

# Struggling to feed the family?



## Help is at hand.

The end of the Universal Credit uplift and rising food and heating costs has made life tough for many - thousands of families across Perth and Kinross are having to make do with much, much less than before. We know that this can make life difficult.

Feeding your children can be a challenge. Perth & Kinross Council wants to help. Together with our Community Planning Partners we can ensure **no child goes hungry, ever.**



**everyone** **PKoffer**  
has something to offer

We will:

- *take a Cash First Approach and help families maximise income from benefits;*
- *provide free school meals;*
- *support a network of food banks, foodshare outlets, community larders and Give & Take boxes.*

We ask that you:

- *seek help at the earliest possible moment;*
- *donate to food banks and community larders when you can;*
- *join up to your local Foodshare Scheme or outlet to reduce food waste;*
- *use food banks, community larders and Give & Take Boxes when you need to.*

If you are struggling to feed your family, here's where you can get help to increase your income and get help with feeding your family:

### **Benefits Support and Advice**

*If you are struggling and need help with welfare benefits or access to a food bank or other support call **01738 476900 (Option 1)** or visit **www.pkc.gov.uk/wrt**. You can apply for a Crisis Grant which aims to provide a safety net in an emergency. Apply online at **www.pkc.gov.uk/scottishwelfarefund** or call the Scottish Welfare Fund Team on **01738 476900 (Option 2)**.*

### **Housing Costs**

*If you are a Council tenant, please call your Locality Housing Team if you are struggling to pay your rent or bills. We offer a wide range of help and you may even qualify for financial support towards your housing costs. Call your Housing Team on **01738 476000 (Option 2)** or visit **www.pkc.gov.uk/arrearsadvice***

**Citizens Advice Scotland Helpline 0800 0281456** is open Monday to Friday, 9.00 am to 5.00 pm. You can also visit **www.perthcab.org.uk/home**

## Highland and Strathtay

### Aberfeldy, Glen Lyon and Kinloch Rannoch

**Free help-yourself food larder**

**Breadalbane Community Larder**

Rear of Aberfeldy Church Centre, Taybridge Road, Aberfeldy, PH15 2BH

*All day, every day*

**Reduced price food shop**

**Breadalbane Community Larder**

Offizone, Kenmore Street, Aberfeldy

*Saturday 11.00 am - 12.30 pm*

**Emergency food parcel**

**Breadalbane Community Larder**

Can request any time by calling **0345 30 111 00** (Monday - Friday, 9.00 am - 5.00 pm) or emailing **breadalbanecommunitylarder@btinternet.com**

**Free emergency food parcel delivery**

**Rannoch Food Bank**

*Any time*

For more information, please contact **Rannochcoordinator@gmail.com**

### Pitlochry, Blair Atholl, Calvine and Ballinluig

**Free help-yourself food larder**

**Atholl Centre Community Larder**

Atholl Road, Pitlochry, PH16 5BX

*All day, every day*

**Free food bank**

**Atholl Centre Food Bank**

Atholl Road, Pitlochry, PH16 5BX

*Tuesday & Wednesday, 10.00 am - 5.00 pm  
or for emergencies*

For more information, please contact **admin@athollcentre.org.uk**

## Perth City

<p><b>Free and very low-cost food</b></p> <p><b>Free sanitary products</b></p>	<p><b>Letham4All Community Fridge</b>            119 Rannoch Road, Perth, PH1 2DQ  <i>Open 7 days a week 10.00 am - 1.00 pm</i>            For more information, please contact  <b>chair@letham4all.org.uk</b></p>
<p><b>Free of charge</b></p> <p><b>Can also purchase up to 10 items/ packages at a cost of 20p</b></p>	<p><b>Muirton Community Food Share</b>            Shop located at 111 Dunkeld Road, Perth  <i>Monday, Thursday &amp; Saturday</i>  <i>11.00 am - 1.30 pm</i>            For more information, please contact  <b>secretary@letham4all.org.uk</b></p>
<p><b>Free food and signposting support</b></p>	<p><b>Perth Centre Support Food Share</b>            Giraffe Café, Mill Street, Perth  <i>Monday &amp; Thursday, 10.30 am - 1.30 pm</i>            For more information, please contact  <b>help@checkin-giraffe.uk</b></p>
<p><b>Free and very low-cost food &amp; other items</b></p>	<p><b>South Perth Community Food Share</b>            Moncrieffe Community Hall, Glenlyon Road, Perth  <i>Thursday &amp; Saturday, 11.00 am - 1.00 pm</i>            For more information, please contact  <b>liz@kildonan.co.uk</b></p>
<p><b>Free help-yourself food larder</b></p>	<p><b>Tulloch and North Muirton Give &amp; Take Boxes</b>            These are green wooden boxes attached to lamp posts around the area: there are 10 in total that can be accessed anytime, including ones outside Tulloch Co-op and North Muirton Co-op, outside Riverside Church and also the North Inch Community Campus.</p>
<p><b>Free help-yourself food larder</b></p>	<p><b>Luncarty Give &amp; Take Box</b>            Luncarty Village Shop  <i>All day, every day</i></p>

## Perth and Kinross

**Emergency food parcels**

### **Perth and Kinross Food Bank**

11 Cutlog Vennel, Perth, PH1 5HY

*Tuesday & Wednesday 12.00 noon - 4.00 pm, Friday 12.00 noon - 4.00 pm*

Please note if you do not have a voucher and require food support, please phone **0345 30 111 00** for help and advice or email **CommunitySupport@pkc.gov.uk**

## Eastern Perthshire

### **Alyth**

**Independent local food bank**

### **Alyth Food For Thought**

Airlie Street, Alyth

*Monday 3.00 pm - 6.00 pm*

*Tuesday 11.00 am - 2.00 pm*

*Thursday 3.00 pm - 6.00 pm*

*Friday 9.00 am - 4.00 pm*

*Saturday 9.00 am - 1.00 pm*

Food for Thought operates a take what you need, pay what you can model open to anyone.

