


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. VOLUNTEERS If you would like to volunteer your time, please e-mail your contact details to tayvalleytimebank@gmail.com (Name, Address, E-mail Address, Phone number) or text 07990834092. 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>tayvalleytimebank@gmail.com text 07990834092</p>
<p><u>Horizon Lunch</u> We closed today. We are onboard with the local pubs who are all offering to supply meals to anyone if they need it. All my clients and staff have my phone number and have been told to call me with any issue. I will be calling them most days and arrange meals where possible. The tay valley time bank has a good number of volunteers, myself amount them. I will cook and deliver meals if required.</p>	
<p><u>Eileen Merry</u> 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>	07708907079

Social Media Support	Contact
<p><u>Acharn Comunity Noticeboard</u> 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><u>Birks Cinema UPDATE</u> Good afternoon! There are some dedicated cinema folk out there - Claire Vaughan from Chapter Cinema in Cardiff has put together this list of films showing on BBC iplayer, Channel4 player and other free TV services. Plenty to search through , there must be something for everyone here! https://docs.google.com/.../1vZ-Sx3seHbQYxDslx9ofWsUsKf.../edit... There's a new Quiz starting in our Quiz and Challenges Group....</p>	<p>1 Dunkeld Street PH15 2DA Aberfeldy, Perth and Kinross 01887 822845  Send message www.birkscinema.co.uk</p>
<p><u>Aberfeldy Community Notice board</u> The group was set up for the community to converse, share</p>	<p>Facebook page Aberfeldy Community Notice Board</p>

<p>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> <ul style="list-style-type: none"> * we would prefer for you not to use offensive language but obviously sometimes the odd word does slip through the net. If admin feel that the offending word is not appropriate for the thread it will get deleted. * We welcome the advertising of legitimate local businesses but would ask that you bump you're advert no more than twice a day rather than keep re posting it. * We do not allow the advertisement of any weight loss products or supplements. This includes Herbalife and Juice Plus. * If you are advertising a product or a job vacancy please clearly state which company it is for. Ads that do not adhere to this rule will be removed. * We don't allow spamming, bullying or selling/wanting goods. * We have a policy here that this group is for the people and therefore do not restrict what is allowed or not allowed in some peoples views. There will be on occasions posts that you perhaps don't like but urge you to scroll past them or set your notifications to 'off' * Any complaints should be sent privately to admin and will be dealt with accordingly. * Admin reserves the right to ban or block members without warning. * Admin team reserves the right to delete posts we deem inappropriate without warning. We hope you will enjoy what the group has to offer and we welcome any suggestions 	
<p>BREADADLBANE COMMUNITY LARDER – UPDATED</p> <p>In response to the COVID-19 outbreak local churches set up a Community Larder recognising that the financial impact of government measures are likely to have a high impact on people in. this area as there was a vast reduction in seasonal work and our dependency on the hospitality and tourist sector. Those already struggling are finding it even harder.</p> <p>The Community Larder partnered with Aberfeldy Co-op as their FoodShare charity partner and other food retailers donate goods which they were unable to sell or keep until the next day. However, if you are able to purchase one or two extra items each time you shop and donate them to the Larder they would be gratefully received and enable us to build up a regular stock of goods. Cash donations are also welcome and will allow us to add fresh foods too. The Breadalbane Larder operates out of Aberfeldy Parish Church. offering a home delivery service each Saturday 11:00 -am 12:30pm.</p> <p>If you or someone your know requires emergency food aid please contact your support worker e.g. Social Work, Housing Officer, GP to refer you to the Community Larder.</p>	<p>breadalbanecommunitylarder@btinternet.com Tel. 07513 652597 •</p>
<p>Practical Help</p>	<p>Contact</p>

<p><u>Update The Fountain Bar& Restaurant</u> Feldy-Roo Is back operating as aBar and Restaurant but is still working closely with Tay Valley Tim Bank to support the community where it can.</p>	<p>For more information contact Tay Valley Time Banks dedicated number on phone number 07507479555</p>
<p><u>Horizon Lunch Club</u> 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 Noon – 1030pm in the Dining room within the comfortable Town Hall</p>	<p>Contact Anne Duff 01887 820217/077989977037</p>
<p><u>Taymount Courtyard</u> 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</p>
<p><u>Strathtay Stores</u> 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 01887 840203 and ask to speak to either Simon or Alison. Please share and let your neighbours know</p>	<p>Strathtay Stores PH9 0PJ Pitlochry 01887 84020</p>
<p><u>Kenmore Bakery</u> We are still delivering fresh bread and rolls to a number of locations in the community on a Friday We start at Ardeonaig 10am Killin 11am lawers 11.30am Fearnan 12noon Fortingall 12.30 Keltneyburn 1pm All times are an approximate depending on how busy each stop is. We hope to be able to do road end stops enroute by arrangement. For our customers in Acharn you will be able to collect bread direct from the bakery Ideas for location stops for the South side of the loch would be gratefully appreciated. The Bakery Van will have a good stock but orders would be ideal by telephone Or Facebook message or email: kenmorebakery@hotmail.com All our products will be supplied In sealed polythene bags in accordance to strict hygiene regulations. At the moment the products we will have are: Large White or Wholemeal £2.20 each Small White,Wholemeal or multi-seed £1.70 each White Morning Rolls 35p each Our usual Biscuit range, Other products will be available in</p>	<p>Contact the bakery for further details Telephone 01887830556 Facebook Kenmore Bakery Email kenmorebakery@hotmail.com</p>

