



Community Support Groups

Benholm & Johnshaven

Group	Offering	Contact/Link
Food Larder	Tuesdays 10am to 11am Thursday 7pm to 8pm	Click here
Community Support Group	Posted help slips though all doors offering help with shopping, collecting prescriptions, posting mail, phone calls	Facebook - Click here or here
Mearns and Coastal Healthy Living Network Have extended their coverage to the whole of K&M	<ul style="list-style-type: none"> • 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

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
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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.