in work.

The main [Job Centre Plus](#) office is located in Perth. [Search for jobs in Perth & Kinross.](#)

If you are disabled or have a physical or mental condition that makes it hard to do your job you may be able to get help through the [Access to Work](#) scheme, including grants for equipment or for personal assistance.

## Paying for support

The [Independent Living Fund Scotland](#) (ILF) provides discretionary financial awards to disabled people who need help to live independently. The ILF Transition Fund provides financial help up to £1500 for 16 – 25-year-olds for up to a year. [Apply for financial awards.](#)

# Health and wellbeing

## National Health Service

[NHS Tayside](#) provides healthcare services to people living in Perth & Kinross, Dundee City and Angus. [Information about its hospitals](#) and other services is provided on their website.



It is important that you and the people you live with [register with a local doctor](#) and [register with a dentist](#). If you aren't registered with a dentist, you can obtain emergency advice and assistance Monday to Friday 8.30am to 5.30pm by contacting the **Perth and Kinross - Broxden Dental Centre** on **01738 450 550**. Out of office hours phone NHS 111.

For minor illnesses, pharmacies may be able to provide advice and prescriptions more quickly. Some offer private consultation rooms and it saves having to see a GP, although you do need to be registered with a GP in order to access this service. [Find your nearest pharmacy](#).

NHS Tayside has two main hospitals:

[Perth Royal Infirmary](#), a district general hospital, is about a mile from the city centre with [good transport links](#). It has 335 in patient beds, outpatient services and an Accident & Emergency Unit.

[Ninewells Hospital and Medical School, Dundee](#), a large teaching general hospital, provides the full range of specialist medical, maternity, children's and acute mental health services. [Find information on how to get there](#) and how to get around the large site.

Community hospitals in Auchterarder, Blairgowrie, Crieff and Pitlochry provide a small number of inpatient beds, GP-led minor injury clinics, outpatient services, and some provide respite and palliative care.



## Social Care and Support

**Perth & Kinross Health & Social Partnership** offers a range of support services, including services for carers, respite care, counselling, community alarms, technology, equipment and home adaptations.

- [Find out more about any of these services.](#)
- If you are over 16 and need any [social services for adults](#) for the first time or you are in crisis, contact **0345 30 111 20** and you will be linked to your local Early Intervention and Prevention team.
- Find out more about the Council's [specialist children and disability team](#).
- Find out more about [support for carers](#) in Perth & Kinross.
- The Council provides [self-directed support options](#) enabling more choice and control over the management of your care and support services and the budget for this.

## Other support for health and wellbeing

Some of the local organisations offering information, advice and services to support health and wellbeing are described below. These can be focused on people with certain conditions, carers and people whose age or circumstances means they may be reluctant to contact the health service or the Council directly.

- [Carers Hub](#) based in Perth & Kinross has three teams providing peer and professional information, support and advice for young carers under 16, young adult carers (6 – 24) and adult carers.
- [Centre for Inclusive Living Perth & Kinross](#) is a useful source of information here on a wide range of access and other matters related to health and wellbeing.
- [Independent Advocacy Perth & Kinross](#) provides free, independent and confidential advocacy to help people at risk of being disempowered (of any age) to have a voice in decisions affecting them.
- [Mental Health and Wellbeing Hub](#) provides support and opportunities to people recovering from mental illness at the Walled Garden in Perth and Wisecraft in Blairgowrie.
- [Mindspace](#), based in Perth and serving Perth & Kinross, offers supports for mental wellbeing through counselling, peer support, a recovery college and a service for young people aged over 11 years.
- [Young Scot](#) serves young people across Perth & Kinross, acting as a “one stop shop” health and social supports, as well as education, employment and housing.
- [Your Community PK](#) is a one stop shop for information and things to do to support your health and well-being in Perth and Kinross.

# Leisure

## Sport and leisure centres

**Live Active Leisure** runs 12 leisure centres in Perth & Kinross, including swimming pools, ice rink, sports halls and pitches, squash courts, gyms and classes ranging from aerobics and dance to wheelchair curling. [Find your nearest leisure centre.](#)

## Community activities, clubs and groups

**Your Community PK** lists over a thousand [interest groups, activities, skills sessions and sources of help and advice](#) to share interests, learn something new and meet new people.

**ALISS** (A Local Information System for Scotland) provides a [database of activities, skills sessions and sources of help and advice](#) in your local area to share interests, learn something new and meet new people. Simply enter your postcode and select a category from the drop-down menu.



Browse [Volunteer Scotland](#) for volunteering opportunities.

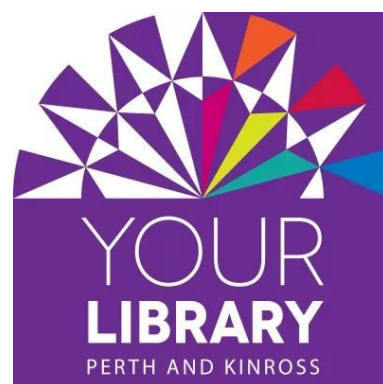


## Libraries and book groups

[Find your local library](#) to borrow books and use many other library resources such as the online library, internet stations and computers and mobile library. [Join the library.](#)

If you can't get to a library, you can [register for the book delivery service](#).

