



# Community Support Groups

## Arbuthnott

Group	Offering	Contact/Link
Arbuthnott Church	Picking up shopping, collecting prescriptions, delivering books/dvds/etc, a friendly phone call, pastoral support, praying	Andrew – 07720 275028 Ken – 07777 686116 Facebook - <a href="#">Click here</a>
Mearns and Coastal Healthy Living Network Have extended their coverage to the whole of K&M	<ul style="list-style-type: none"> <li>• Transport to healthcare appointments</li> <li>• Home Delivery shopping service</li> <li>• Prescription deliveries</li> <li>• Post Office collections and drop-offs</li> <li>• Friendly Call telephone service</li> <li>• Grass cutting and garden maintenance</li> </ul> Signposting and Information sharing.	<a href="#">Click here</a>

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.