

Assistance with travelling expenses

If you are in receipt of certain benefits, you may be able to reclaim your travel expenses at the hospital. Proof of both payment for transport and of your entitlement to benefit is required.

A free leaflet called "Help with Health Costs" is available from PKCTG. This leaflet not only provides of the benefits to reclaim transport, but details other financial help available through the NHS.

Please telephone PKCTG on (01577) 866766 or email: pkctg@btconnect.com

Wheelchair Accessible Taxis*

Blairgowrie	
Charlie Templeton	(01250) 872862
Coupar Angus	
Coupar Cabs	(01828) 628188
Crieff	
Crieff Taxis	(01764) 654620
Perth	
Ace Taxis	(01738) 622252 / 620000
Dave Adams	07764 219096
D&J Taxis	(01738) 444234 / 444678
DMB Cabs	(01738) 626626
Kevin Dickson Taxis	(01738) 444000
Bill Gilruth	(01738) 633450
Bill Hughes	(01738) 562953
Perth Radio Taxis	(01738) 580058
Taylor Taxis	(01738) 636663
Danny Wallace Kerr	07970 719793

* This information is a sample of services available, however a more comprehensive list is available in your local telephone directory or at www.yell.com

Car sharing

Are you still working/want to work but have difficulty getting there due to being unable to access public transport? Why not join 2500 others and register your journey on www.tactranliftshare.com

The site is free to use and will simply match you up with others going your way. There are every-day commuters or one-off regular journeys – it really doesn't matter. And with 42% of our members matching up journeys, you've got a really good chance of finding a lift.

Once you find a match, you simply share travel costs with others. The more you share with, the less costly it becomes. People all over Tayside and Central Scotland are cutting costs, reducing congestion and lowering their carbon footprint by liftsharing – why not try it yourself?

For information on liftsharing, visit www.tactranliftshare.com

WRVS positive about age practical about life

WRVS operate Community Projects throughout Perth & Kinross.

WRVS volunteers make a worthwhile difference in people's lives by providing:

- medical and social transport
- books on wheels deliveries
- good neighbour services including companionship and respite, telephone and nutritional support
- home from hospital support

Telephone (01738) 633975

Home from Hospital Service

A service tailored according to the needs of the patient intended to build confidence and independence.

A short term programme aimed at reducing delayed discharge and preventing readmission.

The programme will last no longer than 8 weeks.

Services which can be provided:

- Securing the home on patient's admission to hospital
- Collecting mail
- Ensuring disposal of perishable food
- Watering plants
- Local hospital visiting
- Basic shopping
- Taking the patient home after discharge
- Collecting prescriptions
- Transporting to medical appointments
- Short term befriending
- Telephone checks on the patient

The patient, volunteer, social worker and WRVS coordinator will agree on the services to be provided to ensure they are appropriate for both the patient and the volunteer.

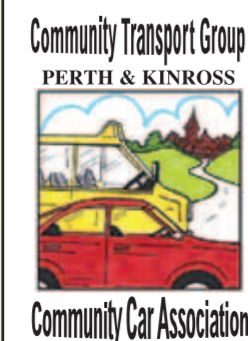
WRVS volunteers cannot provide personal care nor are they trained in lifting and handling.

HOME FROM HOSPITAL

Care at home, just when you need it.

Telephone (01738) 633975

Community Car Association, Perth and Kinross



Community Car Association

Perth and Kinross Community Transport Group (PKCTG) recognise that many voluntary car schemes face similar problems.

In 2008 a sub-group called the Community Car Association (CCA) was formed to help address common concerns and promote best practice in the voluntary transport sector.

The Princess Royal Trust Carers Centre (PRT)

Provides carers support services including: The day clubs are:

individual & group support; information & advice; carers assessments; training; complementary therapies; day respite; referral to specialised services & signposting; trips and holidays for carers and cared for, giving them the opportunity to have a short break; and liaising with health professionals and public bodies.

The PRT operates four day clubs in Perth and Kinross. Details of eligibility criteria for attending and further information can be accessed from PRT. Transport to and from the day clubs is by own, volunteer or PKAVS mini-bus. Spaces are limited on our mini-bus however service users may be able to access other transport via the local authority.

