


Coronavirus Information on Community Supports

Note due to the changing circumstances and guidance being received from the Westminster and Scottish Government on a daily basis these supports are evolving and changing.

Aberfeldy, Glen Lyon and Kinloch Rannoch

Community Volunteer Help	Contact
<p>Tay Valley Timebank CORONA VIRUS SUPPORT IN ABERFELDY AREA Covid19 Support has not gone away, Offering help, you just have to say, Volunteers will collect anything from our local shops, Indeed help you out, even with your dog walks, Do call us on 07507479555 if you have a request, any day of the week between 9 and 5 is best. We will continue to offer support by way of delivering prescriptions and doing shopping for people who are shielding, isolating or unable to manage this independently.</p> <p>VOLUNTEERS If you would like to volunteer your time, please e-mail your contact details with your Name, Address, E-mail Address, Phone number or text . We have a What's App group. Volunteers need to have no underlying medical conditions, which they feel could put them at greater risk from the Coronavirus.</p>	<p>Request line 07507479555</p> <p>Volunteer time contact tayvalleytimebank@gmail.com</p> <p>Or text to 07990834092</p>
<p>Eileen Merry Eileen is coordinating volunteers for Little Ballinluig to approx 47 homes. They are happy to continue delivery of prescriptions, newspapers and eggs, bread etc.</p>	<p>07708907079</p>

Social Media Support	Contact
<p>Acharn Community Noticeboard A place to post events or any other information about the area. Feel free to like and share the page.</p>	<p>Facebook Acharn community Noticeboard</p>
<p>Birks Cinema UPDATE We are Currently closed in line with Covid Government guidelines during this second lockdown period. We hope to see you soon back at the Birks! For up-to-date Film & Entertainment programme please see our website and facebook page.</p>	<p>1 Dunkeld Street PH15 2DA Aberfeldy, Perth and Kinross 01887 822845  Send message www.birkscinema.co.uk</p>
<p>Aberfeldy Community Notice board The group was set up for the community to converse, share information, help one another and socialise. We don't have any rules as such but guidelines that will help you use the group more effectively.</p>	<p>Facebook page Aberfeldy Community Notice Board https://www.facebook.com/groups/551303978385712</p>
<p>Breadalbane Community Larder Breadalbane Community Larder continues to support families and individuals struggling to make ends meet. By the beginning of November, we had distributed more than 500 food packages providing around 7,000 meals. In Partnership with Aberfeldy Co-op's 'FoodShare' The Community Larder takes 'Best Before' and 'Use By' food. The FoodShare is available outside the rear of the church building for people to come and help themselves during Larder opening times (11.00am -12.30pm each Saturday). On a Saturday morning we are also piloting the opportunity to purchasing items from the stock indoors, for a nominal fee. This reduces the stigma and</p>	<p>breadalbanecommunitylarder@btinternet.com Tel. 0345 30 111 00 •</p>

