

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 Monday to Friday 10:00 to 14:00.</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 Website: What's On - Digital - Pitlochry Festival Theatre</p>

Practical Help	Contact
<p>Atholl Centre Foodbank <i>The Food bank is still open by arrangement Mon-Fri 10am-5pm 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 Community Larder for ambient just past " best by" from the Coop is open 24/7 from a shelter outside the Atholl Centre.</i></p>	<p>Iain Walker 07397 884453</p>
<p>Pitlochry Coop <i>Pitlochry Store can now process free home delivery orders securely and accept card payment via email and telephone. Please contact the store for more details or to arrange.</i></p>	<p>Call - 01796 474088 Email – shop.6650@coop.co.uk</p>

<p>House of Bruar <i>Food deliveries to the remote areas of Highland Perthshire, including Blair Atholl, Calvine/Old Struan and Kinloch Rannoch.</i></p>	<p>Call 01796 514554 Email homedelivery@houseofbruar.com</p>
<p>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></p>	<p>Call 01796 484623 Email chat@pitlochryfestivaltheatre.com</p>
<p>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></p>	<p>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></p>
<p>Plaice to Be <i>Fish and Chip shop now open Tuesday to Sunday 4.30pm-8pm.</i></p>	<p><i>(Tel. 473737).</i></p>

Support & Information	Contact
<p>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 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>Email: Vix@deaflinks.org.uk Mobile: 07745347567 FB Messenger: Vix Deaflinks</p>
<p>Balhouse 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>Balhouse 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</i></p>	<p>Aberfeldy Tel 01887 822462</p>

<p><i>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>Support Choices – Highland & Strathclyde <i>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:</i></p> <ul style="list-style-type: none"> • <i>help with understanding and navigating the changing processes for accessing Social Work support during this time</i> • <i>help with finding & employing carers/Personal Assistants and understanding guidance and legislation around this</i> • <i>developing online peer-support supporting where-ever practical community efforts to support the vulnerable/those self-isolating</i> 	<p>supportchoices@otbds.org 01350 729130</p>
<p>Highland Perthshire Crossing Borders SCIO <i>At the moment we are connecting on Zoom or Skype, on the phone, and email. All services are free:</i></p> <ul style="list-style-type: none"> - <i>English tuition on Zoom; assistance with your English studies at home, with a qualified and experienced ESOL tutor</i> - <i>Document check and correction for any text you have written (except those for exam assessment); and assistance with writing letters, emails or any other documents</i> - <i>Assistance with contacting a person, service provider or organisation on your behalf</i> - <i>Hungarian/English translation</i> 	<p>Highland Perthshire Crossing Borders SCIO www.crossbordlanguage.org.uk Tel: 07854152857 enquiries@crossbordlanguage.org.uk</p>