The Gateway, North Methven Street, Perth, PH1 5PP. Tel: (01738) 567076

Shopmobility

Perth
Canal Street Multistorey
Car Park, Canal Street,
Perth PH2 8LQ

Tel: (01738) 783960

Email: dmclellan@perthshopmobility.org.uk

Contact: **Dave McLellan**

Pitlochry
Atholl Leisure Centre, East Moulin Road
Pitlochry PH1 5EA Tel: (01796) 473866

Elec Scooters and wheelchairs £5 deposit

Kinross
Loch Leven Heritage Trail Scooters

Helping everyone explore the Loch Leven Heritage Trail.

This is a free service, available 7 days a week at Loch Leven's Larder.

This service is available following the generous assistance of Loch Leven's Larder, Perth Shopmobility and Fairprice Mobility.

Please call (01592) 841000 for a registration and demonstration appointment.

For all local contact details
Tel: (01738) 440099
Fax: (01738) 627546
Textphone: 18001 01738 440099
Email: disip@disip.org.uk
Web: www.disip.org.uk
44 St. Catherine's Road, Perth PH1 5SE

In 2008, access to preferred parking at Perth Royal Infirmary, Ninewells, Dundee and other Community Hospitals in Perth and Kinross was agreed for CCA members.

Volunteer drivers display a numbered badge which car parking staff recognise.

Members of the Community Car Association are identified overleaf by this logo:

If you operate a voluntary car scheme and would like to find out more about the Community Car Association, please contact PKCTG on (01577) 866766



traveline
public transport info
0871 200 22 33
www.travelinescotland.com

Public Transport Information is available by calling
0871 200 22 33
(calls from landlines cost 10p per minute)

Hospital Mobility Initiative at Ninewells

Disabled persons have to pay to park at Ninewells; but monies received are reinvested to help this client group. The Initiative, located in the main disabled car park 7, provides **free use of electric scooters and manual wheelchairs** to patients and visitors. The user has to register, provide 2 proofs of ID, complete an assessment and application form. Please email: dundeemobility@vincipark.co.uk or call PKCTG for further information.

Perth & Kinross Council Minibuses

Perth & Kinross Council operates over 40 minibuses, which are based at schools and Community Care centres throughout the area.

At present the management of the minibuses is undertaken locally, with different practices adopted in terms of sharing, community use, charging etc. All drivers of Council minibuses do however have to hold a current MIDAS certificate.

The Council has recently employed a Minibus Co-ordinator whose role is to help make better use of the minibuses, which will hopefully include increased availability for community groups.

If anyone requires information on where the minibuses are located, please contact **Brian Martin**, Minibus Co-ordinator, on (01738) 477374 or bmartin@pkc.gov.uk

Independent Advocacy
Perth & Kinross

Independent advocacy aims to help people by supporting them to express their own needs and make their own informed decisions. Independent advocates support people to gain access to information and explore and understand their options. They speak on behalf of people who are unable to speak for themselves, or choose not to do so.

They safeguard people who are vulnerable or discriminated against or whom services find difficult to support.

We are a free service supporting people with mental health problems, dementia, learning disabilities, physical disabilities, and people who are frail through older age and carers. We are independent from all other organisations and agencies, and are therefore as free as possible from conflict of interest.

For further information, please phone (01738) 587887 or email: enquiry@iapk.org.uk

NHS 24 (Scotland)

NHS 24 is a telephone health advice and information service for Scotland.

The website nhs24.com provides comprehensive up-to-date health information and self care advice for people in Scotland.

Both services are provided by the National Health Service in Scotland.

Address:
NHS 24 Central Office
Caledonia House, Fifty Pitches Road
Cardonald Park, Glasgow G51 4ED
Telephone:
Advice line **08454 242424**
Central office **0141 337 4501**
Website — <http://www.nhs24.com>



Perth & Kinross ACCESS GROUP

Perth & Kinross Access Group

If you have an access difficulty, Perth and Kinross Access Group (PKAG) will try to help you resolve it.

PKAG promote full accessibility within Perth and Kinross, enabling disabled people and others to participate fully in society.

Perth and Kinross Access Group can be found at:
90 Tay Street, Perth PH2 8NP.
Email: info@pkag.org.uk or visit the website: www.pkag.org.uk/

The telephone number is not available at the time of printing, however please contact either **PKAVS** on (01738) 567076 or **PKCTG** on (01577) 862733 for updated information.

