

**Note due to the changing circumstances and guidance being received from the Westminster and Scottish Government on a daily basis these supports are evolving and changing.**

## **Almond & Earn**

<b>Community Volunteer Help</b>	<b>Contact</b>
<p><b>Abernethy Angels</b></p> <p><i>Operating in Abernethy, Aberargie and immediate surrounds with practical help (shopping, prescriptions, etc) as well as emotional support (phone calls, etc).</i></p>	<p>07840 212747</p> <p>Abernethy Community Facebook page</p>
<p><b>Methven and the Surrounding areas support group</b></p> <p><i>Coordinated support by street. Houses have been leafleted and information is on Facebook. Support with shopping, prescriptions, etc. Call for any food requirements or message via Methven Community Council's Facebook page.</i></p>	<p>Sarah-Louise Ferguson – 07704498177  <a href="mailto:sarah3sam@hotmail.co.uk">sarah3sam@hotmail.co.uk</a>            (and Kate Falconer)  <a href="#">Methven and the Surrounding areas support group</a> Facebook Page</p>
<p><b>Almondbank, Pitcairngreen and surrounding area</b></p> <p><i>Alison is coordinating volunteers. Houses have been leafleted and information is on Facebook. Support available picking up shopping, urgent supplies, medicines, dog walks, chat over the phone, transport to bank etc. in Almondbank and Pitcairngreen. There are also posters up at the shop and post office.</i></p>	<p>Alison McKenzie – 07585114468  <a href="mailto:alisonmckenzie@btinternet.com">alisonmckenzie@btinternet.com</a>  <a href="#">Almondbank, Pitcairngreen and surrounding area</a> Facebook Page</p>
<p><b>Madderty Community Support</b></p> <p><i>Local volunteers available for: Shop and drop, prescription collection, taking vulnerable residents to appointments, remote IT support.</i></p>	<p><a href="http://www.madderty.org.uk">www.madderty.org.uk</a>            Tel: 01764 683833            Email: <a href="mailto:help@madderty.org.uk">help@madderty.org.uk</a>            (and helpmadderty@gmail.com)</p>
<p><b>Bridge of Earn, Kintillo &amp; Oudenarde Foodbank</b></p> <p><i>A community foodbank was in operation, but the collection boxes have now been removed. If you or someone you know could do with more support foodwise, please contact Allan.</i></p>	<p>Allan Wilson  <a href="mailto:awilson@churchofscotland.org.uk">awilson@churchofscotland.org.uk</a>  <a href="#">Bridge of Earn Community Group</a>            Facebook Page</p>
<p><b>Bridge of Earn Period Poverty Box</b></p> <p><i>The box has now been removed, but if you or someone you know needs free sanitary products, please contact Sheila.</i></p>	<p>Sheila Stewart – 07746228931 or 01738 812884</p>
<p><b>Perth and Kinross Foodbank</b></p> <p><i>11 Cutlog Vennel, Perth PH1 5HY            Opening hours: Tuesday, Wednesday and Friday 12 - 4p.m. for parcel collection.            Referral vouchers are required, but referrals taken from agencies over the phone.            Donations of food can be made in the supermarket drop-off points.</i></p>	<p>Tel. 01738 626799, mobile 07876 382568  <a href="http://www.perthkinross.foodbank.org.uk">www.perthkinross.foodbank.org.uk</a>            e-mail: <a href="mailto:info@perthkinross.foodbank.org.uk">info@perthkinross.foodbank.org.uk</a></p>
<p><b>Meal Makers</b></p> <p><i>Local neighbourhood meal sharing project operating across Perth and Kinross. Volunteer Cooks are matched with an older neighbour who has signed up as a Diner (anyone aged 55years+). Volunteer Cooks deliver a portion of whatever they are cooking for their own dinner to their Diner, at an agreed time. It can be weekly, fortnightly, or monthly. Currently recruiting volunteers and taking referrals for Diners.</i></p>	<p>Sign up as a Cook or as a Diner at <a href="http://www.mealmakers.org.uk">www.mealmakers.org.uk</a> or call 0800 783 7770.</p> <p>Diners can be referred with their permission or refer themselves.</p>

<b>Social Media Support</b>	<b>Contact</b>
<a href="#">Methven Community Council</a>	FB
<a href="#">Earn Community</a>	Website

<a href="#">Oudenarde Community Group</a>	FB
<a href="#">Earn Community Council</a>	FB

<b>Practical Help</b>	<b>Contact</b>
<b>Abernethy Community Transport</b> <i>Offer low-cost door to door service for residents to attend medical appointments</i>	07840 212747
<b>Other Support/Services</b>	<b>Contact</b>
<b>Wellbeing Support Team</b> Free short-term support and intervention for up to 6 months to adults aged 16 plus, who have mental health needs such as depression and anxiety, or other mental health issues which significantly interfere with the individual's cognitive, social or emotional abilities.	<b>Almond:</b> 01764 657861  <b>Earn:</b> 01577 867318