

Winter Watch

A helping hand

When severe weather strikes are you the sort of person who offers help to your family, friends and neighbours?

Would you be able to extend this support to others in need in your community?

You want to help but don't know where to start?

Here at **Voluntary Action Perthshire** we want to help you channel your energies and support to people in need in your area. Please get in touch and tell us what you can do - clear paths, collect shopping, provide transport or anything else!

Alternatively you may be more dependant than others in your community with no family nearby – is there anything you need help with when severe weather strikes?

You need help but don't know who to ask?

Contact us at Voluntary Action Perthshire, The Gateway, North Methven Street, Perth, PH1 5PP- **telephone Anna on 01738 452227** and leave your name, address, e-mail address and telephone number.

Tell us what you offer or what help you need when heavy snow, extreme cold or flooding affects you or your community , email info@vap Perthshire.org or log onto <http://www.vap Perthshire.org> and look for Winter Watch.



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