



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 - Click 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

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.