



BLACK ISLE CARES
CHARITY NUMBER SCO45371



Photo - Black Isle Images

7th April 2020

Who is there to help on the Black Isle – Information sheet 2

At Black Isle Cares we are really missing the regular catch up's with everyone during meal delivery, board games in the library, lunches at the academy, and all the other times we bumped into each other. We're aware that many people are not on-line so our information sheets will share:

- News from Black Isle Cares Meals on Wheels
- Useful telephone contact numbers
- Hints and tips for keeping safe and well at home

News from Black Isle Cares Meals on Wheels

We have been delighted to have lots more lovely volunteers, who have been shadowing (at an appropriate social distance) existing volunteers to get to know how it works. We have sourced protective equipment including WHO authorized hand sanitizer from Dornoch Distillery, thermal bags from Take Eat Away Ltd, and masks being made for us by the Black Isle Men's Shed. What a fantastic community we live in - thanks to all involved.

Hints and tips for keeping safe and well at home

It's a strange time for everyone: usual ways of getting necessities, finding information, socialising, being active, working, volunteering and helping others have had to completely change. Adapting to these changes so rapidly has been a challenge for us all. Who has gone out of their way to help you out? What activity has cheered you up when you were down? How are you keeping in touch with friends and family? We would **love to know what is making a difference to you in these very difficult times** and we will share these in future information sheets. **Contact anne-hscn@outlook.com or 07933 653313.**

Best wishes from all at Black Isle Cares 07702 557535 admin@blackislecares.com

Help on the Black Isle

If you have symptoms of COVID-19 - a new continuous cough and/or a fever/high temperature in the last 7 days, stay at home for 7 days from the start of your symptoms even if you think your symptoms are mild. Do not go to your GP, pharmacy or hospital. If you have COVID-19 symptoms that worsen during home isolation, breathlessness develops or worsens, or your symptoms haven't improved in 7 days **call 111**. If you have a **medical emergency phone 999** and tell them you have COVID-19 symptom.

07825 508945 North Kessock Community Connectors	Phone contact to offer social and emotional support to local residents.
07923 102647 Rosemarkie Help	For help with tasks like shopping, dog walking or picking up prescriptions. Details of businesses offering deliveries.
07935 775738 Avoch & Killen Community Support Initiative	Offer collection and delivery of grocery essentials, dog walking and urgent vet visits, collection and delivery of prescriptions from Fortrose and daily phone chats.
01381 600550 Cromarty Care Project & Cromarty Store	Cromarty store are offering a delivery service for customers. Orders Monday - Friday between 10am - 1pm. Payment method discussed when placing the order
07526 035543 Fortrose Help	For help with tasks outside of the home – like shopping, dog walking or picking up prescriptions.
01349 866694 Conon Bridge Pharmacy	Free delivery of prescriptions across the Black Isle.

Help in Highland

Mon-Wed-Fri 2 to 4pm Dingwall Food Share Point	Dingwall Scout Hall, Craig Rd. If you are struggling, please head down, no questions, no referral needed!
01349 808022 Highland Third Sector Helpline	Highland Third Sector Interface have recorded all the community support groups in a Community Action Register. Contact for your area. Tue – Thur 10am – 4pm
0300 303 1362 Highland Council Covid-19 Helpline	A FREE helpline for advice on council services. Also advice for businesses that may need help with financial support. <i>8am to 6pm. Monday to Friday.</i>
01349 886669 Highland Council “shielding” number	Anyone receiving a letter or text from NHS asking them to “shield” can contact the Council for support during self-isolation. Generally 9am to 5pm.

Help in Scotland

0800 028 2816 Coronavirus Covid-19 Helpline	A FREE helpline giving advice on Coronavirus if you do not have symptoms, but are looking for general advice. <i>8 am to 10 pm.</i> www.nhsinform.scot/coronavirus
0800 12 44 222 Age Scotland National Helpline	Helpline providing information, friendship and advice for older people. <i>9am – 5 pm. Monday – Friday.</i> www.ageuk.org.uk/scotland
0808 800 9060 Coronavirus Consumer Advice	Consumer advice, employment advice, housing, money and personal finance.
0808 808 3000 Alzheimer Scotland Dementia Helpline	If you have any questions about dementia, or about the support available in your area, call Alzheimer Scotland's 24-Hour Freephone Helpline.