



## Community Support Groups

### Catterline, Kinneff & Dunnottar

Group	Offering	Contact/Link
Kinneff 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>
Covid-19 Helping Kinneff & Catterline	Helping local community with information, provisions, support during a difficult time.	<a href="http://www.facebook.com/groups/488545805366051/?ref=group_header">www.facebook.com/groups/488545805366051/?ref=group_header</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> <li>• Signposting and Information sharing.</li> </ul>	<a href="#">Click here</a>

The Haven Community Larder	A larder stocking FREE food and personal care products that can be accessed by anyone in the community who has a need. Donations also gratefully received.	<a href="https://www.thehaven.co.uk/community-larder/">https://www.thehaven.co.uk/community-larder/</a>
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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.