

Coronavirus Information on Community Supports V1 17th March 2020

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.

Support Available Perth

Social

- RVS Telephone Befriending - No referrals needed - call 01738 633975
- North Perth (City) - telephone befriending for those in isolation and front-line workers who need support. Grant McLaughlin - 07790518041

Practical

- <https://www.nhsinform.scot/>
- Coronavirus Support Perthshire - Facebook Page
Info on what shops have what stock and people offering support for individuals with shopping etc
- Perthshire Coronavirus Helping Hand - Facebook group for people volunteering to help with driving etc
- Headway - Can be contacted for over the phone support & advice. Contact details: 01350727144 / 07881531565 / evelyn.menzies@sky.com
- Letham Hub will be staying open for as long as possible even if groups are not running
- Mental Health Guidance
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Food/Day to Day

- Martins Fruit Bazar - Will deliver fresh fruit and veg to doorstep - 01738 621428
- McCash Pet Store - Can telephone orders and collect in car park - 01738 623245
- Dave McLellan, Shopmobility (01738 783960) advise although they are closed to the general public they will endeavour to support people in other ways,

therefore people should continue to contact them and they will try to find ways for providing support.

- Tower bakery - deliveries available. Monday - Friday 09:00 - 15:00. 01738 563333
- The Food Warehouse - Open to elderly and vulnerable only between 8-9am daily.
- My Passion - home cooked meals (chargeable) and offering free delivery within Perth area 07900250477 <https://www.my-passion.co.uk/?fbclid=IwAR1FHjKCN7yalvjwJCLoHT6iXLUqiy60vMorvbckGq5LqyJPfzPZjH6D9Mo>
- Wiltshire Farm Foods - food delivery service 08000773100 <https://www.wiltshirefarmfoods.com/>
- North Perth (City) - Offering a shopping service where food can be dropped at the door. Also offering dog walking service for those in isolation. Grant McLaughlin - 07790518041
- Radio Taxis - Any vulnerable friends or neighbors who need any provisions such as milk, bread etc simply call the office and leave your details . We will endeavor to get all items you require and a driver will drop them into you . 01738 580058
- Highland Health Store - offering free delivery to Perth area. Place order over phone and they will deliver 01738 628102
- RVS offering a shop and drop service and prescription runs for emergencies - telephone 01738 633975