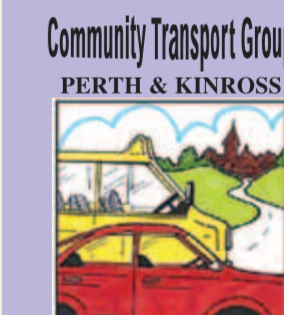
Community Transport and Health Related Information

Community Transport Group PERTH & KINROSS



Published spring 2010

www.pkctg.org.uk



Community Transport Group

Perth and Kinross Community Transport Group (PKCTG) is an independent voluntary organisation, established to promote, support and develop Community Transport in Perth and Kinross.

Community Transport is "transport owned and managed by communities to meet community needs".

PKCTG has two subgroups, the Community Car Association (CCA) & Minibus Operator Group (MOG) These dedicated support groups are open to voluntary transport providers in Perth and Kinross.

PKCTG encourage best practice in the voluntary transport sector and provide updated information on legislation and funding advice to our members. PKCTG also deliver relevant training to the voluntary transport sector including; MIDAS, Passenger Assistants and First Aid.

We help identify gaps in transport provision and help recruit volunteer drivers and coordinators to help address this issue.

PKCTG received funding to create this Directory, from P&K Council and NHS Tayside. By providing details of voluntary transport providers in P&K, individuals and groups, without access to public or private transport will now have the opportunity to directly access transport in their area.

Further information about PKCTG can be found on our website: www.pkctg.org.uk and the PKCTG office can be contacted using the following details:
PKCTG The Learning Centre
15 Swansacre, Kinross KY13 8TE
Tel: (01577) 866766
Email: pkctg@btconnect.com

This publication was created, designed and published with the kind assistance of NHS Tayside and Perth and Kinross Council



PERTH & KINROSS COUNCIL



NHS Tayside

Medical Facilities

Aberfeldy Surgery Taybridge Rd, Aberfeldy PH15 2BH
Tel: (01887) 820366 ■

Abernethy Clinic 44 Main Street, Abernethy PH2 9JH
Tel: (01738) 850461 ■

Alyth Health Centre New Alyth Rd, Alyth, Blairgowrie PH11 8EQ
Tel: (01828) 632317
Community Nursing Team
Tel: (01828) 632425 ■

Auchterarder: St. Margaret's Health Centre St. Margarets Drive, Western Rd, Auchterarder PH3 1JH
Tel: (01764) 662614 ■

Blair Atholl: The Health Clinic Blair Atholl, Pitlochry PH18 5SG
Tel: (01796) 481223 ■

Blairgowrie: Strathmore Surgery 19 Jessie Street, Blairgowrie PH10 6BT
Tel: (01250) 872552 ■

Ardblair Medical Practice Anne St, Blairgowrie PH10 6EF
Tel: (01250) 872033
Blairgowrie Health Visitors
Tel: (01250) 876668 ■

Bridge of Earn: The Surgery Main St, Bridge Of Earn PH2 9PW
Tel: (01738) 812000 ■

Comrie Medical Centre Strowan Rd, Comrie, Crieff PH6 2LW
Tel: (01764) 60217 ■

Coupar Angus Medical Centre Candlehouse Lane, Coupar Angus, Blairgowrie PH13 9DD
Blue Practice
Tel: (01828) 627312
Red Practice
Tel: (01828) 627318
Community Nurses
Tel: (01828) 627410 ■

Crieff Health Centre King Street, Crieff PH7 3SA
Blue Practice
Tel: (01764) 652283
Red Practice
Tel: (01764) 652456
Health Visitors
Tel: (01764) 655535 ■

Dunkeld: Craigvinean Surgery Little Dunkeld, Dunkeld, PH8 0AD
Tel: (01350) 727269 ■

Errol Medical Practice The Rowans, High St, Errol PH2 7QL
Tel: (01821) 642248 ■

Kinloch Rannoch Medical Practice The Surgery, Kinloch Rannoch, Pitlochry PH16 5PR
Tel: (01882) 632216 ■

