

Coronavirus Information on Community Supports

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.

Eastern Perthshire Area

Community Volunteer Help	Contact
<p>Alyth Community Support Group A group of local volunteers who are supporting the community offering help to those self-isolating with shopping, prescriptions and offering a friendly phone call. A food bank has been set up as well as a give and take larder within the new premises "Food For Thought" and donations can be dropped off here also.</p>	<p>Ryan Mollison ryan@theanglersinn.co.uk KT Garret kt.garret@insolvency.gov.uk Central help line 07840755339 Website https://communitysupport.alyth.online/ Food for Thought Address: 19 Airlie Street, PH11 8AH</p>
<p>Balbeggie Village Community Larder Located in the phone box and is open to give and to take. Checked and replenished by volunteers</p>	<p>Facebook Page – Balbeggie Village</p>
<p>Balbeggie Village Shop Support Notice up on Shop and on Facebook Shopping Prescriptions Friendly Call</p>	<p>Facebook Page – Balbeggie Village Gary Carson 01821 640887 GCstores.balbeggie@gmail.com</p>

<p>Blairgowrie and Rattray Coronavirus Coordination Group Gathering and coordinating volunteers to provide support for the community. Offering assistance with shopping and prescriptions etc. The town has been split into 4 areas based on postcodes with a volunteer coordinator for each one.</p>	<p>Blairgowrie and Rattray Coronavirus Coordination Group information can be found here https://mcas-proxyweb.eu2.cas.ms/certificate-checker?login=false&originalUrl=https%3A%2F%2Fdiscoverblairgowrie.co.uk.eu2.cas.ms%2Fcommunity-support Phone number: 07936 067 294</p>
<p>Blairgowrie Foodbank</p>	<p>For all queries please contact 0345 30 111 00</p> <p>Donations can be made to Tesco Blairgowrie and Sainsbury Blairgowrie</p>
<p>Give and Take Community Larders - Blairgowrie and Rattray</p> <p>Put in place for people to swap, give or take what they need.</p>	<p>Locations are: Blairgowrie Bowling Club, Lochy Terrace, Blairgowrie</p> <p>Blairgowrie Guide Hut, Emma Street, Blairgowrie</p> <p>Rattray Community Connect, High Street, Rattray.</p> <p>For more information please visit https://www.facebook.com/CommunityLardersBlairgowrieandRattray/</p>
<p>Blairgowrie and Rattray Timebank Gathering volunteers together to offer support across Blairgowrie, Rattray and surrounding areas for:</p> <ul style="list-style-type: none"> • Shopping • Prescription pick ups • Make regular calls to vulnerable people 	<p>Facebook Page bandertimebank@gmail.com 07761233418</p>

<ul style="list-style-type: none"> • IT Support 	
Burrelton Community Café Currently supporting families with weekly Soup delivery and food packs <ul style="list-style-type: none"> • Food Deliveries • Soup Deliveries • Family Support 	Ian Riches – Coordinating with Susie Thompson 01828 670384 (Collace and Burrelton Church)
Carsie Cares Providing community support for those living in Carsie	Lynn Muirie 01250 872929
Collace, Kinrossie and Saucher Campmuir	Can contact Woodside and Burrelton Support Group Facebook Page – Woodside and Burrelton Support OR Contact Cat Mackay 07761233418
Coupar Angus Food Larder Open Fridays 9pm-1pm at the old Bank building now Growbiz. Open to struggling families and all those in need. Bring your own bag Covers Ardler, Meigle, Kettins and Burrelton areas also.	Telephone 07864743017
Coupar Angus Support Group <ul style="list-style-type: none"> • Shopping • Prescriptions • Friendly Call • Dog Walking 	Facebook Page – Closed group Advertised on Coupar Angus FB ad WUU2 FB Shona Turnbull and Saranne Davies Coordinating – 20+ volunteers. 07745792482
Guildtown	Ellen Simpson - 01821 640342

The Guildtown Friends hip Club are offering to pick up essential shopping and medications for people on a Wednesday only. They are asking that if you require help then to call before 11am on Wednesday. They are distributing leaflets through the doors of people who they know live alone or are older.

Kettins Community Support Group

Kettins community support group consists of members from the Community Council, Guild and Hall committees, covering Keillor, Kettins, Markethill and Campmuir with volunteers throughout the area.

Support includes: Shopping, prescriptions, regular email updates as well as befriending. All households have had a flier through the door and updates are posted on the noticeboards.

Susan Smith - susan.sbf@virginmedia.com

Facebook - @KettinsParishHall
01828 628169

Meigle and Ardler

The Community Council has set up a Community Group for the support of anyone self-isolating in Meigle & Ardler areas.

Kevin Stirling kevsine@sky.com

Peter Menzies peterimenzies@btinternet.com

Meigle - 07341667292

Ardler - 07554658213

<p>Mount Blair Resilience Group We have a database of 100 kind folk from all corners of our region who are willing to offer this time, service, expertise and experience in almost every subject you can think of. Whether it be shopping or prescriptions, something practical or just someone to talk to MBCR can help.</p>	<p>Simply text or phone 07895 328352 and there will be someone there to help you. Alternatively you can email help@mbcdt.co.uk You can phone these numbers between 9am and 5pm only. Out with these hours you can leave a voicemail</p>
<p>Saddle Up Ranch Blairgowrie Providing support around animal welfare etc</p>	<p>All information can be found here https://www.saddleupranch.co.uk/covid-19-crisis/</p>
<p>SDCC Helpers – Scone and District Community Council. (Scone Area) Help with –</p> <ul style="list-style-type: none"> • Shopping, essential supplies including medicines • Cooking for those in need • A friendly voice and welfare check up and Translation service 	<p>Email – SDCC-helpers@hotmail.com Tel – 07595 242283 11am-4pm Monday – Sunday</p> <p>Facebook Page - @SDCCHelpers http://www.facebook.com/sdcc.helpers</p>
<p>Woodside and Burrelton Support Group Local Volunteers to pick up shopping, prescriptions, phone calls and support.</p>	<p>Facebook Page – Woodside and Burrelton Support OR Contact Cat Mackay 07761233418</p>