For more information, please contact **Foodforthought19@outlook.com**

### **Balbeggie**

**Food larder located in the phone box - open to give and take**

### **Balbeggie Village Community Larder**

Phone Box

*All day, every day*

### **Blairgowrie and Rattray**

**Good quality in-date food at vastly reduced prices or pay what you can afford**

### **Blairgowrie and Rattray Independent Food Project**

Keep up-to-date with the BaRI Store on the BARI FOOD Facebook page or by emailing **barifood@discoverblairgowrie.co.uk** Also shop online at **www.discoverblairgowrie.co.uk/shops/bari-food**

## Eastern Perthshire *continued*

<p><b>Provides 3-day emergency food support</b></p>	<p><b>Blairgowrie Food Bank</b>                  St Catharine's Centre, George Street,                  PH10 6EY  <i>Tuesday 10.00 am - 11.30 am</i>  <i>Thursday 2.30 pm - 4.00 pm</i>                  Please note if you do not have a voucher and require food support, please phone <b>0345 30 111 00</b> for help and advice or email <b>CommunitySupport@pkc.gov.uk</b> or <b>infoblairgowriefoodbank@perthkinross.foodbank.org.uk</b></p>
<p><b>Community larder - give, take or swap</b></p>	<p><b>Give &amp; Take Community Larder</b>                  Outside Blairgowrie Bowling Club;                  Blairgowrie Guide Hut; Rattray Community Connect, Rattray; Ashgrove Road, Rattray</p>
<p><b>Burrelton and Woodside</b></p>	
<p><b>Community café</b></p>	<p><b>Burrelton Community Café</b>                  Open every Tuesday between 12.00 noon – 2.00 pm in the Church Hall. You can come and eat for free or leave a donation.</p>
<p><b>Fareshare food parcel</b></p>	<p>A fareshare food support package can be pre-ordered by calling Kirsty Cluff on <b>07923 809001</b> on a Wednesday. These will be delivered to the community hall on a Friday where you can come and collect them.</p>
<p><b>Carse of Gowrie</b></p>	
<p><b>Community food larder</b></p>	<p><b>Madoch Centre, St Madoes</b>  <i>Monday - Friday, 9.30 am - 4.30 pm</i>                  For more information, please contact <b>anthea@madochcentre.com</b> or call <b>01738 861023</b></p>

## Kinross-shire

<b>Local food bank and advice hub</b>	<b>Broke not Broken</b> The Beacon, St Paul's Church, The Muirs, Kinross <i>Tuesday &amp; Thursday, 10.00 am - 2.00 pm</i> Advice Hub - Loch Leven Health Centre For more information, email <b>admin@brokenotbroken.org</b> or call <b>07518 913107</b>
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## Strathearn & Strathallan

<b>Food bank</b>	<b>Blue Door Foodbank</b> APC Church Centre, 24 High Street, Auchterarder, PH3 1DF <i>Tuesday &amp; Friday, 10.00 am - 2.00 pm</i> Please email <b>info@bluedoorfoodbank.org</b> for more information or call <b>01764 660965</b>
<b>Food share</b>	<b>Crieff Connexions</b> Church Street (side entry), Crieff, PH7 3AE <i>Tuesday, Thursday &amp; Saturday</i> <i>10.00 am - 12.00 noon</i> For more information, please contact <b>admin@crieffconnexions.org.uk</b>
<b>Free emergency food parcel</b>	<b>Crieff Foodbank</b> Kings Centre, King Street Crieff, PH7 3SA <i>Monday and Friday, 10.00 am - 12.00 noon</i> <i>Wednesday 1.30 pm - 3.30 pm</i> For more information, please call <b>0345 3011100</b> or email <b>crieffcommunityfoodbank67@gmail.com</b>

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لمخلص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:  
الاسم: Customer Service Centre  
رقم هاتف للاتصال المباشر: 01738 475000

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹ Customer Service Centre سے فون نمبر 01738 475000 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡 Customer Service Centre 01738 475000 來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z Customer Service Centre 01738 475000

P ejete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložén pouze stru ný obsah listiny) Kontaktujte prosím Customer Service Centre 01738 475000 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись Customer Service Centre 01738 475000

Nam bu mhath leat fhèin no neach eile as aithne dhut lethbhreac den phàipear seo ann an cànan no ann an cruth eile (uaireannan cha bhi ach geàrr-ìomradh den phàipear ri fhaotainn ann an eadar-theangachadh), gabhaidh seo a dhèanamh le fios a chur gu Ionad Sheirbheis Theachdaichean air 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.