



Community Support Groups

Portlethen & District

| Group | Offering | Contact/Link |
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| The Larder (Portlethen & Surrounding Area) | Food larder & support group Porty Cabin, Cookston Road, Portlethen Mon 6-8pm, Wed 4-6pm, Thur 10am-noon, Fri 2-5pm, Sat 10am-12.30pm | 07376 133870 C19portlethenhelp@gmail.com |
| Portlethen, Hillside, Newtonhill, Nrth Kincardineshire Community Group | Information | Click here |
| Help Group - Cookney/Netherley/Bridge of Muchalls | Information and support | 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 | Liz Treasure – Senior Coordinator liz.treasure@kdbefriending.org.uk 07547 700 687 or info@kdbefriending.org.uk |

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| | conversation and connection for older people feeling isolated. | |
| 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.