Social Media Support	Contact
Alyth Community Support Group	Facebook Page “Alyth Community Support Group”
AYP – Alyth Youth Partnership Running online youth groups, including music quizzes, games and challenges aswell as general chat and support. Also providing activity packs containing all necessary materials to complete a series of challenges to gain Hi 5 awards through art and crafts, science and technology and creative exercises.	Email – AYPGeorge@hotmail.com Facebook – Alyth Youth Partnership Instagram - @Alythyouthpartnership
Blairgowrie Coronavirus Facebook Support Page	“Coronavirus HELPING EACH OTHER OUT” Facebook page
CAYAG – Coupar Angus Youth Activities Group For fun games and online support for young people	Email – cayagastrid@gmail.com Facebook – CAYAG – Coupar Angus Youth Activities Group Instagram - @cayagyouth Regular newsletter can be requested for those who are not online by texting 07754570564
SCYD – Strathmore Centre for Youth Development Supporting young people in Blairgowrie, Rattray and surrounding areas through Facebook, Instagram and TikTok. Online support and activities/challenges for young people and regular virtual drop - ins	Facebook - @SCYDBlairgowrie Instagram - @scydyouth TikTok – scydyouth Youth Work Coordinator - roy@scyd.org.uk 07857 200733

Practical Help	Contact
Blairgowrie Post Office – PriceCracker Offering to deliver shopping to the elderly free of charge	Blairgowrie Post Office – PriceCracker Facebook
Blairgowrie Walkies Offering to pick up essentials for their clients who are self-isolating	Blairgowrie Walkies Facebook 07532 489990
Booklore – Blairgowrie Offering free books delivered to your home	Phone lines open mon – Fri 10am – 1pm, 01250 871120 or 01250 871122 if other line is engaged. Books are free although donations are welcome at a later date through the Just giving page.

<p>Bridge of Cally Post Office and Village Store</p> <p>Deliveries available to those self-isolating.</p>	<p>Phone 01250 886315</p>
<p>Davidson Chemist (Scone Area) For prescription delivery in Scone</p>	<p>Call directly on 01738 551769</p>
<p>Ewarts Butchers – Blairgowrie Offering free delivery</p>	<p>01250 870358</p>
<p>Glenkilrie Larder</p> <p>Local home delivery of meat. Free delivery over £50 or £5 for orders under £50</p>	<p>Contact info@glenkilrielarlder.co.uk</p> <p>Phone no. 07891 703621</p>
<p>H.W Irvine Butchers – Blairgowrie Offering free delivery within Blairgowrie</p>	<p>01250 872477</p>
<p>Kirkmichael Village Shop</p> <p>Opening Times</p> <p>Monday 8am - 5pm Tuesday 9am - 2pm Wednesday 9am - 5pm Thursday 9am - 2pm Friday 8am - 1pm Saturday 9am - 5pm Sunday 10am - 2pm</p>	<p>Offering delivery of items from shop Offering weekly prescription collection from Blairgowrie</p> <p>Contact: kirkmichaelvillageshop@gmail.com or Tel 01250 881272</p>
<p>Mitchells Newsagents - Blairgowrie Offering to deliver items from the shop</p>	<p>Mitchells Newsagents Facebook Shop - 01250873514 Kevin - 07703186627</p> <p>Or order online https://www.discoverblairgowrie.co.uk/coronavirus-info/food-supply</p>
<p>NeighbourFood – Blairgowrie and Rattray Market Online food market allowing people to shop locally. Delivery available every Thursday.</p>	<p>https://www.neighbourfood.ie/markets/blairgowrie--rattray/20</p>
<p>Pitcrocknie Restaurant and Coffee House, Alyth, PH11 8JJ</p>	<p>Name: Donna Macdonald Email: admin@pitcrocknie.com</p>

Donna has a restaurant and has pulled an affordable menu together with a specific aim of helping vulnerable people who can't get out.	Phone no: 07821219647
Pitlochry Ready Meals Meal delivery service covering Tarvie to Bridge of Cally and Glenshee areas Order by Wednesday evening for Friday delivery.	Phone 01796 470555 for menu, prices and hours
PKAVS Tampon Taxi – Blairgowrie and Rattray Free period products delivered to you.	Text 07395886672 or email periodproducts@pkavs.org.uk with address including postcode and what products you need.
Robertson's Dairy – Blairgowrie Offering delivery of milk, veg and meat on Tuesdays and Thursdays	Robertson's Dairy Facebook 01250 874227
VisionPK Supply of hearing aid batteries that can be delivered to anyone who is wearing a NHS hearing aid.	RhonaCampbell@visionpk.org.uk

Support & Information	Contact
H2 Natural Health Online video or telephone support now available for people in Alyth and District who may be struggling to cope with their mental wellbeing during the present Covid-19 crisis.	Help and Advice Line: 07887 680765 Further information can be found on our website here: http://www.h2naturalhealth.co.uk/
Kettins Local information on provisions and services, lockdown recipes, information and advice.	www.kettins.org
New Updated Discover Blairgowrie Website	https://www.discoverblairgowrie.co.uk/coronavirus-info/community-coronavirus-update
Local information on government guidelines	www,taysidecares.co.uk