**CulturePK** also lists online and in-person [book groups](#) in the area.



## Greenspaces and the outdoors

**Perth and Kinross Council** can help you [find parks, greenspaces and children's play areas](#) near you.

They also provide [information on community growing spaces and allotments](#).

Maps of walking paths are provided by [Perth and Kinross Council](#) and [WalkHighlands](#). Try [Ramblers Perth](#) for local walking groups and [Jog Scotland](#) for regular group runs.

**CyclingUK** provides [information about cycling routes, events, clubs and groups](#) across Perth & Kinross. [ByCycle](#), the Perth & Kinross cycle campaign also leads regular cycle rides around the areas to support and encourage cycling.

## Entertainment and the arts

[Perth Playhouse IMAX cinema](#) is a seven-screen cinema in a restored Art Deco building in the centre of Perth. [The cinema provides accessibility information](#).

[Birks Cinema](#) is a fully accessible independent venue, with accessible café in Aberfeldy. It offers weekly relaxed screenings and “on demand” streaming of a wide range of films.

Both these cinemas are part of the CEA scheme. Eligible disabled people over 8 years old with a [CEA Card](#) can get a free ticket for a someone to go with them. [Apply to the CEA scheme](#).



[Perth Theatre and Perth Concert Hall](#) host a range of international, national and local companies and performers. Both aim to be inclusive and accessible and cater for different needs. **Access Scottish Theatre** provides [accessibility information for the venues](#).

[Pitlochry Festival Theatre](#) is a year-round venue with an internationally respected summer festival.



**Culture Perth & Kinross** manages the main [museums and galleries](#) in the area, including the famous [Fergusson Gallery](#), many in historic buildings. There are also many small [art galleries](#) with Scottish and contemporary art in many of the small towns in the region.

# Useful contacts

## Local sources of information

### Council & Councillors

Find the [address and contact details](#) for your local Council area office. You can [contact the council](#) in various ways, or phone the Customers Services Centre on 01738 475000

Local councillors may be able to help with queries or problems that council officials cannot resolve. Type your postcode into the search box to [find your local councillor](#).



[Find your Member of the Scottish Parliament's name and contact information.](#)

[Find your Member of the UK Parliament's name and contact information.](#)

## National sources of advice and information



[Disability Information Scotland](#) is a charity providing reliable and accessible information for disabled people on a wide range of issues. Their website is packed with information or contact their helpline 0300 3239961 if you prefer to speak to an advisor.



[Inclusion Scotland](#) is a charity aiming to ensure inclusive policy, practice and decision making for disabled people. Their website has information about employability, human rights, poverty and social security and encourages disabled people to become active citizens to secure their rights and entitlements.

**People with learning disabilities and autism** can get information and advice from:

- [ENABLE](#) is a charity working to make life better for people who have a learning disability, and their families. Contact their helpline on 0300 0200 101 if you prefer to speak to someone.
- [Scottish Autism Advice Line](#) provides a first line response for individuals and families looking for information, advice and support on any aspect of living with autism. Contact the helpline on 01259 222022.

If you are struggling with **mental health issues** or drug or alcohol issues, and need to speak to someone quickly, you can call a helpline or listening service. These are some free, confidential, services which you may find helpful:

- [Samaritans](#) in Scotland. Find how to contact them by email, letter or app [here](#) or call Samaritans National Line (24/7): 116 123
- [Breathing Space Helpline](#) (6pm to 2am Mon – Thurs, and Fri 6 pm – Mon am): 0800 83 85 87
- [CALM](#) Helpline (5pm to Midnight): 0800 58 58 58



If you or a member of your family is looking for advice and support for someone with **addiction or dependency issues**, NHS inform provides links to useful sources of help and helplines.

- [Alcohol - where to get help](#)
- [Support for people affected by drugs](#)

If you are experiencing domestic abuse:

- [Scottish Domestic Abuse and Forced Marriage](#). Call the 24/7 helpline: 0800 027 1234.
- [LGBT+ anti-violence](#). Call the national helpline (Mon, Tues, Fri 10 am – 5 pm; Wed, Thurs 10 am - 8 pm): 0800 999 5428

For **housing** advice:

- [Housing Options Scotland](#) offers housing information and advice to disabled people, older adults and members of the Armed Forces Community. Contact us on 07740 265183 or via our [website](#).
- [Shelter Scotland](#) provides useful advice for everyone on housing issues. If your issue is urgent or you at risk of homelessness, you can call the free housing advice helpline on 0808 800 4444 to talk to a housing adviser.



For **accessibility** information:

[Euan's Guide](#) is a website which reviews the accessibility of different venues across the UK.

