



## Community Support Groups Stonehaven & District

Group	Offering	Contact/Link
Stonehaven and District Round Table	Essential bags for vulnerable people, prescription collection and emergency supplies along with A&I Taxis	<a href="#">Click Here</a>
Covid-19 – Helping Stonehaven	Facebook page sharing useful and up-to-date information on shops, takeaways, kids activities, etc	<a href="#">Click here</a>
The Bellman	Providing a summary list of most of the shops which are doing home deliveries locally	<a href="#">Click here</a>
Coop – David Street	Delivery service for those who are vulnerable, shielding and self-isolating.	Call 01569 766 161

<p>Mearns and Coastal Healthy Living Network Have extended their coverage to the whole of K&amp;M</p>	<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>	<p><a href="#">Click here</a></p>
<p>Kincardine and Deeside Befriending</p>	<p>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.</p>	<p>Liz Treasure – Senior Coordinator liz.treasure@kdbefriending.org.uk 07952549974 or info@kdbefriending.org.uk</p>
<p>The Haven Community Larder</p>	<p>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.</p>	<p><a href="https://www.thehaven.co.uk/community-larder/">https://www.thehaven.co.uk/community-larder/</a></p>

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.