<p>helps maintain customer dignity. Emergency Deliveries of food parcels continue. This service can be accessed by calling 0345 30 111 00 Monday to Friday 9.00am - 5.00pm or by requesting a referral from your social worker, GP or other support worker.</p> <p>If you know of anyone struggling to make ends meet please let them know about the Breadalbane Community Larder. No-one should have to choose between heating and eating this winter.</p> <p>The Larder is a joint initiative of several local churches and also involves members of the local community.</p>	
<p>Practical Help</p>	<p>Contact</p>
<p><u>Update The Fountain Bar& Restaurant</u> Feldy-Roo</p> <p>Having responded to the recent rise in the spread of the virus and current lockdown, we had already restarted the #FeldyRoo meals on December 28th, catering for some of our more vulnerable residents in Aberfeldy, Weem, Kenmore and Acharn.</p> <p>Everyone now advised to shield, as an over 70 or for other medical reasons should NOW take advantage of the #FeldyRoo service.</p> <p>It is vital we help the vulnerable to isolate. For the moment we will only be covering the Aberfeldy and West Routes but hope we will be able to head back out East soon.</p> <p>PLEASE get in touch if you or you have a friend/relative that we can help.</p>	<ul style="list-style-type: none"> • Contact us on this Facebook Page • Telephone the Fountain Bar on 01887 820418 between 4 and 7pm any night of the week. • Text or phone 07584665423 anytime between 10am to 4pm.
<p><u>New Horizon Lunch Club</u> Lunches We Suspended during this lockdown period until further notice.</p> <p>Horizon lunch club is back. If you would like to join us or do you know someone who would like to come? Let me know. Where else can you get good company and a 3 course lunch for £7</p> <p>Noon – 1.30pm in the Dining room within the comfortable Town Hall</p>	<p>Contact Anne Duff 01887 820217/077989977037</p>
<p><u>Taymouth Courtyard</u></p> <p>Working together with the Kenmore Bakery to deliver all food required to who needs it, round loch Tay and Aberfeldy area. If we go into a semi-lockdown the shop will act as a warehouse and we will continue to deliver out to customers with the help of Wildfox Events our neighbours from along the loch.</p>	<p>Henry Murdoch https://www.taymouthcourtyard.com/</p>
<p><u>Strathtay Stores</u></p> <p>If there are any vulnerable or elderly people in the Strathtay/Grandtully or surrounding area who need some help over the next few weeks or however long this lasts, please let us know. If its delivery of groceries, collecting medicines, lift to the doctors - we can help.</p> <p>Please phone the shop 01887 840203 and ask to speak to either Simon or Alison.</p> <p>Please share and let your neighbours know</p>	<p>Strathtay Stores PH9 0PJ Pitlochry 01887 840203</p>
<p><u>Kenmore Bakery</u></p> <p>We are still delivering fresh bread and rolls to a number of locations in the community on a Friday</p> <p>We start at Ardeonaig 10am , Killin 11am, lawers 11.30am, Fearnan 12noon Fortingall 12.30, Keltneyburn 1pm</p> <p>All times are an approximate depending on how busy each stop is.</p> <p>We hope to be able to do road end stops enroute by arrangement.</p> <p>For our customers in Acharn you will be able to collect bread direct from the bakery</p> <p>Ideas for location stops for the South side of the loch would be gratefully appreciated.</p>	<p>Contact the bakery for further details Telephone 01887830556 Facebook Kenmore Bakery Email kenmorebakery@hotmail.com Or Facebook messenger</p>
<p><u>Fonab Farm Foods</u></p> <p>I have a range of ready meals that I deliver on a weekly basis throughout</p>	<p>07565 297501 www.eventboxesltd.com</p>

<p>Highland Perthshire direct to your front door. They are also available from @taymouth_courtyard_shop Strathtay Stores and the Kinloch Rannoch Country Store. Meals are delivered frozen and can be cooked from frozen. 1 person, 2 person and 10 person size available. If you would like a menu please send me a message and I will send a brochure / price list through to you. Soups, Mains, Vegetable Dishes and puddings all available.</p>	
<p>Strathtay Stores If there are any vulnerable or elderly people in the Strathtay/Grandtully or surrounding area who need some help over the next few weeks or however long this lasts, please let us know. If its delivery of groceries, collecting medicines, lift to the doctors - we can help. Please phone the shop and ask to speak to either Simon or Alison. Please share and let your neighbors know</p>	<p>01887 840203</p>
<p>Rannoch Community Trust Update Community Support Kinloch Rannoch. <i>We are all currently living in worrying times but local volunteers are here to help. Foodbank - People can self-refer or agencies can refer individuals or families.</i> <i>Food deliveries - People can request deliveries from the local shop or supermarkets and volunteers can deliver the food to individuals</i> <i>Prescriptions - two local taxi companies are delivering prescriptions to people who are isolating.</i> <i>Telephone contact- volunteers providing telephone contact to people who wish it.</i> <i>All requests can be made on 07554 702533 or Rannochcoordinator@gmail.com Please contact Janine Holland to discuss how we can help you.</i></p>	<p>Tel: 07554 702533 <i>Email: Rannochcoordinator@gmail.com</i></p>
<p>Carer & Wellbeing CIC <i>Helping shape care and wellbeing in rural Perthshire</i> <i>We are here to help deliver a new and innovative approach to care and wellbeing in rural Perthshire.</i> <i>Promoting Careers in Care – DYW & The Care & Wellbeing CIC</i></p>	<p>hello@thecareandwellbeing.coop</p>
<p>CAP Highland Perthshire Debt Centre Our church buildings may be closed but CAP Highland Perthshire is very active. The times we're in may have changed the way we offer our service, but we're still here. Due to current restrictions, we are not able to see clients face to face and so at the beginning of lockdown in March last year CAP developed a new model of working which remained compliant with FCA regulations. We have changed our debt counseling service to offer a telephone/video-based debt help service which will help and support clients through the process. We're offering practical support such as linking clients up with Breadalbane Community Larder and other local foodbanks, arranging emergency shops and continuing to help clients with their paperwork and progress them towards managing debt. CAP is ready and able to take new appointment bookings for our Debt</p>	<p>Help service via our helpline 0800 328 0006. Find out more at www.capuk.org</p>
<p>The Glen Lyonites A closed fb group of local Glen Lyon people supporting each other, sharing important information and supporting the community networking.</p>	<p>https://www.facebook.com/groups/The.Glen.Lyonites</p>
<p>Glenlyon Support in association with Tay Valley Time bank UPDATE telephone number New delivery service to compliment what is already in situ. Aberfeldy Taxi will do a run up the Glen on a Wednesday - with shopping and prescription from Aberfeldy Saturday - with shopping from Kenmore (Taymouth Courtyard vegetable boxes) The details of timings, set locations for dropping off, ordering and payments</p>	<p>Jeannie Grant jeanniegrant04@gmail.com Tel. 07788 190876</p>

