

# Perth City, Scone & Carse of Gowrie Areas

Information Updated – 07.06.21

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.

Perth City	
<p><b>Letham4All Community Fridge</b>  <i>The Community Fridge4All Project will continue to be open week days 10am – 3pm and 9am-1pm on Saturdays and Sundays, where you can access a range of free and very low-cost food. We have free sanitary products available also. Our staff and volunteers will there to help, offering guidance and support if you need it.</i>  <i>There is a cost of 20p per item/package and people can purchase up £2 worth of food per visit. Please remember to bring your shopping bag!</i></p>	<p>Letham Community Hub  <a href="https://letham4all.org.uk/">https://letham4all.org.uk/</a>             01738 444061  <a href="mailto:northperthcv19help@gmail.com">northperthcv19help@gmail.com</a></p>
<p><b>North Perth ‘Give &amp; Take Boxes’</b>  <i>These boxes have been set up to make food sharing accessible. Give if you can, take what you need. You can share food, books or messages of good will. These boxes are to be owned by communities, and the aim is that people in our neighbourhoods will know who might be struggling to get out and be able to use the stock in the boxes to share with others without being out of pocket themselves. These boxes were set up by North Inch &amp; Muirton Community Council and in collaboration with Zero Waste Perth, 3 further boxes were installed at N Muirton Co-op, Tulloch Co-op &amp; at Riverside Church. The boxes are now maintained by Saints in the Community.</i></p>	<p>Streets / Locations:            There are three along Dunkeld Road; one at the shops, one outside ASDA and one at the BP garage.             There are two on Gowans Terrace; one outside the Grammar school, and one at the North Inch Campus. There are two more on Balhousie Street, outside the Premier Store and at the Carnegie Place junction.             Tel: 07541481819  <a href="mailto:admin@saintsinthecommunity.co.uk">admin@saintsinthecommunity.co.uk</a></p>
<p><b>Perth and Kinross Foodbank</b>  <i>For urgent enquiries please call (01738) 626799 or 07876382568 at the times below or see our website for more information <a href="https://perthkinross.foodbank.org.uk/">https://perthkinross.foodbank.org.uk/</a></i>   <i>If you or anyone you know requires a referral for an emergency food parcel please contact the dedicated PKC community support helpline on tel. 0345 30 111 00.</i>   <b>CURRENT OPENING TIMES FOR PARCEL COLLECTIONS</b>  <b>PERTH (address above)</b>  <i>Mon &amp; Thurs – closed / Tues, Wed &amp; Fri - 12 - 4pm</i>   <b>BLAIRGOWRIE (St Catharine's Centre, George Street, PH10 6EY):</b>  <i>Mon, Wed &amp; Fri - closed / Tues - 10 - 11.30am / Thurs - 2.30-4pm</i>   <i>We can only help people who are unable to afford to feed themselves. There is a new central number to help direct people to relevant food help: Telephone 0345 30 111 00 between 8.45-5pm Mon to Fri. Email: <a href="mailto:communitysupport@pkc.gov.uk">communitysupport@pkc.gov.uk</a></i>   <i>In line with social-distancing guidance we are restricting access to our centres in Cutlog Vennel and St Catharine's Centre. Parcels are handed out at the front door of both centres. As restrictions gradually ease we hope to allow some access within our centres in due course.</i></p>	<p>Tel. 01738 626799, mobile 07876 382568  <a href="http://www.perthkinross.foodbank.org.uk">www.perthkinross.foodbank.org.uk</a>            e-mail: <a href="mailto:info@perthkinross.foodbank.org.uk">info@perthkinross.foodbank.org.uk</a>   <b>REGISTERED REFERRAL AGENCIES:</b>            We are currently offering an email referral system in Perth and Blairgowrie. Please contact us for more information.   <b>FOOD DONATIONS</b> only food bought in-store can be donated to the following:            PERTH Tesco stores - Edinburgh Road, Crieff Road, New Scone, South Street / Asda, Dunkeld Road / Morrisons, Caledonian Road            Sainsburys, High Street / Coop, Bridgend and Bridge of Earn   <b>BLAIRGOWRIE</b>            Tesco, Welton Road. / Sainsbury, High Street.            During lockdown, please do not bring food donations into our centre.</p>

