


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

Practical Help	Contact
Broke not Broken Foodbank and support to address financial hardship	admin@brokennotbroken.org Broke not Broken  07518 913107
Kinross Centre Lunches and activities for older people at Kinross Centre. Door to door transport available.	Nan Cook 01577 863869
KVG - volunteer drivers Health appointments, Shopping, Prescriptions etc	Tel: 01577 840196 email: administrator@kvgandros.org.uk www.kvgandros.org.uk
Local Advice Hub Drop-in advice facility at Loch Leven Health Centre Thursday and Fridays. Available by phone any day. Signposting to benefits, foodbank referral, connecting to community supports etc.	Shona Fowler – 07896 280843 shona.fowler@nhs.scot Declan Jones - 07557 488902 declanjones@pkc.gov.uk www.localadvicehub.org/ fb – Local Advice Hub for Kinross-shire info@localadvicehub.org
Kinross-shire website	www.kinross.cc

Community Help	Contact
Glenfarg Village Store covering Glenfarg and Duncricvie Supporting local community with information and connections.	glenfargshop@gmail.com
Arngask Church – Ada’s Angels Will provide a friendly phone call.	Advertised on Glenfarg Grapevine fb page
Cleish & Blairadam Community Council covering Cleish, Keltlybridge and Maryburgh	Facebook page with support
Fossoway Church	http://www.fossowaychurch.org.uk/
Kinross Parish Church	http://www.kinrossparishchurch.org/

Milnathort (Orwell) and Portmoak area Church	https://www.facebook.com/OrwellAndPortmoakChurch Rev Angus Morrison on 01577 863461 Session Clerk Cath Stewart in Portmoak 01592 840528
MealMakers 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 www.mealmakers.org.uk or call 0800 783 7770. Diners can be referred with their permission or refer themselves.

Local Facebook Community Pages	
Kinross Community Council Milnathort & Orwell Community Council Fossoway Community Council Cleish & Blairadam Community Council Portmoak Community Council www.portmoak.co.uk	Kinross-shire community group Kinross-shire newsletter Glenfarg Grapevine Milnathort Neighbours

Youth	Contact
KYTHE Support and activities for young people. Drop-in mental health support also available from The Lighthouse on Monday afternoons. KYTHE YouTube channel	Facebook, Instagram, twitter, YouTube  01577 869290  www.kythe.org.uk
Kinross BB	Facebook

Other Support	Contact
Wellbeing Support Team 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.	Tel: 01577 867318