

Eastern Perthshire Area

Information Updated – 21/01/2021

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.

Alyth

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.

Email – acsg@alyth.online

Central help line – 07840755339

Website – <https://communitysupport.alyth.online/>

Address – 19 Airlie Street, Alyth, PH11 8AH

AYP – Alyth Youth Partnership

Providing support for young people in Alyth. Running online youth groups, including music quizzes, games and challenges as well 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

Balbeggie

Balbeggie Village Community Larder

Located in the phone box and is open to give and to take. Checked and replenished by volunteers.

Facebook – Balbeggie Village

Balbeggie Village Shop Support

*Notices in Shop and on Balbeggie Facebook page for help with –
Shopping
Collecting prescriptions
Friendly call*

Phone number – 01821 640887

Email – Gcstores.balbeggie@gmail.com

Facebook – Balbeggie Village

Blairgowrie and Rattray

Blairgowrie and Rattray Independent Food Project

Good quality in-date food at vastly reduced prices or pay what you can afford during lockdown. Just past Best Before Date available for free.

Operating every Wednesday 4pm – 6pm and Saturday 1pm – 3pm

Address - Balmoral Church Hall, Balmoral Road, Rattray

<p>Blairgowrie Foodbank <i>Donations can be made to Tesco Blairgowrie and Sainsbury Blairgowrie</i></p>	<p>For all Queries please call 0345 30 111 00</p>
<p>Give and Take Community Larders - Blairgowrie and Rattray <i>Put in place for people to swap, give or take what they need.</i></p>	<p>Locations are</p> <ul style="list-style-type: none"> • Blairgowrie Cowling Club • Blairgowrie Guid Hut • Rattray Community Connect • Ashgrove Road, Rattray <p>Facebook page – Community Larders Blairgowrie and Rattray</p>
<p>Saddle Up Ranch Blairgowrie <i>Providing support around animal welfare etc</i></p>	<p>Website – https://www.saddleupranch.co.uk/covid-19-crisis/</p>
<p>SCYD – Strathmore Centre for Youth Development <i>Supporting young people in Blairgowrie, Rattray and surrounding areas through Facebook, Instagram and TikTok.</i> <i>Online support and activities/challenges for young people and regular virtual drop – ins.</i></p>	<p>Email – roy@scyd.org.uk Phone – 07857200733 Facebook - @scydBlairgowrie Instagram - @scydyouth TikTok – Scydyouth</p>
<p>Blairgowrie Walkies <i>Offering to pick up essentials for their clients who are self-isolating.</i></p>	<p>Facebook – Blairgowrie Walkies Phone – 07532 489990</p>
<p>Booklore – Blairgowrie <i>Offering free books delivered to your home.</i></p>	<p>Open Mon – Fri 10am -1pm Phone – 01250 871120 or 871122 Books are free although donations are welcome at a later date through the just giving page.</p>
<p>Mitchells Newsagents - Blairgowrie <i>Offering to deliver items from the shop</i></p>	<p>Facebook page – Mitchells Newsagents Phone – 01250 873514 Information available for ordering on line through Discover Blairgowrie Website</p>
<p>NeighbourFood – Blairgowrie and Rattray Market <i>Online food market allowing people to shop locally. Delivery available every Thursday.</i></p>	<p>Website – https://www.neighbourfood.ie/markets/blairgowrie-rattray/20</p>
<p>PKAVS Tampon Taxi – Blairgowrie and Rattray <i>Free period products delivered to you.</i></p>	<p>Text - 07395886672 Email – periodproducts@pkavs.org.uk With address including postcode and what products you need.</p>
<p>Discover Blairgowrie <i>Local information all in one place</i></p>	<p>Website – https://www.discoverblairgowrie.co.uk</p>

Coupar Angus

Coupar Angus Support Group

- Shopping
- Prescriptions
- Friendly Call
- Dog Walking

Phone – 07745792482

Facebook – Coupar Angus WUU2

CAYAG – Coupar Angus Youth Activities Group

For fun games and online support for young people. Regular newsletter can be requested for those who are not online by texting the contact number.

Email – cayagastrid@gmail.com

Phone – 07754570564

Facebook – CAYAG – Coupar Angus Youth Activities Group

Instagram - @cayagyouth

Kettins

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.

Email – susan.sbf@virginmedia.com

Phone – 01828 628169

Facebook – kettins Parish Hall

Website – www.kettins.org

Meigle and Ardler

Meigle and Ardler

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

Email -

Kevin Stirling kevsine@sky.com

Peter Menzies peterimenzies@btinternet.com

Phone -

Meigle – 07341667292

Adler - 07554658213

Scone and surrounding areas

Guildtown

The Guildtown Friendship 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.

