

## 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.*

# **Community support Strathtay Area (inc. Almondbank, Luncarty, Bankfoot, Dunkeld & Meikleour)**

Community Volunteer Help	Contact
<p><b>Bertha Park volunteers</b> Project Partners – as of 21/03/2020 Tulloch Net, Tulloch Together, Letham4All, Letham Climate Challenge, North Church, North Muirton Community Council, Bertha Park Community Minister</p> <ul style="list-style-type: none"><li>- <i>Shopping</i></li><li>- <i>making/providing food parcels</i></li><li>- <i>collecting prescription</i></li><li>- <i>making contact calls to check in with people who are isolated</i></li></ul>	<p>main contact number is 01738 444061 and is available 9-9 every day</p>
<p><b>Pitcairngreen Village Hall volunteers</b></p> <p>If you are self-isolating or trying to reduce social contact and you need some assistance, please feel free to call or text those on the list below and someone will be able to help you with:</p> <ul style="list-style-type: none"><li>- <i>Picking up shopping</i></li><li>- <i>Urgent supplies</i></li></ul>	<p>Volunteer contact details here: <a href="http://www.pitcairngreen.net/">http://www.pitcairngreen.net/</a></p>
<p><b>Almondbank &amp; Lochty</b> Volunteers supporting with shopping and various tasks.</p>	<p>Alison McKenzie <a href="mailto:alisonmckenzie@btinternet.com">alisonmckenzie@btinternet.com</a></p> <p><a href="https://www.facebook.com/groups/210813659860767/">https://www.facebook.com/groups/210813659860767/</a></p>
<p><b>Bankfoot Covid-19 Mutual Aid Group</b> Currently forming group and gathering volunteers to support Bankfoot/Auchtergaven Community Council area.</p> <ul style="list-style-type: none"><li>- shopping</li><li>- Dog walking</li><li>- Collecting prescriptions</li><li>- Posting mail</li><li>- Separated walks</li><li>- Gardening</li><li>- Online resource learning</li></ul>	<p>Bankfoot Community FB page: <a href="https://www.facebook.com/Bankfoot-Community-1671382243148826/">https://www.facebook.com/Bankfoot-Community-1671382243148826/</a></p> <p>Email: <a href="mailto:bankfootcovid19@gmail.com">bankfootcovid19@gmail.com</a></p>

<p><b>Moneydie community</b>  <i>Neighbourhood support administered by Alison Hood.</i></p>	<p>Alison Hood  <a href="mailto:alisonhood@gmail.com">alisonhood@gmail.com</a></p>
<p><b>Luncarty Support Group</b>  Volunteers supporting local community with various tasks such as:</p> <ul style="list-style-type: none"> <li>- Shopping</li> <li>- Collecting prescriptions</li> </ul>	<p>Frank Stevenson on 07794 152747  Terri McAllister on 07595 641860  Sharon McKinnon on 07534 012474  Lyn MacKintosh on 07904 537065  Angela Loudon on 07786 721366 (Redgorton)</p>
<p><b>Luncarty FC Youth Soccer School in partnership with Spar UK</b></p> <p>To help anyone in Luncarty currently housebound due to the Coronavirus, some of our older players from Luncarty FC Youth Soccer School, in partnership with Spar UK, will be available to deliver essential provisions from the Luncarty Spar shop to your homes.</p> <p>This completely free of charge service will begin from 10am this Saturday morning - 21st March - and continue until necessary.</p>	<p>Contact Dave Summers 07739 045478  <a href="https://www.facebook.com/luncartymemorial/">https://www.facebook.com/luncartymemorial/</a></p>
<p><b>Dunkeld and Birnam and surrounding areas:</b>  Church of Scotland, Dunkeld &amp; Birnam Community Council, Gien a Haund, and The Bridge working together to coordinate community response.  Offering support with:</p> <ul style="list-style-type: none"> <li>- <i>Shopping delivery</i></li> <li>- <i>Dog walking</i></li> <li>- <i>Posting mail</i></li> <li>- <i>Prescription pick up</i></li> </ul> <p>(surrounding areas include Birnam, Trochry, Inver, Dalguise, Little Dunkeld, Dungarhill, Dowally, Guay &amp; Kindallachan)</p>	<p><b>Local updates here:</b>  <a href="http://www.dunkeldandbirnamnews.co.uk">http://www.dunkeldandbirnamnews.co.uk</a></p> <p><b>For area contact information go to:</b>  <a href="http://www.dunkeldandbirnamnews.co.uk/home/corona-virus-support">http://www.dunkeldandbirnamnews.co.uk/home/corona-virus-support</a></p> <p><b>Email for food orders:</b>  <a href="mailto:PH8communityorders@gmail.com">PH8communityorders@gmail.com</a></p> <p><b>Email for general enquiries:</b>  <a href="mailto:PH8community@gmail.com">PH8community@gmail.com</a></p>
<p><b>Murthly, Caputh, Airtully &amp; Spittalfield</b>  Whatsapp group has been set up for volunteers using door to door flyer in response to any need required.</p>	<p>- Airtully - <a href="#">Murthly Village Facebook Page</a> and <a href="mailto:jamie@butterstone.com">jamie@butterstone.com</a></p> <p>- Caputh - <a href="#">Caputh Village Hall Facebook Page</a> and <a href="mailto:racheldrury1@gmail.com">racheldrury1@gmail.com</a></p> <p>- Spittalfield - <a href="#">Walkin Cafe Facebook Page</a> and <a href="mailto:kmtodd@outlook.com">kmtodd@outlook.com</a></p> <p>- Murthly - <a href="#">Murthly Village Facebook Page</a> and <a href="mailto:paulcromey@btinternet.com">paulcromey@btinternet.com</a></p>
<p><b>Stanley Time Bank (with Stanley Store &amp; Davidson's Chemist)</b>  Our volunteers are continuing to offer a shopping and prescription delivery service for vulnerable people and self-isolating households in and around the village of Stanley.</p>	<p>Email for prescription delivery  <a href="mailto:broker@stanleydevelopmenttrust.org">broker@stanleydevelopmenttrust.org</a>  or phone Stanley 828241  For shopping orders phone Stanley Store on Stanley 828206</p>

