



## Community Support Groups

### Newtonhill, Muchalls & Cammachmore

Group	Offering	Contact/Link
Newtonhill Covid-19 Community Help	<p>Posted help slips though all doors offering help with shopping, collecting prescriptions, posting mail, phone calls.</p> <p>Food larder to be set up</p>	<p><a href="#">Click Here</a></p>
Portlethen, Hillside, Newtonhill, Nrth Kincardinshire Community Group	<p>Information</p>	<p><a href="#">Click here</a></p>
The Larder (Portlethen & Surrounding Area)	<p>Food larder &amp; support group            Porty Cabin, Cookston Road, Portlethen            Mon 6-8pm, Wed 4-6pm, Thur 10am-noon,            Fri 2-5pm, Sat 10am-12.30pm</p>	<p>07376 133870            C19portlethenhelp@gmail.com</p>
Newtonhill Tandoori	<p>Takeaway delivery service</p>	<p><a href="#">Click Here</a></p>

Newtonhill Arms	Beer delivery service	<a href="#">Click Here</a>
Skateraw Store	Grocery delivery service	<a href="#">Click Here</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>
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 07547 700 687 or info@kdbefriending.org.uk
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>

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.