

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.

Pitlochry, Blair Atholl, Calvine & Ballinluig

Community Volunteer Help	Contact
<p>Pitlochry and Moulin Community Council Coronavirus Support Group <i>We have a team of volunteers available to help you with small tasks during the current situation maybe a little shopping, prescription collections or even some small outdoor chores such as putting your bins out and in, light garden work or dog walking. You may just want to have a chat with someone.</i> Please be aware our volunteers will not undertake any indoor tasks or enter any houses.</p>	<p>To get in touch call this dedicated number 01796 475333 The line will be open daily 08:00—20:00</p>
<p>Blair Atholl and Area Community Group</p> <ul style="list-style-type: none"> • <i>Volunteers to run errands for others</i> • <i>Support to any self-isolating individuals (shopping, dog walking, regular phone calls)</i> • <i>Updated list of local information on website (shops, garage, hotels, health centre, optician, vets, butcher)</i> 	<p>Blairatholl.org.uk https://www.blairatholl.org.uk/covid19-daily-update/ Rhona on baatamembership@hotmail.com or 01796 481276 https://www.blairatholl.org.uk/Useful%20Services-2.pdf</p>

Social Media Support	Contact
Pitlochry Community Gardening	https://www.facebook.com/Pitlochry-Community-Gardening-104327581207404/
Support In Mind	<p>https://www.supportinmindscotland.org.uk/Listing/Category/coronavirus-support-guidance Working remotely and keeping in touch with carers by email, phone, text and video chat</p>
Pitlochry Festival Theatre	<p>To help communities cope with isolation and social-distancing, we are working to entertain and keep in touch with people while they have to stay home. There are activities for children, poetry, storytelling, music – we're uploading new content every day to watch, listen to and to make and do. We'd love people to follow us. Twitter: https://twitter.com/PITLOCHRYft Facebook: https://www.facebook.com/pitlochryfestivaltheatre/ Instagram: pitlochryft</p>

Practical Help	Contact
<p>Atholl Centre Foodbank <i>The Food bank is still open by arrangement 7 days a week for self-referrals and official referrals. It will be open by appointment only. the number is 07397 884453. The person collecting the food will be asked to wait outside then we will put the bag on a chair for them to pick up.</i> <i>The Food Share for ambient just past " best by" from the Coop is open 24/7 from a gazebo in the Pitlochry Baptist Church car park.</i></p>	<p>Iain Walker 07397 884453</p>
<p>Pitlochry Coop <i>Offering priority shopping to vulnerable customers and those who look after them. Mon-Sat 8am to 9am and Sun 10am to 11am.</i></p>	N/A
Port-Na-Craig Inn and Restaurant	Mobile 07453260964

<i>Contactless ordering online or by phone with delivery to your home in Pitlochry</i>	Restaurant 01796 472777 Email info@portnacraig.com
House of Bruar <i>Food deliveries to the remote areas of Highland Perthshire, including Blair Atholl, Calvine/Old Struan and Kinloch Rannoch.</i>	Call 01796 514554 Email homedelivery@houseofbruar.com
Pitlochry Festival Theatre Telephone Club <i>Anyone who is missing company, conversation and needs a chat, can ring the theatre on 01796 484623, or email marketing@pitlochryfestivaltheatre.com and one of our team – actors, artists and staff - will call them back to help them feel connected. We can chat about their favourite play, the garden, their lives, or anything else that interests them. We will also be asking them to tell us a memory they might have of the River Tay.</i>	Call 01796 484623 Email chat@pitlochryfestivaltheatre.com
Ballinluig Services Help with picking up shopping, a friendly call, posting mail, urgent supplies.	01796 882212
Escape Route Pitlochry home delivery service hot/cold food, sensibly priced using ebikes.	01796 470 243
Wild Hearth Bakery <i>We are a wood-fired artisan bakery on the edge of the Scottish Highlands dedicated to the world of genuine sourdough.</i> <i>Tuesday Thursday Saturday</i> <i>Blairgowrie, Kirriemuir, Dunkeld, Glenshee, Braemar and route to Pitlochry, Amulree, Sma Glen, Aberfeldy, Kenmore and everywhere in between.</i>	Order online at https://www.wildhearthbakery.com/ or If you have any questions, please don't hesitate to get in touch info@wildhearthbakery.com <i>Please note, minimum order is £15.</i>
The Ballinluig Hotel & Farmshop <i>Offering a home delivery service providing fruit & veg boxes, eggs, other groceries and essentials such as toilet roll etc..</i> <i>Our standard fruit and veg box is £15 and includes approximately: 5 bananas, 6 clementines, a cucumber, a 250g box of cherry tomatoes, 3 leeks, a cabbage, a turnip, a 1kg bag of carrots, a 1kg bag of onions, a 2.5kg net of potatoes.</i> <i>Delivery:</i> <i>Wednesday to: Ballinluig/Logierait (free), Kindallachan/Dalguise (free)</i> <i>Thursday to: Pitlochry (free), Killiecrankie (free), Blair Atholl (free), Calvine/Struan (free), Trinafour (£1 fee), Fincastle (£1 fee)</i> <i>Saturday to: Tummel Bridge (£1 fee)</i>	Orders can be placed by emailing ballinluigfarmshop@gmail.com or via facebook https://www.facebook.com/Ballinluig
Plaice to Be <i>Fish and Chip shop now open Tuesday to Sunday.</i>	(Tel. 473737).

Support & Information	Contact
Deaf Links <i>Deaf Links Sensory Advocacy Service working out of Tayside Deaf Hub is now able to re-start 1:1, face to face, socially distanced meetings for existing clients. Meetings are by appointment only at the</i>	Email: Vix@deaflinks.org.uk Mobile: 07745347567 FB Messenger: Vix Deaflinks

<p><i>Hub. Our remote service is still available, offering telephone and video appointments for existing clients across Tayside. New referrals can be made but please be aware we currently have a waiting list for new clients.</i></p>	
<p>Balhousie Care Home <i>We, like everyone else, are facing a period of isolation due to the spread of Covid-19. Like many care homes across the country we have residents who are facing periods of little or no contact with friends and family, would you consider becoming a pen friend.</i></p>	<p>Balhousie Care Home Bobbin Mill Burnside Road, Pitlochry PH16 5BP</p>
<p>Bank of Scotland Pitlochry <i>All branches, effective from the 25th March will be open between the hours of 10am and 3.30pm Monday to Friday.</i></p>	<p>https://www.bankofscotland.co.uk/branchfinder/SearchAI.html</p>
<p>TSB Pitlochry <i>Only open Thursday:</i> - 10:00 - 12:30 13:30 - 16:00</p>	<p>https://www.tsb.co.uk/branch-locator/pitlochry/</p>
<p>Wellbeing Support Team <i>We are able to offer assessment, emotional support and guided self- management support over the phone or by e mail. We are also keeping an eye to the more practical needs of those we support who are self-isolating where we know of this.</i></p>	<p>Aberfeldy Tel 01887 822462</p>
<p>Support Choices – Highland & Strathtay 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 supporting where-ever practical community efforts to support the vulnerable/those self-isolating 	<p>supportchoices@otbds.org 01350 729130</p>