

Perth City, Scone & Carse of Gowrie Areas

Information Updated – 25.01.21

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

Letham4All Community Fridge

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.

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!

Letham Community Hub

<https://letham4all.org.uk/>

01738 444061

northperthcv19help@gmail.com

Perth City - Loving your Neighbour (Bridgend, Gannochy & Kinnoull Area)

A combined community response by Kinnoull Parish Church, St. Mary's Monastery and the Bridgend, Gannochy and Kinnoull Community Council.

Available for Shop and drop service and telephone chat service

Community Hotline

Tel – 07521 654105

Bertha Park Give and Take Free 24/7 Food Box

In a large black garden plastic box located at the shops opposite Berth Park High School.

If you need food donations delivered to you anytime please phone Anne at 07837 069 565

North Perth 'Give & Take Boxes'

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 & Muirton Community Council and in collaboration with Zero Waste Perth, 3 further boxes were installed at N Muirton Co-op, Tulloch Co-op & at Riverside Church. The boxes are now maintained by Saints in the Community.

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

admin@saintsinthecommunity.co.uk

Perth and Kinross Foodbank

For urgent enquiries please call (01738) 626799 or 07876382568 at the times below or see our website for more information <https://perthkinross.foodbank.org.uk/>

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. 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.

CURRENT OPENING TIMES FOR PARCEL COLLECTIONS

PERTH (address above)

Mon & Thurs – closed / Tues, Wed & Fri - 12 - 4pm

BLAIRGOWRIE (St Catharine's Centre, George Street, PH10 6EY):

Tel. 01738 626799, mobile 07876 382568

www.perthkinross.foodbank.org.uk

e-mail: info@perthkinross.foodbank.org.uk

REGISTERED REFERRAL AGENCIES:

We are currently offering an email referral system in Perth and Blairgowrie. Please contact us for more information.

FOOD DONATIONS 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

<p><i>Mon, Wed & Fri - closed / Tues - 10 - 11.30am / Thurs - 2.30-4pm</i></p> <p><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: communitysupport@pkc.gov.uk</i></p>	<p>BLAIRGOWRIE Tesco, Welton Road. / Sainsbury, High Street. During lockdown, please do not bring food donations into our centre.</p>
<p>Tulloch Community Food Share <i>The TullochNet Community Hub will close until the end of January. The Food Share, Baby Bank and Energy support will continue in the form of weekly home deliveries to those who need supplies. If you live in Tulloch and require support during this lockdown please contact Grant directly on 07790 518 041 or email grantmac.tullochnet@gmail.com</i></p> <p><i>The Bring and Take box on Primrose Crescent at the shops will be restocked regularly. If you need items please take them and if you have spare items of non-perishable goods please do put some in.</i></p> <p><i>Listening Service</i> <i>If you are struggling emotionally at this time and would like to access our listening service, again please contact Grant on 07790 518 041.</i></p>	<p>Contact Grant Tel: 07790 518 041 grantmac.tullochnet@gmail.com Tulloch Community Centre</p>
<p>Buttons & Bows Baby Bank <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 0-3 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> <i>Contact Caroline for a referral form or for self-referral</i></p>	<p>Buttons.bows.babybank@gmail.com Contact Caroline – 07977 368 167</p>
<p>Muirton Community Food Share <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 northperthcv19help@gmail.com</p>
<p>Perth Centre Support Food Share <i>Food and signposting support available at the Giraffe Café in Mill Street in Perth Centre.</i> <i>Monday and Thursday from 10.30am – 1.30pm</i></p>	<p>Contact 01738 449227 help@checkin-giraffe.uk</p>
<p>South Perth Community Food Share <i>Moncrieffe Community Hall, Glenlyon Road</i> <i>Thursday and Saturday from 11am – 1pm</i> <i>Helping to reduce food waste. Free and very low-cost food & other items</i></p>	<p>Contact Liz Barrett 01738 571527</p>