<p>due course, We are also teaming up with the Courtyard Shop as a delivery partner for essentials, milk, Gin!!etc</p>	
<p><u>Fonab Farm Foods</u> Now would probably be a good time to remind you all of my range of Alec's Meals. I have a range of ready meals that I deliver on a weekly basis throughout Highland Perthshire direct to your front door. They are also available from @taymouthcourtyard_shop Strathtay Stores and the Kinloch Rannoch Country Store. We also send them all over the UK on a next day service. 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 for yourself, a neighbour or someone you are concerned about in this rather uncertain time 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>07565 297501 www.eventboxesltd.com</p>
<p><u>Aberfeldy Breadalbane Premier</u> I offer grocery free delivery service for elderly in Aberfeldy area. Elderly people having a hard time in this time, and also for people with bad health. we've (nearly) got the food shop in the tearoom filled up. Pop along if you need any fresh fruits or veggies. We're also stocking up on all our flours, sugar, oat, cornflakes, Pasta, rice, lentils and a few other bits. We've also got some tinned tomatoes! Toilet rolls, and fresh and dry yeast! As well as lots of fresh bread and cakes. Fresh local eggs coming lunch time. We're Currently in contact trying to source fresh milk too. Tomorrow, we're hoping to have our kiddie cupcakes and biscuit kits out too. The only stop you'll need to make. Remember, only 2 people in the shop at one time to keep to the guidance of social distancing. Disposable gloves are available to put on to select your purchases if needed. We're hoping this goes down well, and we're happy to take any suggestions.</p>	<p>all can call 01887829494 or 01887820400</p>
<p><u>McDonald Brothers Butchers</u> We would like to reassure our customers that our shops in Pitlochry and Aberfeldy will be open for business as usual from 7am (8am in Aberfeldy) to 5pm Mon to Sat. Fully stocked with our lovely, healthy products in plentiful supply. If it turns out that you have to be at home for a period and you are local, we can arrange deliveries if you need anything from us. A full range of Fruit & Vegetables, fresh fish, jams, pickles, flour & oatmeal, pies & cakes, wine & beer along with all our locally sourced beef, pork, lamb, chicken, venison and homemade sausages, burgers and puddings. See our online shop on our website for deliveries anywhere in the U.K.</p>	<p>Please just call us on 01796 472047 and we will look after you. Or Aberfeldy on 01887 820310 www.macdonald-bros.co.uk</p>
<p><u>Strathtay Stores</u> 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</p>	<p>01887 840203</p>

<p>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><u>Rannoch Community Trust Update</u> 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. Food deliveries - People can request deliveries from the local shop or supermarkets and volunteers can delivery the food to individuals Prescriptions - two local taxi companies are delivering prescriptions to people who are isolating. Soup & Scone - Available to people who are isolating or shielding every Monday and Thursday, free of charge. Delivered to their home address Telephone contact- volunteers providing telephone contact to people who wish it. 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 Email: Rannochcoordinator@gmail.com</p>
<p><u>House of Bruar</u> <i>We are offering a home delivery service for residents in Blair Atholl, Calvine, Pitagowan and Kinloch Rannoch. Our Food Hall is open from 9:30 - 5pm, seven days a week for you to purchase vital supplies and don't forget you can always order online or through our dedicated customer service line</i></p>	<p><i>Please see detail below or call us on 01796 514 554.</i></p> <p><i>Cust serv line 0345 136 0111</i></p>
<p><u>Aberfeldy Co-op Food</u></p>	<p><i>Tel 01887 822 951</i></p>
<p><u>Carer & Wellbeing Cooperative</u> <i>Helping shape care and wellbeing in rural Perthshire We are here to help deliver a new and innovative approach to care and wellbeing in rural Perthshire. Promoting Careers in Care – DYW & The Care & Wellbeing Co-op</i></p>	<p>gillian@heartlandbefriending.scot hello@thecareandwellbeing.coop</p>
<p><u>CAP/Tay Valley Time bank UPDATED</u> <u>Community Larder</u> In response to the current COVID-19 outbreak local churches have set up a Community Larder recognising that the financial impact of government measures are likely to have a high impact on people in this area as there is now no seasonal work and tourist attractions and hospitality businesses are closed. Those already struggling will find it even harder. The Community Larder has partnered with Aberfeldy Co-op as their FoodShare charity partner and other food retailers will donate goods which they are unable to sell or keep until the next day. However, if you are able to purchase one or two extra items each time you shop and donate them to the Larder they would be gratefully received and enable us to build up a regular stock of goods. Cash donations are also</p>	<p>aberfeldycommunitylarder@btinternet.com</p> <p>Tel. 07513 652597</p>

