Community Support Groups
Portlethen & District

Group	Offering	Contact/Link
Portlethen, Hillside,Newtonhill, Nrth Kincardinshire Community Group	Information	[Click here](#)
Coronavirus Community Care – Portlethen & Surrounding	Community Support A large community effort covering Portlethen and a number of surrounding areas; a smaller Facebook group covering Cookney, Netherley and Bridge of Muchalls; and WhatsApp groups are formed for Blairs and Ardoe. The Portlethen and Surrounding Areas group have a base at the Jubilee Hall where donations can be dropped off and items collected.	[Click here](#)
Help Group - Cookney/Netherley/Bridge of Muchalls	Information and support	[Click here](#)
Kincardine and Deeside Befriending	We are an established befriending service over Kincardine, Mearns and Deeside continuing to support older people (over 55yrs) living at home who are experiencing social isolation and loneliness. At the moment we are offering regular telephone befriending calls from our volunteer befrienders to offer conversation and connection for older people feeling isolated.	Liz Treasure – Senior Coordinator liz.treasure@kdbefriending.org.uk 07952549974 or info@kdbefriending.org.uk

Mearns and Coastal Healthy Living Network Have extended their coverage to the whole of K&M	• Transport to healthcare appointments • Home Delivery shopping service • Prescription deliveries • Post Office collections and drop-offs • Friendly Call telephone service • Grass cutting and garden maintenance • Signposting and Information sharing.	[Click here](#)

What a fantastic response from our communities. We are proud to be part of Kincardine and Mearns. Remember, help can also be accessed through the Grampian COVID19 Assistance Hub   http://www.gcah.org.uk/ or phone 0808 196 3384

KDP are unable to quality assure the activities listed so we remind you to take reasonable precautions when seeking assistance; for example, do not give anyone your payment card and PIN number or give cash to someone you do not know and trust without receiving goods. Stay safe.