<p><b>TullochNet</b> Food share providing fresh fruit and veg and the ready meals from Giraffe café. Table outside the Hub from 9.00am – 11.45am</p> <p>Community Hub Numbers are restricted and must be booked in advance (this will be based on an hour slot) to attend the TullochNet community Hub. If people would like to attend contact Rob on 07746298379 to book a slot. The times for the hub are: Monday 9-10 and 10:45-11:45 Tuesday 10:30-11:30 Friday 9-10 and 10:45-11:45</p>	<p>TullochNet Community Hub Tulloch Square Perth</p>
<p><b>Buttons &amp; Bows Baby Bank</b> <i>The aim of the Baby Bank is to: Alleviate child poverty by supporting parents/families in times of need and promote sustainable living by reusing pre-loved baby items. We will cater for 0-4 years old's and provide clothes, food, nappies, toiletries and toys. We will be covering areas within North Perth and Perth City Centre for the moment</i> Wednesday at The Community Hub, Tulloch Square, Perth from 12.45-2.45pm</p>	<p><a href="mailto:buttons.bows.babybank@gmail.com">buttons.bows.babybank@gmail.com</a> Contact Caroline – 07977 368 167 Contact Caroline for a referral form or for self-referral</p>
<p><b>Muirton Community Food Share</b> <i>The Muirton Food Share initiative aims to help reduce food waste and offer people access to free and low-cost food to support them during and after the impact of the COVID 19 pandemic in the Muirton area of North Perth City. Through the collection of food donated to the Letham Fridge4All project, excess will be made available, and stock from the project's Fareshare deliveries to distribute in the area. All donated food stuff will be offered free of charge and people accessing the initiative can also purchase up to 10 items/packages at a cost of 20p from goods purchased through Fareshare.</i></p>	<p>Shop Located at – 111 Dunkeld Road, Perth Monday, Thursday and Saturday from 11am – 1.30pm Co-ordinator number (9am – 8pm) 01738 444061 <a href="mailto:northperthcv19help@gmail.com">northperthcv19help@gmail.com</a></p>
<p><b>Perth Support Hub</b> <i>Food and signposting support available at the Perth Support Hub in Mill Street on a Monday and Thursday from 10.30am – 1.30pm</i></p>	<p>Contact 01738 449227 <a href="mailto:help@checkin-giraffe.uk">help@checkin-giraffe.uk</a> Facebook Page @perthsupporthub</p>
<p><b>South Perth Community Food Share</b> <i>Moncrieffe Community Hall, Glenlyon Road Thursday and Saturday from 11am – 1.30pm Helping to reduce food waste. Free and very low-cost food &amp; other items</i></p>	<p>Contact Liz Barrett 01738 571527</p>
<p><b>Perth Welfare Society</b> <i>Support people from the minority community. Due to the lockdown we have very limited resources but if you would like to have a friendly chat or would like us to give you advice about other services available during this difficult time, you can send a message via our Facebook page and we will get back to you ASAP. We are delivering online Creative classes every second Thursday, to find out more leave us a message and we will get back to you.</i></p>	<p>Currently we can offer language support in Urdu and Punjabi if required. <a href="https://m.facebook.com/Perthshire-WelfareSociety-108964277105759/">https://m.facebook.com/Perthshire-WelfareSociety-108964277105759/</a> Email - <a href="mailto:pwsociety@outlook.com">pwsociety@outlook.com</a> Tel: 07928 083443</p>
<p><b>Perth Gospel Hall Soup Kitchens</b> <i>Mondays 7.30pm – Thimble Row Car Park, High Street. Bags of groceries distributed and hot drinks served. Occasionally toiletries and items of clothing.</i></p>	<p>More details can be found on our website: <a href="http://www.perthgospelhall.com">www.perthgospelhall.com</a> Email: <a href="mailto:info@goodnewspertshire.com">info@goodnewspertshire.com</a></p>

