


## 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.**

# ***Kinross-shire & Glenfarg Area***

<b>Community Volunteer Help</b>	<b>Contact</b>
<b>Kinross Kindness</b> A volunteer group covering Kinross-shire set up to support during Coronavirus Support with shopping, prescription collection etc. Also have a chat/blether phonenumber for those who just need to talk.	<a href="http://www.kinrosskindness.com">www.kinrosskindness.com</a> (Mon to Fri 9am to 5pm) For prescriptions, shopping and other support requests call our usual number <b>01577 212036</b> If you just fancy a chat, call our new Bletherline number <b>01577 212037</b>
<b>Portmoak</b>  Portmoak area divided into sectors by CC, each sector with support providing door to door information.	Arnot, Bowhouse - anotbowhouse@portmoak.org Brackley, Findatie - findatie@portmoak.org Easter Balgedie - easterbalgedie@portmoak.org Glenlmond - glenlmond@portmoak.org Kilmagadwood - kilmagadwood@portmoak.org Kinnesswood - kinnesswood@portmoak.org Kirkness - kirkness@portmoak.org Lochend - lochend@portmoak.org Newlands - newlands@portmoak.org Scotlandwell - scotlandwell@portmoak.org Wester Balgedie - westerbalgedie@portmoak.org <a href="#">Scotlandwell Resilience Group</a> – fb <b>If email is not an option please contact:</b> <b>Graham Cox - 07402 112712</b> <b>Simon Byford - 01592 840684</b>
<b>Glenfarg Village Store</b> covering Glenfarg and Duncruevie Local volunteers are in place to help you by delivering essential supplies /prescriptions to your doorstep .  *Mobile <b>Post Office</b> every Monday 11.30am - 12.30pm Wednesday 11.15am – 12.15pm Friday 1.15pm – 3.15pm	Mark Crossey <a href="mailto:glenfargshop@gmail.com">glenfargshop@gmail.com</a>
<b>Arngask Church – Ada’s Angels</b> Will provide a friendly phone call.	Advertised on <a href="#">Glenfarg Graprevine</a> fb page
<b>Cleish &amp; Blairadam</b> Community Council covering Cleish, Keltybridge and Maryburgh	<a href="#">Facebook</a> page with support
<b>Fossoway Resilience Group</b> Volunteer group set up to support during Coronavirus Support with shopping, prescription collection etc.  Fossoway Church linking with above	fb page <a href="#">Crook of Devon Resilience</a>  <a href="http://www.fossowaychurch.org.uk/">http://www.fossowaychurch.org.uk/</a>

<b>Kinross Parish Church</b> Online services on Sundays	<a href="http://www.kinrossparishchurch.org/">http://www.kinrossparishchurch.org/</a>
<b>Milnathort (Orwell) and Portmoak area Church</b>	<a href="https://www.facebook.com/OrwellAndPortmoakChurch">https://www.facebook.com/OrwellAndPortmoakChurch</a>  Rev Angus Morrison on 01577 863461 Session Clerk Cath Stewart in Portmoak 01592 840528
<b>MealMakers</b> 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. We are recruiting volunteers and taking referrals for Diners.	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.  Diners can be referred with their permission or refer themselves.

<b>Practical Help</b>	<b>Contact</b>
<b>Broke not Broken</b> foodbank and support to address financial hardship	<a href="mailto:admin@brokenotbroken.org">admin@brokenotbroken.org</a> <a href="#">Broke not Broken</a>  07518 913107
<b>Kinross Centre</b> Supporting by delivering lunches to older, housebound people	Nan Cook    01577 863869
<b>KVG - volunteer drivers</b> Health appointments, Shopping, Prescriptions etc	Tel: 01577 840196 email: <a href="mailto:administrator@kvgandros.org.uk">administrator@kvgandros.org.uk</a> <a href="http://www.kvgandros.org.uk">www.kvgandros.org.uk</a>
<b>Local Advice Hub</b> Although drop-in suspended meantime workers can be contacted through web contacts Signposting to benefits, foodbank referral, connecting to community supports etc.	<b>Shona Fowler – 07896 280843</b> <a href="mailto:shona.fowler@nhs.scot">shona.fowler@nhs.scot</a> <b>Declan Jones - 07557 488902</b> <a href="mailto:declanjones@pkc.gov.uk">declanjones@pkc.gov.uk</a>  <a href="http://www.localadvicehub.org/">www.localadvicehub.org/</a> fb – <a href="#">Local Advice Hub for Kinross-shire</a> <a href="mailto:info@localadvicehub.org">info@localadvicehub.org</a>
<b>Kinross-shire website</b>	<a href="http://www.kinross.cc">www.kinross.cc</a>

<b>Local Facebook Community Pages</b> (also some quoted in section above)	
<a href="#">Kinross Community Council</a> <a href="#">Milnathort &amp; Orwell Community Council</a> <a href="#">Fossoway Community Council</a> <a href="#">Cleish &amp; Blairadam Community Council</a>	<a href="#">Kinross-shire community group</a> <a href="#">Kinross-shire newsletter</a> <a href="#">Glenfarg Grapevine</a> <a href="#">Milnathort Neighbours</a>

Youth	Contact
<p><a href="#">KYTHE</a></p> <p>Click above for Info on these pages regarding 'Walk and Talk' sessions, Friday afternoon zoom drop-in, cooking, crafts, chat etc.</p> <p><a href="#">KYTHE YouTube channel</a></p>	<p>Facebook, Instagram, twitter, YouTube</p> <p> 01577 869290</p> <p> <a href="http://www.kythe.org.uk">www.kythe.org.uk</a></p>
<p><a href="#">Kinross BB</a></p>	<p>Facebook</p>

Other Support	Contact
<p><b>Wellbeing Support Team</b></p> <p>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.</p>	<p>Tel: 01577 867318</p>