<p>South Perth City Support <i>National Christian Outreach Centre (Mustard Seed) - (Around Centre at Riggs Rd, Craigie, Moncrieffe, Friarton, Oakbank & Western Edge)</i> <i>Have a bank of volunteers that can assist with:</i></p> <ul style="list-style-type: none"> • Telephone calls, • Shop and drop • Prescription collection 	<p>Office – 01738 639792</p>
<p>Perth Welfare Society <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.</p> <p>https://m.facebook.com/Perthshire-Welfare-Society-108964277105759/</p> <p>Email - pwsociety@outlook.com</p> <p>Tel: 07928 083443</p>
<p>Perth Gospel Hall</p> <p>Soup Kitchens</p> <p><i><u>Mondays 7.30pm</u> – Thimble Row Car Park, High Street. Bags of groceries distributed. Occasionally toiletries and items of clothing. Social distancing required and we only stop for about 15 minutes.</i></p> <p><i><u>Tuesdays 4.00pm</u> – Dalreoch Place Care Park, Letham. Bags of groceries distributed. Occasionally toiletries and items of clothing. Social distancing required and we only stop for about 15 minutes.</i></p>	<p>More details can be found on our website: www.perthgospelhall.com</p> <p>Email: info@goodnewspertshire.com</p> <p>Call / Text: 07584099498</p>
<p>Give & Go Community Support (Saints in the Community)</p> <p><i><u>Food & Prescription Deliveries</u>, we are available to support collecting shopping and prescriptions</i></p> <p><i><u>Befriending Calls & Reminiscence Activities</u> we can make befriending calls to isolated or elderly in the community or send out reminiscence activity packs surrounding the themes of football and or movies</i></p>	<p><i>To arrange collection, please call, email or private message us. Doorstep Collections (collections for Foodbank and StarterPack)</i></p> <p>Tel: 07541481819</p> <p>admin@saintsinthecommunity.co.uk</p>

SCONE

<p>SDCC Helpers - Scone and District Community Council (Scone Area)</p> <ul style="list-style-type: none"> • Shopping and essential supplies, including medicines <p><i>The hours have now reduced to Wednesday and Saturday from 11am – 1pm.</i></p> <p><i>The Chemist helpline, however continues Mon to Fri 10am to 1pm.</i></p>	<p>Email – SDCC-helpers@hotmail.com</p> <p>Tel: 07595 242283</p> <p>For prescriptions delivery in Scone, please phone Davidsons Chemist directly Tel: 01738 551769</p> <p>Facebook Page @SDCCHelpers</p> <p>https://www.facebook.com/sdcc.helpers.1</p>
---	---

CARSE of GOWRIE

<p>Carse Community Volunteers (All of Carse of Gowrie Area)</p> <p><i>Have over 200 volunteers to offer support for:</i></p> <ul style="list-style-type: none"> • Shopping and collecting/delivering prescriptions • Telephone Calls • Lifts to medical appointments <p><i>Councillor Alasdair Bailey and Angus Forbes</i></p> <p><i>Alasdair – 07557 813 291 / Angus – 07557 811 341</i></p>	<p>Invergowrie - Kelly Kyle 07542 879 721</p> <p>Longforan - Elaine Stewart 07801 563 553</p> <p>Inchture - Jenna Gallazi 07479 466 013</p> <p>Grange - Greta Macdonald Whittle 07546 923 522</p> <p>Errol – Cllr Alasdair Bailey 07557 813 291</p> <p>St Madoes - Marc Bircham 01738 861023</p>
---	--