<p>Tuesdays 4.00pm – Dalreoch Place Car Park, Letham. Bags of groceries distributed. Occasionally toiletries and items of clothing.</p>	<p>Call / Text: <a href="tel:07584099498">07584099498</a></p>
<p><b>CARSE of GOWRIE</b></p>	
<p><b>Carse Community Volunteers (All of Carse of Gowrie Area)</b>  <i>Have over 200 volunteers to offer support for:</i></p> <ul style="list-style-type: none"> <li>• <i>Shopping and collecting/delivering prescriptions</i></li> <li>• <i>Telephone Calls</i></li> <li>• <i>Lifts to medical appointments</i></li> </ul> <p><i>Councillor Alasdair Bailey and Angus Forbes  Alasdair – 07557 813 291 / Angus – 07557 811 341</i></p>	<p>Invergowrie - Kelly Kyle 07542 879 721  Longforgan - Elaine Stewart 07801 563 553  Inchture - Jenna Gallazi 07479 466 013  Grange - Greta Macdonald Whittle 07546 923 522  Errol – Cllr Alasdair Bailey 07557 813 291  St Madoes - Marc Bircham 01738 861023</p>
<p><b>Madoch Centre in St Madoes</b>  <i>Cafe Connect is now open Monday to Friday 9.30am until 3.30pm - we have a pay for two and we will deliver the second one to an older or isolated person.</i></p> <p><i>Community Food Larder is located at the back of the Centre and is open Monday – Friday 9.30am – 4.30pm.</i></p> <p><i>Madoch Community Transport provides transport to medical appointments for residents in the Carse of Gowrie – phone 01738 310412 to register.</i></p> <p><i>Margaret’s Menu is a new project delivering soup lunches to the housebound or those who struggle to cook a healthy meal.</i></p> <p><i>We run various support groups: dementia/Alzheimer support (Madoch Meet Up), bereavement support (Alongside), mental wellbeing walk (Walk in Mind), breastfeeding support (Breast Buddies), and have some places for 1:1 counselling.</i></p>	<p><i>For further details get in touch with them at the Madoch Centre - Community Coordinator, 01738 861023 (Anthea Bircham).</i></p> <p>Facebook  <a href="https://www.facebook.com/Madoch2017/">https://www.facebook.com/Madoch2017/</a></p>

<b>Support &amp; Information</b>	
<p><b>Community Support Helpline</b>  <i>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, you can email <a href="mailto:communitysupport@pkc.gov.uk">communitysupport@pkc.gov.uk</a> or call 0345 30 111 00 and our Customer Service Team may be able to help.</i></p> <p><i>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 <a href="http://www.pkc.gov.uk/coronavirus/communitysupport">www.pkc.gov.uk/coronavirus/communitysupport</a></i></p>	<p>If you have a specific question to ask, please email our contact team at <a href="mailto:communitysupport@pkc.gov.uk">communitysupport@pkc.gov.uk</a> or phone 0345 30 111 00.</p>
<p><b>Feeling the Pinch</b>  <i>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.</i></p>	<p>Please visit <a href="http://www.pkc.gov.uk/feelingthepinch">www.pkc.gov.uk/feelingthepinch</a> for more information or call our Welfare Rights team on 01738 476900 (option 1).</p>
<p><b>Andy's Man Club Perth</b>  <i>Support online through their Facebook page</i></p>	<p>Facebook Page  <a href="https://www.facebook.com/andysmanclubperth/">https://www.facebook.com/andysmanclubperth/</a></p>
<p><b>Women's Wellbeing Club Perth</b>  <i>Support online through their Facebook page</i></p>	<p>Facebook Page  <a href="https://www.facebook.com/womenswellbeingclubperth/">https://www.facebook.com/womenswellbeingclubperth/</a></p>
<p><b>The Lighthouse Perth (and Perth and Kinross Wide)</b>  <i>At present we are offering online support 24/7 (email, Facebook, private messenger) and a telephone support service on a Wednesday from 10am – 4pm for those who need to hear a voice.</i>  <i>We provide support for those suffering from suicidal thoughts, self-harm and any other form of emotional distress relating to mental health</i></p>	<p>Phone Line Support T: 0800 121 4820  on Wednesdays 10am-4pm (out of hours evening telephone service to follow)  Facebook Page  <a href="https://www.facebook.com/groups/845305628909825/">https://www.facebook.com/groups/845305628909825/</a>  Email: <a href="mailto:office@lighthouseforperth.org">office@lighthouseforperth.org</a></p>
<p><b>PKAVS Carers Hub</b>  <i>Provides a listening ear, provide information, advice and practical support. Support available irrespective of whether you are registered at PKAVS or not.</i></p>	<p>Phone Line Monday to Friday 9am –5pm: 01738 567076  Evenings and Weekends 07759058207</p>
<p><b>PKAVS Minority Communities HUB</b>  <i>Free Helpline Monday – Friday 10am - 4pm</i></p>	<p>07935756738</p>
<p><b>Royal Voluntary Service Telephone Befriending</b>  <i>No referral needed, email RVS with person's name and contact details.</i></p>	<p><a href="mailto:PerthSupportingYou@royalvoluntaryservice.org.uk">PerthSupportingYou@royalvoluntaryservice.org.uk</a></p>
<p><b>Shopmobility Dave McLellan</b>  <i>advise although they are closed to the general public, they will endeavour to support people in other ways, therefore people should continue to contact them, and they will try to find ways for providing support.</i></p>	<p>01738 783960</p>
<p><b>Royal Voluntary Service</b>  Can do shop and drop and prescription collection.</p>	<p>01738 633975</p>