Kinross: Loch Leven Health Centre Muirs, Kinross KY13 8FP
Tel: (01577) 862112 ■

Kinross Day Centre Provide transport to and from the Day Centre, where service users are able to access lunch, social contact and enjoy a variety of leisure time activities and outings. Tel: (01577) 863869 ■

Children's Hospice Association Scotland Support referred children, young people and their families with transport needs associated with their care or welfare.
Tel: (01577) 865777 ■

Methven Surgery Denside, Retinue Row, Methven PH1 3PF Tel: (01738) 840289
Community Nurses
Tel: (01738) 840251 ■

Perth: Whitefriars Surgery Whitefriars Street, Perth PH1 1PP
The Red Practice
Tel: (01738) 625842
The Green Practice
Tel: (01738) 627912 ■

Glover Street Medical Centre 133 Glover St, Perth PH2 0JB
Kings Practice
Tel: (01738) 621844
Victoria Practice
Tel: (01738) 639748 ■

Taymount Surgery 1 Taymount Terrace, Perth PH1 1NU
Tel: (01738) 627117 ■

Drumhar Health Centre North Methven St, Perth PH1 5PN
Yellow Practice
Tel: (01738) 564298
Mauve Practice
Tel: (01738) 622421 ■

The Medical Centre Caledonian Rd, Perth PH2 8HH
Tel: (01738) 628234 ■

Pitlochry: Atholl Medical Centre Ferry Road, Pitlochry
Tel: (01796) 472558 ■

Score Surgery 7 Stormont Rd, Score PH2 6RH Tel: (01738) 551739 ■

Hospitals

Aberfeldy Cottage Hospital Old Crieff Rd, Aberfeldy PH15 2DH Tel: (01887) 820314 ■

Auchterarder St. Margaret's Hospital Western Rd, Auchterarder PH3 1JH
Tel: (01764) 662246 ■

Blairgowrie Community Hospital Perth Rd, Blairgowrie PH10 6EE
Tel: (01250) 874466 ■

Crieff Hospital King St, Crieff PH7 3HR
Tel: (01764) 653173 ■

Ninewells Hospital, Dundee DD1 9SY
Tel: (01382) 660111 ■

Perth Murray Royal Hospital Muirhall Rd, Perth PH2 7BH
Tel: (01738) 621151 ■

Pitlochry Irvine Memorial Hospital Nursing Home Brae, Pitlochry PH16 5HP
Tel: (01796) 472052 ■

Lunch Clubs

Inchture: The Luncheon Club Residents of Abernethy, Inchture, Kinnaird, Longforgan all welcome. Lunches held at Inchture Village Hall.
Please contact: Anne Davies (01828) 686656 or Mamie Gardhan (01828) 686691.
You may also leave a message at the Inchture Post Office. ■

Aberfeldy: Horizon Lunch Club Dalweem Residential Home, Aberfeldy. Please contact Jenny Wyllie (01887) 820830. Club runs on Tuesday and Wednesday each week. ■

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Tel: (01577) 865777 ■

Please contact Irene Yeaman (01828) 627258. Club runs every second Tuesday. ■

Parish of Dunkeld: Community Care Group Lunches Please contact Jean Dickson on (01350) 727382 ■

Perth: PKC Senior Citizens Lunch Club Fairfield Community Centre, 2 Fairfield Avenue, Perth PH1 2TF
Please contact Alice McGuire (01738) 477677 ■

Auchterarder: Lloyds Pharmacy 171 High St, Auchterarder PH3 1AD
Tel: (01764) 662197 ■

Blairgowrie: Davidsons Chemist 21-24 Wellmeadow, Blairgowrie PH10 6AT
Tel: (01250) 870282 ■

Boots The Chemist 49 Allan St, Blairgowrie PH10 6AB Tel: (01250) 872029 ■

Dunkeld: Davidsons Chemist Bridge St, Dunkeld PH8 0AH Tel: (01350) 727210 ■

Perth: Browns Pharmacy Healthcare 196 High St, Perth PH1 5PA
Tel: (01738) 443667 ■

Asda Late Opening Pharmacy Dunkeld Road, Muirton, Perth PH1 5AP
Tel: (01738) 494610 ■

I.S Brown 21 Nth Methven St, Perth PH1 5PN
Tel: (01738) 624843 ■

The Co-operative Pharmacy 191 Rannoch Rd, Letham, Perth PH1 2DP
Tel: (01738) 623409 ■