Phone Ellen Simpson – 01821 640342

SDCC Helpers – Scone and District Community Council. (Scone Area)

Help with –

- Shopping, essential supplies including medicines

Email – sdcc-helpers@hotmail.com

Phone – 07595 242283

Facebook - @SDCCHelpers

Phone lines open Mon – Sun, 11am – 4pm.

<ul style="list-style-type: none"> • <i>Cooking for those in need</i> • <i>A friendly voice and welfare check up and Translation</i> 	
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Davidson Chemist (Scone Area) <i>For prescription delivery in Scone</i>	Phone – 01738 551769
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The Glens

Mount Blair Resilience Group <i>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.</i>	Email – help@mbcdt.co.uk Phone or text – 07895328352 Operating hours 9am – 5pm. You can leave a voicemail out with these hours.
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Bridge of Cally Post Office and Village Store <i>Deliveries available to those self-isolating.</i>	Phone – 01250 886315
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Kirkmichael Village Shop <i>Offering delivery of items from the shop and weekly prescription collection from Blairgowrie.</i>	Email – kirkmichaelvillageshop@gmail.com Phone – 01250 881272 Opening Times Winter Opening Times Monday 8am - 5pm Tuesday 9am - 2pm Wednesday 9am - 5pm Thursday 9am - 2pm Friday 8am - 5pm Saturday 9am - 5pm Sunday 10am - 2pm.
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Pitlochry Ready Meals <i>Meal delivery service covering Tarvie to Bridge of Cally and Glenshee areas Order by Wednesday evening for Friday delivery.</i>	Phone – 01796 470555
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Woodside and Burrelton

Burrelton Community Café <i>Currently supporting families with weekly Soup delivery every Tuesday and food packs</i> <ul style="list-style-type: none"> • <i>Food Deliveries</i> • <i>Soup Deliveries</i> • <i>Family Support</i> 	Phone – 01828 670384
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Woodside and Burrelton Support Group <i>Local Volunteers to pick up shopping, prescriptions, phone calls and support. We will also provide support to people in Collace, Kinrossie and Saucher Campmuir</i>	Facebook – Woodside and Burrelton support
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General Information

Community Support Helpline

If you are self-isolating because you have tested positive for covid-19 or because you have been in close contact with someone who has tested positive and you need support to tide you over, we may be able to help.

We can assist with applications for Self-Isolation Support Grants, Crisis Grants, referrals to foodbanks and we can also arrange prescription delivery for people in extremely vulnerable circumstances. More information can also be found on the website page

www.pkc.gov.uk/coronavirus/communitysupport

Contact team at communitysupport@pkc.gov.uk or phone 0345 30 111 00.

Feeling the Pinch

The Covid -19 pandemic has had a significant impact on people in our communities and on the local economy, and this will continue through the winter. However, there is a range of support and help available in Perth and Kinross.

If you are feeling the pinch this winter, please ask for help. We understand that it's not your fault, and the Council and our community partners are here to support you through this. Our Welfare Rights team will make sure you are not missing out on any benefits or other available support.

Please visit www.pkc.gov.uk/feelingthepinch for more information or call our Welfare Rights team on 01738 476900 (option 1).

PKAVS Carers Hub

Provides a listening ear, provide information, advice and practical support. Support available irrespective of whether you are registered at PKAVS or not.

Phone Line Monday to Friday 9am –5pm: 01738 567076
Evenings and Weekends 07759058207

PKAVS Minority Communities HUB

Free Helpline Monday – Friday 10am – 4pm

Phone – 01738 783960

Mindspace

Counselling and Peer Support services will continue and Recovery Colleges will still be available online for anyone who requires assistance. Please note that we cannot pick up messages left on the answerphone remotely. Check the website and Facebook for updates.

Contact us at info@mindspacepk.com or give us a call on 01738 639657

The Neuk

A service that provides a local service specifically designed to support people in crisis through a multi-agency, peer-supported crisis house to address some of the need in Perth and Kinross

Phone – 01738 718070

<p><i>locality. The Neuk are still operating on appointment basis, from Monday to Friday from 9.30am till 4.00pm</i></p>	
<p>VisionPK <i>Supply of hearing aid batteries that can be delivered to anyone who is wearing an NHS hearing aid.</i></p>	<p>Email - RhonaCampbell@visionpk.org.uk</p>