

Hello, from the Sunart Community Council

Sunart Helping Hands – a COVID-19 Coronavirus community response.
We want you to know we are here to help.

Do You Need Some Help?

If you are self-isolating and need support with:

- Urgent supplies (e.g. prescriptions)
- Posting mail
- A friendly chat on the phone
- Fetching fuel in for your fire
- Picking up shopping (Remember Strontian Stores 01967 402268 will deliver groceries to your doorstep)

please call our Community Helpline & we will organise help & someone will contact you, or simply complete a very short survey at

www.sunartcommunitycouncil.co.uk

We will need your Name, Address (if deliveries required), your phone number and your email (if you want to be contacted via email instead of phone.)

The Sunart Community Helpline¹ is 01967 750832

Lines open 9am to 5pm

If you need emotional support, or just feel like a chat, you can also call:

The Ewen's Room Helpline (Freephone): 0800 689 3317

Mon to Fri: 5pm to 10pm Sat & Sun: 12 noon to 10pm

Important Phone Numbers:

If you are feeling unwell please do not call the community helpline.

If you have symptoms of the Corona virus however mild, (dry cough, temperature, aches and pains) follow government advice (current advice is to self-isolate for 7-14 days depending upon your circumstances). People aged 70 or over should now be self-isolating.

It is likely that advice will change rapidly, information sources are:

<https://www.nhsinform.scot/coronavirus> & <https://www.gov.scot/coronavirus-covid-19/>

The local GP service at the **Pines Medical Centre is on 01967 431 231** or contact **NHS24** by **dialling 111** if you become very ill. In an emergency **Dial 999**

Can you help your community? Please see over.....

¹ The helpline is staffed by community volunteers, 9am to 5pm. We cannot offer any health advice. All calls will be treated confidentially by the support team. Calls are charged at the caller's **standard network rate** or are included in UK mobile/landline **bundled minutes** (making the call free) if bundled minutes are available.

Can you help the community? A call for Volunteers!

Are you able to provide a friendly voice, collect and deliver a prescription, deliver some shopping, or offer any other type of support? Please let us know by:

- completing a very short survey at www.sunartcommunitycouncil.co.uk
- emailing us at helpinghands@sunartcommunitycouncil.co.uk or
- phoning us on the Sunart Community Helpline 01967 750832 (local rate call)
- messaging Sunart Community Council Facebook and provide your contact details.

We will need your:

- Name,
- Contact Telephone numbers and / or Email
- Information about how you might be able to help. (For example: taking telephone calls on the helpline, making friendly calls to isolated residents, delivering urgent supplies,) and, what your availability is.

Please help in any way you can.

At the time of distributing this (March 22nd) we understand our community could be disrupted for several months.

For updates see: www.sunartcommunitycouncil.co.uk

Spread a little **k i n d n e s s** in the community

REMEMBER :

Coronavirus is contagious and the best way to stop the spread of the disease is by regular handwashing and not touching your face.

Please take every precaution & wash your hands regularly, for 20 seconds using soap.

Anti-bacterial hand gel is useful if you don't have access to water and soap.

If self-isolating, maintain a distance of 3 metres (10 ft) from visitors/delivery drivers

It is advised that people aged 70 or over, and those vulnerable due to other health conditions should now be self-isolating.

Don't take risks with your health – Covid19 is highly contagious

"Data Protection: For Sunart Community Council (SCC) to provide assistance, you may be providing personal data to SCC to process and store so that they can support the local community response to the Covid-19 virus emergency in 2020. Any data held will not be used for any other purpose and will be deleted at the end of the emergency or by 31st December 2020 whichever is earlier. You may request deletion or see a copy of your information that SCC hold at any time by emailing info@sunartcommunitycouncil.co.uk "