Boots The Chemist 145-159 High St, Perth PH1 5UN Tel: (01738) 629181 ■

Davidsons Chemist 12 Main St, Bridgend, Perth PH2 7HB Tel: (01738) 623957 ■

Lloyds Pharmacy 10-16 York Place, Perth PH2 8EP Tel: (01738) 624492 ■

Superdrug Stores plc 86-100 High St, Perth PH1 5TH
Tel: (01738) 643424 ■

Pitlochry: Davidsons Chemist 112 Atholl Rd, Pitlochry PH16 5AB
Tel: (01796) 472810 ■

Lloyds Pharmacy 124 Atholl Rd, Pitlochry PH16 5AB
Tel: (01796) 472414 ■

Score: Davidsons Chemist 11-13 Angus Rd, Score PH2 6QU
Tel: (01738) 551769 ■

Dunkeld: Craigvinean Surgery Hospital Cars transport patients who cannot use public transport to hospital appointments.
Please contact the surgery direct (01350) 727269 ■

Kinross-shire and Glenfarg: Kinross-shire Volunteer Group and Rural Outreach Scheme, using volunteer drivers with their own cars, provides a transport and befriending service to residents to Kinross-shire and Glenfarg who have difficulty using public transport. We help people access the health and other necessary social appointments to make life easier.
Please contact Ann Munro (01577) 840196 ■

Longforgan Community Car Scheme helps residents of Longforgan to access health and social appointments in the Carse of Gowrie area, Perth and Dundee areas. Please call (01382) 360426 providing 48 hours notice of your intended journey. ■

Perth Access Cars provide a transport service for wheelchair users and people with mobility difficulties in Perth and Kinross. Please contact Evelyn on (01738) 639134 ■

Perth: The British Red Cross Transport and Escort Service offers freedom and independence for people who cannot get about easily or use ordinary transport. By providing drivers with suitable vehicles – and escorts where needed it becomes possible to make essential journeys and recreational outings. Limited service primarily available in the local Perth City area. Available

Errol: Carse Chemist The Rowans, High St, Errol PH2 7QJ Tel: (01821) 641211 ■

Kinross: Rowlands Pharmacy 61 High St, Kinross KY13 8AA
Tel: (01577) 862407 ■

Milnathort: Davidsons Chemist 29 South Street, Milnathort, Kinross KY13 9XT
Tel: (01577) 862219 ■

Auchterarder & District Community Council provides transport to people who have difficulty travelling to medical appointments. Please contact Mr Duff (01764) 662798 ■

Chemist Warehouse Welton Rd, Blairgowrie PH10 6NB
Tel: (01250) 872655 ■

Bridge of Earn: Davidsons Chemist 36 Main Street, Bridge of Earn PH2 9PL Tel: (01738) 812579 ■

Comrie (Dispensary) Ltd Drummond St, Comrie, Crieff PH6 2DS Tel: (01764) 670210 ■

Coupar Angus: Davidsons Chemist The Cross, Coupar Angus, Blairgowrie PH13 9DA
Tel: (01828) 627359 ■

Kinross: Kinross Day Centre High Street, Kinross. Provide transport to and from the Day Centre, where service users are able to access lunch, social contact and enjoy a variety of leisure time activities and outings.
For further information, please telephone (01577) 863869 ■

Blairgowrie: Kinross-shire Volunteer Group and Rural Outreach Scheme, using volunteer drivers with their own cars, provides a transport and befriending service to residents to Kinross-shire and Glenfarg who have difficulty using public transport. We help people access the health and other necessary social appointments to make life easier.
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Blairgowrie Freedom Coach Association provides a wheelchair accessible transport service for groups and individuals in Blairgowrie and District that have mobility limitations.
Please contact Charles Bisset (01250) 874246 ■

Bridge of Earn Hospital Car Scheme provides voluntary transport to local hospitals for those registered with the Bridge of Earn Surgery.
Please contact the surgery direct (01738) 812000 ■

Comrie Co-Co Bus has a 17 seater, wheelchair accessible minibus available for hire by various local groups and organisations. Drivers must be over 25 years of age.
Please contact Mrs Diane Hunter (01764) 670322 ■

