

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

Free and very low-cost food Free sanitary products	Letham4All Community Fridge 119 Rannoch Road, Perth, PH1 2DQ <i>Open 7 days a week 10.00 am - 1.00 pm</i> For more information, please contact chair@letham4all.org.uk
Emergency food parcels	Perth and Kinross Food Bank 11 Cutlog Vennel, Perth, PH1 5HY <i>Tuesday & Wednesday 12.00 noon - 4.00 pm, Friday 12.00 noon - 4.00 pm</i> 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
Free of charge Can also purchase up to 10 items/ packages at a cost of 20p	Muirton Community Food Share Shop located at 111 Dunkeld Road, Perth <i>Monday, Thursday & Saturday 11.00 am - 1.30 pm</i> For more information, please contact secretary@letham4all.org.uk
Free food and signposting support	Perth Centre Support Food Share Giraffe Café, Mill Street, Perth <i>Monday & Thursday, 10.30 am - 1.30 pm</i> For more information, please contact help@checkin-giraffe.uk
Free and very low-cost food & other items	South Perth Community Food Share Moncrieffe Community Hall, Glenlyon Road, Perth <i>Thursday & Saturday, 11.00 am - 1.00 pm</i> For more information, please contact liz@kildonan.co.uk

Perth City *continued*

Free help-yourself food larder	Tulloch and North Muirton Give & Take Boxes 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.
Free help-yourself food larder	Luncarty Give & Take Box Luncarty Village Shop <i>All day, every day</i>

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

Eastern Perthshire *continued*

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

Provides 3-day emergency food support

Blairgowrie Food Bank

St Catharine's Centre, George Street, PH10 6EY

Tuesday 10.00 am - 11.30 am

Thursday 2.30 pm - 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 or infoblairgowriefoodbank@perthkinross.foodbank.org.uk

Community larder - give, take or swap

Give & Take Community Larder

Outside Blairgowrie Bowling Club; Blairgowrie Guide Hut; Rattray Community Connect, Rattray; Ashgrove Road, Rattray

Burrelton and Woodside

Community café

Burrelton Community Café

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.

Fareshare food parcel

A fareshare food support package can be pre-ordered by calling Kirsty Cluff on **07923 809001** on a Wednesday. These will be delivered to the community hall on a Friday where you can come and collect them.

Eastern Perthshire *continued*

Carse of Gowrie

Community food larder

Madoch Centre, St Madoes

Monday - Friday, 9.30 am - 4.30 pm

For more information, please contact

anthea@madochcentre.com or call **01738 861023**

Kinross-shire and Almond & Earn

Local food bank and advice hub

Broke not Broken

The Beacon, St Paul's Church, The Muirs, Kinross

Tuesday & Thursday, 10.00 am - 2.00 pm

For more information, email **admin@**

brokenotbroken.org or call **07518 913107**

Strathearn & Strathallan

Food bank

Blue Door Foodbank

APC Church Centre, 24 High Street, Auchterarder, PH3 1DF

Tuesday & Friday, 10.00 am - 2.00 pm

Please email **info@bluedoorfoodbank.org** for more information or call **01764 660965**

Food share

Crieff Connexions

19 High Street, Crieff, PH7 3HU

Monday, Wednesday, Thursday, Friday & Saturday 10.00 am - 12.00 noon

For more information, please contact

admin@crieffconnexions.org.uk

Free emergency food parcel

Crieff Foodbank

Kings Centre, King Street Crieff, PH7 3SA

Monday and Friday, 10.00 am - 12.00 noon

Wednesday 1.30 pm - 3.30 pm

For more information, please call

0345 3011100 or email **crieffcommunityfoodbank67@gmail.com**

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-iomradh 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.