<p>welcome and will allow us to add fresh foods too. The Breadalbane Larder is now operating out of Aberfeldy Parish Church. Due to the generosity of the local community and business donations it has outgrown The Breathe Centre, to whom we give a huge thanks. We needed more space for the wide variety of stock and to continue our best practice of social distancing. We offer a home delivery service on Tuesday, Thursday and Saturday 11:00 -am 12:30pm.</p>	
<p><u>CAP Highland Perthshire Debt Centre</u> 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 CAP had to develop a new model of working which remained compliant with FCA regulations. We have now changed our debt counselling 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 progressing them towards managing debt. CAP is ready and able to take new appointment bookings for our Debt Help service via our helpline 0800 328 0006. Find out more at <u>www.capuk.org</u></p>	<p>0800 328 0006. Find out more at <u>www.capuk.org</u></p>
<p><u>Glenlyon Support in association with Tay Valley Time bank UPDATE telephone number</u> 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 for Co-op etc. Shopping deliveries organised between Tay Valley time Bank and David MacDougall Taxi delivering to area.</p>	<p>Jeannie Grant jeanniegrant04@gmail.com Tel. 07788 190876</p>
<p><u>Breadalbane Bakery</u> Fresh fruits or veggies, all our flours, sugar, oat, cornflakes, Pasta, rice, lentils and a few other bits, tinned tomatoes! Toilet rolls, and fresh and dry yeast! Fresh bread and cakes. Fresh local eggs coming. We're Currently trying to source fresh milk. We have kiddie cupcakes and biscuit kits. We have started delivery service to Grandtully, Logirait & Pitlochry once a week starting 15th April. Times and delivery details on our Facebook page Full details on link <u>Breadalbane Bakery deliveries</u></p>	<p>Contact Tel. 01887 820481 For delivery orders contact breadalbanepantry@yahoo.com</p>

Support & Information	Contact
<p><u>BREADALBANE COMMUNITY CAMPUS LIBRARY</u> Good news - the Breadalbane Community Campus Library will be reopening to the public this weekend (5th/6th September). Initially, it will be opening on Saturday and Sunday 9.30am – 1.00pm and 2.00pm – 4.30pm for safety reasons. In addition to this, the library will be offering a click and collect service on a Friday evening from 5.00pm – 7.00pm which is ideal for customers who don't feel ready to start visiting the library just yet. For details on the Click and Collect service, see</p>	
<p><u>Sky Murray Trail</u> 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><u>Care & Wellbeing co-operative</u> Please get in touch with the Care and Wellbeing Co-operative if you are struggling with understanding who to speak to for your current care, support and wellbeing. We have many Members who all live locally, and we are happy to help you via our email or on the telephone Gillian Gilchrist 07925 367204.</p>	<p>hello@thecareandwellbeing.coop Gillian Gilchrist 07925 367204.</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><u>Aberfeldy Davidson's Chemist Updated</u> Reduced opening hours have now been introduced to help Mark and his team cope with the current increased workload and unprecedented demand on services Monday to Saturday 10am-1pm and 2pm - 5pm</p>	<p>01887 820 324</p>
<p><u>Free School Meals update from PKC</u> The SQA will be developing an assessment process and more details will follow. In response to a further update on the social distancing advice, a decision has been taken to cancel the provision of meals in school buildings next week. We will provide direct payments to families entitled to free school meals with the first payment being made this week. If you have not made an application for free school meals previously because of automatic entitlement (likely to Primary 1 to Primary 3 pupils)</p>	<p>https://www.pkc.gov.uk/coronavirus/schools parents should email ecsschools@pkc.gov.uk or call 0345 30 111 00 to let us know bank details to process payment</p>
<p><u>Support Choices – Highland & Strathtay</u> We will continue to provide advice, advocacy and signposting to anyone needing/already accessing care or community support in Highland Perthshire over the phone and via email. 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:</p> <ul style="list-style-type: none"> • help with understanding and navigating the changing processes for accessing Social Work support during this time • help with finding & employing carers/Personal Assistants and understanding guidance and legislation around this • developing online peer-support 	<p>supportchoices@otbds.org 01350 729130</p>

supporting where-ever practical community efforts to support the vulnerable/those self-isolating	
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