

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

| Community Volunteer Help | Contact |
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| <p>Methven and the Surrounding areas support group <i>Coordinated support by street. Houses have been leafleted and information is on Facebook. Support with shopping, prescriptions, etc.</i></p> | <p>Sarah-Louise Ferguson – 07704498177 sarah3sam@hotmail.co.uk (and Kate Falconer) Methven and the Surrounding areas support group Facebook Page</p> |
| <p>Almondbank, Pitcairngreen and surrounding area <i>Alison is coordinating 15-20 volunteers. Houses have been leafleted and information is on Facebook. Support with picking up shopping, urgent supplies, dog walks, chat over the phone, etc. in Almondbank and Pitcairngreen. There are also posters up at the shop and post office.</i></p> | <p>Alison McKenzie – 07585114468 alisonmckenzie@btinternet.com Almondbank, Pitcairngreen and surrounding area Facebook Page</p> |
| <p>Madderty Community Support <i>Local volunteers available for: Shop and drop, prescription collection, taking vulnerable residents to appointments, remote IT support.</i></p> | <p>www.madderty.org.uk Tel: 01764 683833 Email: help@Madderty.org.uk (and helpmadderty@gmail.com)</p> |
| <p>Perth and Kinross Foodbank <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 www.perthkinross.foodbank.org.uk e-mail: info@perthkinross.foodbank.org.uk</p> |
| <p>Methven Bring and Take Area <i>Donations of food can be placed in the bring and take area; those in need can help themselves. This is located next to the Convenience Store on the Main Street.</i></p> | <p>Sarah-Louise Ferguson – 07704498177 sarah3sam@hotmail.co.uk Methven and the Surrounding areas support group Facebook Page</p> |
| <p>Almondbank Bring and Take Area <i>Donations of food can be placed in the bring and take area; those in need can help themselves. This is located on Gellyburn Road.</i></p> | <p>Sarah-Louise Ferguson – 07704498177 sarah3sam@hotmail.co.uk</p> |
| <p>Bridge of Earn, Kintillo & Oudenarde Foodbank <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 awilson@churchofscotland.org.uk Bridge of Earn Community Group Facebook Page</p> |
| <p>Bridge of Earn Period Poverty Box <i>This box is situated in the garden area of the Little Hair Company; please take what you need.</i></p> | <p>Sheila Stewart – 07746228931 or 01738 812884</p> |

| Social Media Support | Contact |
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| Methven Community Council | FB |
| Earn Community | Website |
| Oudenarde Community Group | FB |
| Earn Community Council | FB |

| Practical Help | Contact |
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| <p>Abernethy Community Transport <i>Offer low-cost door to door service for residents to attend medical appointments</i></p> | 07840 212747 |