	<p>For general enquiries Email <a href="mailto:laura@stanleydevelopmenttrust.org">laura@stanleydevelopmenttrust.org</a> or phone 07712 219261</p> <p>For general information visit our new website <a href="http://www.stanleydevelopmenttrust.org">www.stanleydevelopmenttrust.org</a></p>
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Practical Help	Contact
<p><b>Simply Herdwick</b> Herdwick lamb and Hogget available to buy right now...we have a wide variety of cuts available and free delivery is now available during these uncertain times.</p>	<p>Orders can be place via Facebook page <a href="https://www.facebook.com/simplyherdwick/">https://www.facebook.com/simplyherdwick/</a></p>
<p><b>Nisa (Murthly &amp; Bankfoot)</b> Providing deliveries with payment over the phone. Delivery £1</p>	
<p><b>Revive Café</b> Deliveries made to Almondbank &amp; Pitcairngreen. Serving hot rolls, veg boxes, sandwiches, meal deals etc. Phone for £1.50 delivery.</p>	<p>07704 672125 07749 969170</p>
<p><b>T H Stevensons &amp; Son's Butcher (Stanley)</b> Phone deliveries available. <i>Delivering to</i> Stanley, Bankfoot, Luncarty, Perth, Almondbank, Methven, Logiealmond, Murthly, Birnam, Dunkeld, Ballinluig, Caputh, Spittalfield, Blairgowrie</p>	<p>Contact shop on 01738 828267 <a href="https://www.facebook.com/T-H-Stevenson-Sons-453970231480270/">https://www.facebook.com/T-H-Stevenson-Sons-453970231480270/</a></p>
<p><b>The Taybank, Dunkeld</b> Home delivered meals available Wed to Sun. Kitchen open 12pm – 3pm and 5pm – 9pm. Woodfired pizza Fri to Sun.</p>	<p>Menu found on FB page <a href="https://www.facebook.com/thetaybank/">https://www.facebook.com/thetaybank/</a> 01350 677123</p>
<p><b>Dunkeld Fine Foods and Dunkeld Butcher</b> Offering a delivery service locally. Please place your orders at either Dunkeld Butchers–or Dunkeld Smoked Salmon–They stock meats, milk, eggs, potatoes, smoked salmon, frozen seafood meals, pate, shortbread, fudge, olive oil, tea / coffee and soaps. Tay House is offering shoppers the use of their car park between The Taybank and The Atholl Arms – gates will be left open.</p>	<p>Dunkeld Butchers - 01350 727 266 <a href="https://www.facebook.com/dunkeldbutchers/">https://www.facebook.com/dunkeldbutchers/</a>  Dunkeld Smoked Salmon - 01350 727 639</p>
<p><b>Birnam Village Shop</b> Home Delivery service in Birnam &amp; Dunkeld. Place minimum order of £10. Delivery charge of £1.</p>	<p>Call: 01350 727395 Email: <a href="mailto:Birnamvillageshop@gmail.com">Birnamvillageshop@gmail.com</a></p>
<p><b>Chattan Tea Room, Birnam</b> We are opening as a takeway 8am to 3pm Monday to Friday and Saturday 9am to 1pm. Our fruit and vegetable orders/deliveries will continue on Monday, Wednesday and Friday. <b>Post Office open</b> - Monday to Friday</p>	<p>01350 727395 Facebook: <a href="https://www.facebook.com/Chattantearoom/">https://www.facebook.com/Chattantearoom/</a></p>