for Co-op etc. Shopping deliveries organised between Tay Valley time Bank and David MacDougall Taxi delivering to area.	
<p>Breadalbane Bakery and Pantry Aberfeldy is still open as usual. We are open 7am to 3pm, Monday to Saturday. We are continuing to bake daily to make sure everyone is able to buy what they need. We have a great selection of fresh breads, rolls, cakes and pies available every day. Plus, our now fully developed Pantry, is full of an excellent selection of loose, fruit and vegetables, as well as other cooking ingredients and essentials, including, milk, eggs, basic cheeses, flour and other baking essentials, Vegan, Organic and Local products and so much more. Please check is out on Facebook for an idea of what we stock. (We don't have a website available just yet (... soon hopefully!)) We are currently only delivering to the local area of Aberfeldy and surrounding villages. We do also have a contactless collection option, or you can collect inside the shop too. For any queries, or to order, please call or email.</p>	<p>01887 820481 (between 7am and 3pm, after 3pm orders can be left on our answer phone up until 9pm) Or you can email us to, Breadalbanebakery@yahoo.co.uk</p>

Support & Information	Contact
<p>BREADALBANE COMMUNITY CAMPUS LIBRARY From Wed 23rd December 2020 and in line with Government guidelines we will be closed until further notice. Please see our web site for more details. If you would like to speak to someone we can be contacted on 01738 444949 from 7th January 2021</p>	<p>https://www.culturepk.org.uk/your-local-library/breadalbane-community-library/</p>
<p>Sky Murray Trail Sky is producing a "Little Ballinluig Good News" news letter with weekly info for all local residents.</p>	<p>skye@murraytrail.co.uk</p>
<p>Mo Cairncross Local Registrar is working out of the Campus on an appointment basis and will be flexible and can support the local community</p>	<p>01887 822 459</p>
<p>NHS Inform</p>	<p>http://www.nhsinform.scot/</p>
<p>PKC Coronavirus info</p>	<p>http://www.pkc.gov.uk/coronavirus</p>
<p>Aberfeldy Davidson's Chemist Updated Opening hours Monday to Friday 9.00 am-1pm to 5.30pm Saturday 9.00am to 5.00pm</p>	<p>01887 820 324 aberfeldy@wdavidson.co.uk</p>
<p>Support Choices – Highland & Strath Tay We will continue to provide advice, advocacy and signposting via phone, email and other digital technology to anyone who needs or already accesses care or community support in Highland Perthshire. Whilst we will continue our normal work as far as practical, we will also be doing what we can to support people impacted by Coronavirus in some of the following ways: help with understanding and navigating the changing processes for accessing Social Work support during this time help with finding and employing carers/Personal Assistants and understanding the guidance and legislation around this developing online peer-support aiding community efforts to support vulnerable people and those self-isolating</p>	<p>supportchoices@otbds.org 01350 729130</p>