



Community Support Groups

Gourdon

Group	Offering	Contact/Link
Gourdon Cares	Essential shopping for anyone in the village who may be vulnerable, elderly or self-isolating	Graham McIntosh 07786 433 380
Gurdeners Noticeboard	Information Sharing	Click here (private group for residents of the Village of Gourdon)
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
------------------------------------	---	--

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.