<p>Abernyte Neighbourhood Covid Support Group Local volunteers offering support with: Prescription collection Essential food purchase/collection Pet care Calls to check up on vulnerable or socially isolated people.</p>	<p>Phone 01828 868185 or email virussupport@abernyte.org Request can also go on our secure online request form – access is via the homepage www.abernyte.org</p>
<p>Madoch Centre in St Madoes Cafe Connect is doing take away and delivery - we have a 'pay and gift' scheme – pay for two and we will deliver the second one to an older or isolated person.</p> <p>Community Food Larder for those who can't get into town or those who are struggling financially (we will also deliver to the isolated). The community larder will be open Monday – Friday 9.30am – 4.30pm.</p> <p>There is support available for shopping services and prescription collection through Madoch Community Transport.</p>	<p>01738 861023 Facebook https://www.facebook.com/Madoch2017/</p> <p>You can get in touch with them via the Community Transport Coordinator, 01738 310412 (Oli Gage-Walker), or direct to the Madoch Centre Coordinator, 01738 861023 (Anthea Bircham)</p>

General Support & Information

<p>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.</p> <p>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.</p>	<p>Contact team at communitysupport@pkc.gov.uk or phone 0345 30 111 00.</p> <p>More information can also be found on the website page www.pkc.gov.uk/coronavirus/communitysupport</p>
<p>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.</p>	<p>Please visit www.pkc.gov.uk/feelingthepinch for more information or call our Welfare Rights team on 01738 476900 (option 1).</p>
<p>Andy's Man Club Perth Support online through their Facebook page Meets on a Monday Night at 7-9pm (The Neuk) Mental Health Support for Men</p>	<p>info@andysmanclub.co.uk</p> <p>Facebook Page https://www.facebook.com/andysmanclubperth/</p>
<p>Women's Wellbeing Club Perth Support online through their Facebook page A group set up for ladies to meet and talk about mental health issues. In a safe place that is non-judgemental and where you can let things out to others. Held on Tuesday evenings 6.30 to 8.30pm (The Neuk)</p>	<p>info@womenswellbeingclub.co.uk</p> <p>Facebook Page https://www.facebook.com/womenswellbeingclubperth/</p>
<p>The Lighthouse Perth Crisis lines will always be open and can be reached Mon-Thur 10am-4pm, Fri-Sat 8pm-2am on 0800 121 4820. Appointments will continue via phone or video call. Face-to-face appointments will only continue on a case-by-case</p>	<p>Phone Line Support T: 0800 121 4820 Facebook Page https://www.facebook.com/groups/845305628909825/ Email: office@lighthouseforperth.org</p>

<p><i>basis, following rigorous risk assessment and strict adherence to covid19 measures.</i></p> <p><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>The Neuk</p> <p><i>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 locality. The Neuk are still operating on appointment basis, from Monday to Friday from 9.30am till 4.00pm</i></p>	<p>Phone number - 01738 718070</p>
<p>PKAVS Carers Hub</p> <p><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>PKAVS Minority Communities HUB</p> <p><i>Free Helpline Monday – Friday 10am – 4pm</i></p>	<p>07935756738</p>
<p>Royal Voluntary Service Telephone Befriending</p> <p><i>No referral needed, email RVS with person’s name and contact details.</i></p>	<p>PerthSupportingYou@royalvoluntaryservice.org.uk</p>
<p>Shopmobility Dave McLellan</p> <p><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>Royal Voluntary Service</p> <p><i>Can do shop and drop and prescription collection.</i></p>	<p>01738 633975</p>
<p>Mindspace</p> <p><i>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.</i></p>	<p>Contact us at info@mindspacepk.com or give us a call on 01738 639657</p>
<p>NHS MoveAhead</p> <p><i>MoveAhead is a Perth City mental health and wellbeing service that enables people to access opportunities and services in the community. It aims to enhance the wellbeing of individuals through participation and engagement in their local community offering one to one support. Our aim is to enable people to gain enjoyment and confidence via activity promoting long term independence. The service provides support to people who wish to participate in a variety of community-based activities, signposting on to other relevant services and organisations if required.</i></p>	<p>Tel: 01738 413070</p>
<p>Meal Makers</p> <p><i>The service is for anyone aged 55 years and older, who would like to have a volunteer Cook bring them a nutritious home cooked meal and some company. This is a portion of whatever the volunteer Cook is making for their own dinner.</i></p>	<p>For more information contact Gisele Hall on 07719 565635 or email gisele@mealmakers.org.uk</p>