Comrie Hospital Driving Service is available to people within Comrie and District to access appointments. Please contact Comrie Post Office (01764) 670264 or Comrie Medical Centre (01764) 670217 ■

Crieff: Strathcare (formerly Strathearn Community Care Association) assists Strathcare clubs which include senior citizens, disabled and others in weekly and annual events.
Please contact Alistair Stewart (01764) 652988 ■

Dunkeld: Craigvinean Surgery Hospital Cars transport patients who cannot use public transport to hospital appointments.
Please contact the surgery direct (01350) 727269 ■

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operates in the Aberfeldy GP practice area from Ballinlugg to Milton Morenish (North side of Loch Tay); down to Amulree; out to Foss (on the road to Loch Tummel) and up to the head of Glen Lyon. Please contact Alison Stewart (01796) 482446 or Mobile 07764276265 ■

Alyth, Meigle and District Nursing and Samaritan Association provides transport for hospital appointments to patients of the Alyth Health Centre. Volunteers are fully insured and use their own cars.
Please contact Eileen Colley (01828) 632183 ■

Mon-Fri 10am - 4pm. Please contact: Perth & Kinross District Office, Royal British House, 113 Leonard Street, Perth PH2 8HA.
Tel: (01738) 622474 ■

Perth: Capability Scotland provides transport facilities, including outings, for day attendees, permanent, temporary and respite residents of Upper Springland.
Please contact (01738) 632995 ■

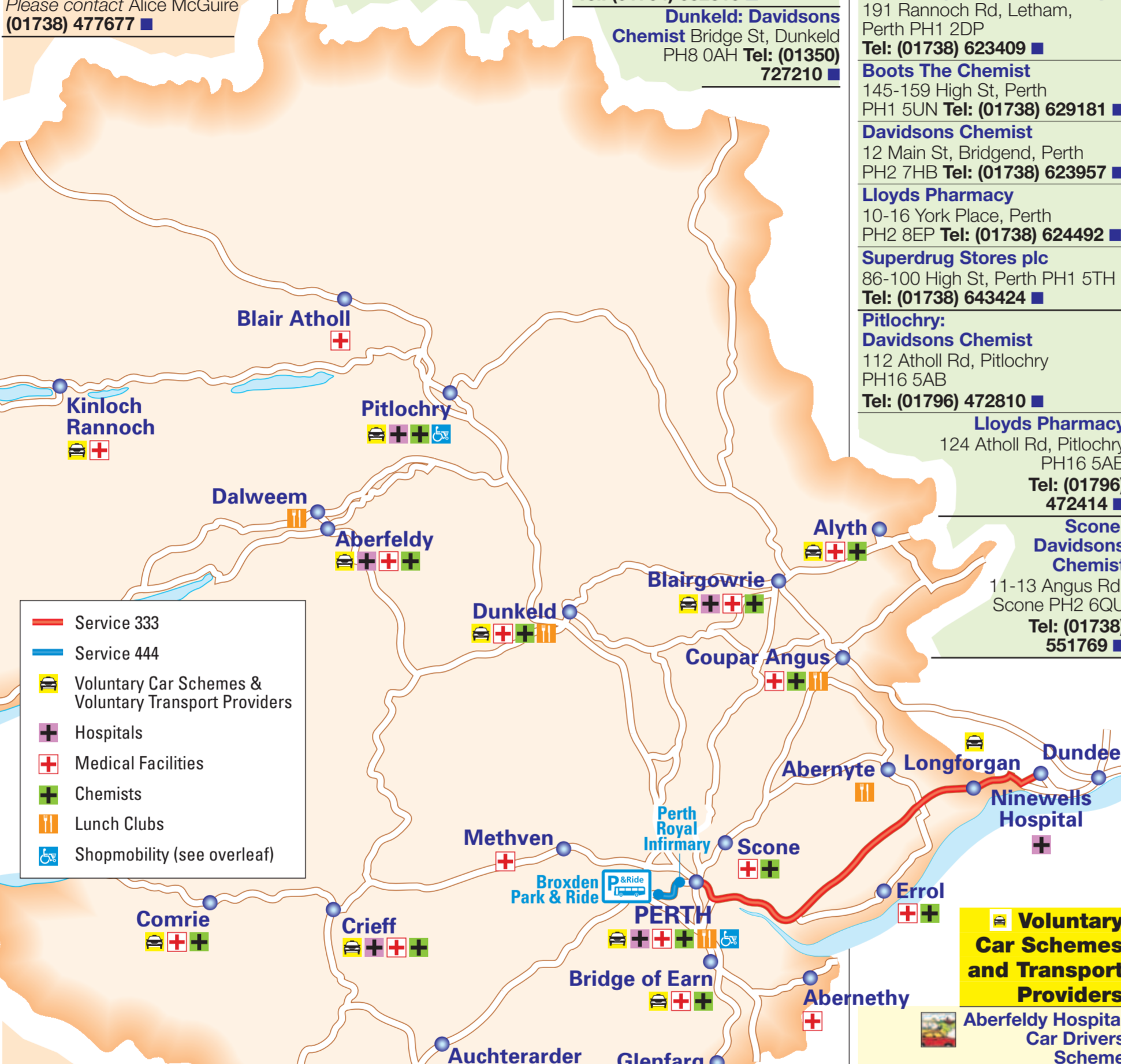
Perth: PKAVS Minibuses PKAVS has three minibuses available for hire. As we are a charity, our rates are charitable rather than commercial, meaning fantastic value. Our minibuses have maximum capacity of between 14 and 17 people and are also wheelchair accessible with side steps and rear wheelchair lifts. Minibuses can be hired for evening or weekend use.
Full day costs: £70 + 40p per mile; Half day session costs £35 + 40p per mile

