

# Struggling this Summer?



**GOODFOOD**  
PERTH & KINROSS

## Help is at hand.

The COVID-19 pandemic has made life tough for many - thousands of families across Perth and Kinross are having to make do with much, much less than before. We know that this can make life difficult.

Feeding your children and keeping them occupied during the summer holidays can be a challenge. Perth & Kinross Council wants to help. Together with our Community Planning Partners we can ensure **no child goes hungry, ever.**



**everyone** PKoffer  
has something to offer

We will:

- *take a Cash First Approach and help families maximise income from benefits;*
- *support a schools' "Fuelled for Fun" programme with activities, meals and snacks provided;*
- *support a network of food banks, foodshare outlets, community larders and Give & Take boxes.*

We ask that you:

- *seek help at the earliest possible moment;*
- *donate to food banks and community larders when you can;*
- *enroll your children in a Fuelled for Fun summer holiday programme if you can;*
- *join up to your local Foodshare Scheme or outlet to reduce food waste;*
- *use food banks, community larders and Give & Take Boxes when you need to.*

If you are struggling this summer, here's where you can get help to increase your income and get help with feeding your family:

### **Benefits Support and Advice**

*If you are struggling and need help with welfare benefits or access to a food bank or other support call 01738 476900 (Option 1) or visit [www.pkc.gov.uk/wrt](http://www.pkc.gov.uk/wrt). You can apply for a Crisis Grant which aims to provide a safety net in an emergency. Apply online at [www.pkc.gov.uk/scottishwelfarefund](http://www.pkc.gov.uk/scottishwelfarefund) or call the Scottish Welfare Fund Team on 01738 476900 (Option 2).*

### **Housing Costs**

*If you are a Council tenant please call your Locality Housing Team if you are struggling to pay your rent or bills. We offer a wide range of help and you may even qualify for financial support towards your housing costs. Call your Housing Team on 01738 476000 (Option 2) or visit [www.pkc.gov.uk/arrearsadvice](http://www.pkc.gov.uk/arrearsadvice)*

**Citizens Advice Scotland Helpline 0800 0281456** is open Monday to Friday, 9.00 am to 5.00 pm. You can also visit [www.perthcab.org.uk/home](http://www.perthcab.org.uk/home)

## Highland and Strathtay

### Aberfeldy, Glen Lyon and Kinloch Rannoch

**Free help-yourself food larder**

**Breadalbane Foodshare**

Rear of Aberfeldy Church Centre,  
Taybridge Road, Aberfeldy, PH15 2BH  
*All day, every day*

**Reduced price food shop**

**OfficeZone**

Kenmore Street, Aberfeldy  
*Saturday 11.00 am - 12.30 pm*

**Free food delivery**

**Rannoch Food Bank**

*Any time*

### Pitlochry, Blair Atholl, Calvine and Ballinluig

**Free help-yourself food larder**

**Atholl Centre Community Larder**

Atholl Road, Pitlochry, PH16 5BX  
*All day, every day*

**Free food bank**

**Atholl Centre Food Bank**

Atholl Road, Pitlochry, PH16 5BX  
*Tuesday & Wednesday 10.00 am - 5.00 pm or for emergencies*

### Strathtay

**Free help-yourself food larder**

**PH8 Community Larder**

Dunkeld Phone Box and Birnam Phone Box  
*All day, every day*

**Free emergency food parcels**

**PH8 Food Bank Delivery**

*Any time*

## Perth City

<p><b>Free and very low-cost food</b></p> <p><b>Free sanitary products</b></p>	<p><b>Letham4All Community Fridge</b> 119 Rannoch Road, Perth, PH1 2DQ <i>Open weekdays 10.00 am - 3.00 pm, Saturday &amp; Sunday 9.00 am - 1.00 pm</i></p>
<p><b>Emergency food parcels</b></p>	<p><b>Perth and Kinross Food Bank</b> 11 Cutlog Vennel, Perth, PH1 5HY <i>Tuesday &amp; Wednesday 12.00 noon - 4.00 pm, Friday 12.00 noon - 4.00 pm</i></p>
<p><b>Free of charge</b></p> <p><b>Can also purchase up to 10 items/ packages at a cost of 20p</b></p>	<p><b>Muirton Community Food Share</b> Shop Located at 111 Dunkeld Road, Perth <i>Monday, Thursday &amp; Saturday 11.00 am - 1.30 pm</i></p>
<p><b>Food and signposting support</b></p>	<p><b>Perth Centre Support Food Share</b> Giraffe Café, Mill Street, Perth <i>Monday 11.00 am - 1.30 pm, Thursday 10.30 am - 1.30 pm</i></p>
<p><b>Free and very low-cost food &amp; other items</b></p>	<p><b>South Perth Community Food Share</b> Moncrieffe Community Hall, Glenlyon Road, Perth <i>Thursday &amp; Saturday 11.00 am - 1.30 pm</i></p>
<p><b>Free help-yourself food larder</b></p>	<p><b>Luncarty Give &amp; Take Box</b> Luncarty Village Shop <i>All day, every day</i></p>



## Eastern Perthshire

### Alyth

**Give and take larder**

**Alyth Community Support Group**  
19 Airlie Street, Alyth, PH11 8AH  
*Tuesdays*

### Balbeggie

**Food larder located in the phone box - open to give and take**

**Balbeggie Village Community Larder**  
Phone Box  
*All day, every day*

### Blairgowrie and Rattray

**Good quality in-date food at vastly reduced prices or pay what you can afford during lockdown**

**Blairgowrie and Rattray Independent Food Project**  
Balmoral Church Hall, Balmoral Road, Rattray  
*Every Wednesday 4.00 pm - 6.00 pm,  
Saturday 1.00 pm - 3.00 pm*

**Community larder - give, take or swap**

**Give and Take Community Larder**  
Blairgowrie Bowling Club; Blairgowrie Guide Hut; Rattray Community Connect, Rattray; Ashgrove Road, Rattray

### Burrelton and Woodside

**Weekly soup and food share deliveries**

**Burrelton Community Café**  
*Soup deliveries every Tuesday  
Food share deliveries every Thursday*

### Carse of Gowrie

**Community food larder**

**Madoch Centre, St Madoes**  
*Monday - Friday 9.30 am - 4.30 pm*

## Kinross-shire and Almond & Earn

<b>Free lunch</b>	<b>KYTHE</b> <i>Part of the KYTHE Summer Programme</i>
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## Strathearn & Strathallan

<b>Food share</b>	<b>Crieff Connexions</b> 19 High Street, Crieff, PH7 3HU <i>Monday, Tuesday, Thursday, Friday, Saturday 10.00 am - 12.00 noon Wednesday 1.00 pm - 3.00 pm</i>
<b>Free help-yourself food larder</b>	<b>Braco Food Larder</b> Next to village hall, Braco <i>All day, every day</i>
<b>Food bank</b>	<b>Auchterarder Blue Door Food Bank</b> Community Church Centre, Auchterarder Parish Church <i>Tuesday &amp; Friday, 10.00 am - 2.00 pm</i>

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

[www.pkc.gov.uk](http://www.pkc.gov.uk)

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