9am to 11am for elderly, carers etc, 11am to 1pm then 2pm to 5pm for everyone else. Saturday 9am to 1pm	
<b>Nisa (Bankfoot)</b> Home deliveries made by telephone.	01738 787342
<b>Co-Op (Dunkeld &amp; PH8 area)</b> <i>The shopping delivery service will run from Tuesday - Saturday initially. Orders for the Coop should be made to: PH8Communityorders@gmail.com if at all possible. If it is impossible for you to access email, you may phone 07821 785381 on Monday, Wednesday and Friday or 07834 918385 on Tuesday and Thursday for telephone orders. Orders must be made by 4.00pm for delivery mid to late morning the following day. Payment for orders will be made in the shop, in the first instance by the Dunkeld and Birnam CIC. You should reimburse payment within 24 hours by either Bank Transfer (Internet or Phone Banking to Acc Number 65862830; Sort Code 089299) or cheque upon receipt of goods to Dunkeld and Birnam CIC.</i>	<a href="mailto:PH8Communityorders@gmail.com">PH8Communityorders@gmail.com</a>
<b>Rotmell Farm (the egg shed)</b> £7.50 Per Tray or £3.20 Per Dozen Boxed. We can deliver weekly or fortnightly. Monday: Dunkeld & Birnam / Trochry / Murthly / Capeth / Bankfoot Tuesday: Aberfeldy / Grandtully / Strathtay / Logierait / Dalguise Friday: Ballinluig / Pitlochry / Blair Atholl / Killicrankie / Moulin	Please call or message us on social media to be added to our delivery run! Liona: 07717659479 Bryony: 07733898220
<b>Scottish Deli (Dunkeld)</b> <i>Will open 10pm-3pm on Tuesday, Thursday and Saturday. Will take orders by phone or email between 9-10am for delivery later in the day. Payment must be made over the phone.</i>	Tel: 01350 728028 or email <a href="mailto:info@scottish-deli.com">info@scottish-deli.com</a>
<b>Wild Hearth Bakery</b> <i>Bread from a small bakery with free delivery from Dunkeld and route to Pitlochry, Amulree, Aberfeldy, Kenmore and everywhere in between. Deliveries Tuesday – Thursday – Saturday.</i>	<a href="https://www.wildhearthbakery.com/">https://www.wildhearthbakery.com/</a>
<b>Bridgeton Stores (Almondbank)</b> <i>Will deliver necessities locally</i>	Call Derek on 01738 583 173
<b>Gordon Chalmers Fruit &amp; Veg Boxes</b> <i>£10, £15 or £20 boxes delivered to... (to find out where he delivers)</i>	07740 919821
<b>Taybank Growers Cooperative</b> <i>Our weekly veg bags start from £11 for a regular bag containing 9 or 10 items and £8 for a small box containing 6 or 7 items. Pick up is from Blackhaugh Community Farm, Blairgowrie, Birnam, Perth or Logiealmond.</i>	<a href="mailto:hello@taybankgrowerscoop.com">hello@taybankgrowerscoop.com</a>  For more information visit <a href="http://www.taybankgrowerscoop.com/veg-box-scheme.html">http://www.taybankgrowerscoop.com/veg-box-scheme.html</a>

<i>Home delivery is available. See website for more info.</i>	
<b>Darjeeling Restaurant.</b> Open for takeaway collection only. 5pm to 9pm every day apart from Tuesdays	Phone 01350 727427 or 727527
<b>The Blue Magpie.</b> The shop is closed but Jacky is offering to post cards or small gifts out if you let her know your requirements.	Contact <a href="mailto:jackysbluemagpie@gmail.com">jackysbluemagpie@gmail.com</a>
<b>Corbenic Shop.</b> Open for wholefoods and Ecover refills only Tuesdays and Fridays 10am to 2pm	
<b>Langs Foods.</b> Delicious Ready-Made Meals delivered Free of Charge. Excellent Value, just like homemade, Individual Portions. Fresh & Frozen products. Microwave or Oven Cook.	01738 646 753 Monday-Friday 10am – 3pm email: <a href="mailto:langsfood@yahoo.com">langsfood@yahoo.com</a> The Inveralmond Business Centre, Auld Bond Road, Perth, PH1 3FX

<b>Support &amp; Information</b>	<b>Contact</b>
<p><b>Support Choices – Highland &amp; Strathtay</b></p> <p>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"> <li>• help with understanding and navigating the changing processes for accessing Social Work support during this time</li> <li>• help with finding &amp; employing carers/Personal Assistants and understanding guidance and legislation around this</li> <li>• developing online peer-support</li> <li>• supporting where-ever practical community efforts to support the vulnerable/those self-isolating</li> </ul>	<p><a href="mailto:supportchoices@otbds.org">supportchoices@otbds.org</a> 01350 729130</p>