Please note: we require all drivers to have valid MIDAS certificate and Section 19 Permit where applicable.
Please contact: The Gateway, North Methven Street, Perth.
Tel: (01738) 567076 ■

Pitlochry Senior Citizens and Good Neighbour Association has a 12 seat wheelchair accessible minibus which provides transport for the elderly, shopping trips, day care centre and community organisations.
Please contact Katey Walker on (01796) 472629 ■

Pitlochry Hospital Car Service provides transport to patients of the Pitlochry Medical Centre for hospital appointments. Details are available in the Medical Centre. ■

Members of PKCTG Community Car Scheme



Service 333

Service 333 runs between Perth Royal Infirmary and Ninewells Hospital in Dundee, offering a direct connection between the two hospitals. Operating hourly on weekdays and every two hours at weekends, hospital link offers fast, convenient travel between these two locations to patients, visitors and NHS Tayside staff.

The service is operated by state-of-the-art low floor buses which are suitable for wheelchair users. The buses are fitted with green environmentally-friendly engines which reduce emissions and CCTV cameras which help ensure maximum passenger and driver safety.

The service is funded in partnership between NHS Tayside, Perth & Kinross Council and the Scottish Ambulance Service. It is operated by Stagecoach.

Fare Information		10 Journey Ticket
Single and Return Fares	Adult: Single £2.55 Day Return £4.60	Valid for 10 single journeys on service 333 for the price of 8. Must be used within 28 days of purchase.
	Children under 5 years of age travel free. Children up to 15 years of age travel at half fare (rounded to the nearest 5p).	National Entitlement Cards Older and disabled people travel free on service 333 with a National Entitlement Card.
	Separate fares are available for passengers boarding at The Horn.	

A leaflet and timetable are available from PKCTG, telephone (01577) 866766, the Perth and Kinross Council's Public Transport Unit, on the bus itself or at Perth Royal Infirmary.

Service 444

Service 444 runs between Broxden Park & Ride site and Perth Royal Infirmary offering a quick and easy way to access the hospital.

Service 444, operated by Smith & Sons Coaches, Coupar Angus, operates Monday to Friday every half hour between Broxden and PRI from 9.35am to 3.15pm. This park & ride option cuts out the need to find a parking space at the hospital.

Fare Information		National Entitlement Cards
Single and Return Fares	Adult: Single £0.80 Day Return £1.00	Older and disabled people travel free on service 444 with a National Entitlement Card.
	Children under 5 years of age travel free. Children up to 15 years of age travel at half fare (rounded to the nearest 5p).	

Anyone wishing further information about Service 444 can contact Smith & Sons on (01828) 627310. A leaflet and timetable are available from PKCTG, telephone (01577) 866766, the Perth and Kinross Council's Public Transport Unit, on the bus itself or at Perth Royal Infirmary.