

Coronavirus business helpline:

0300 303 0660

Monday - Friday from 8.30am to 5.30pm

COVID-19 INFORMATION LEAFLET

Assynt

COVID-19 Freephone Helpline

0300 303 1362

Providing assistance, and to collect details of individuals and community groups looking to volunteer.
Monday to Friday 8am to 6pm

This leaflet provides key points of contact for individuals, businesses and anyone needing support or information

LOCAL SUPPORT

Organisation	Purpose	Contact
Highland Council Helpline	Get advice/ask for assistance on benefits, education & social care and/or register as a volunteer. General Covid-19 support line. Mon-Fri 8am-6pm	0300 303 1362 (free)
Community Care Assynt	Providing hot meals deliveries, helping with deliveries of groceries, prescriptions etc. to at-risk & 'shielding' individuals, & helping with other Covid-19 action. Also managing newspaper deliveries.	01571 844144 (Bill Wardley-Smith, manager)
Assynt Community Council	Liaison between Highland Council, government and the community. Maintains a list of isolated, at-risk & 'shielding' individuals in Assynt and register of volunteers helping with deliveries, phone contact. Contact them for advice, or to volunteer.	liamtaylor@hotmail.co.uk (Liam Taylor, chairperson)
Assynt Medical Practice	Operating a 'Locked Door' Policy; users should ring the bell to attract staff attention when collecting a prescription. Prescription pre-order forms can be posted through the letter box, or telephoned in All appointments are now by telephone assessment. Patients will only be asked to attend the Health Centre if essential. Do not attend with Respiratory Symptoms for any reason, without prior phone arrangement. For medical advice, please phone.	01571 844226. Line open 8-6 M-F. Outside those times, use the NHS 24 helpline. For NHS 24, dial 111. Those with possible Covid-19 symptoms should contact NHS 24.
Health & Social Care	For Care at Home, District Nurses, Occupational Therapy, Physiotherapy, Social Work, Handyperson Service, & other welfare agencies: Please contact this 'Single Point of Contact'. Out of Hours Social Work: 0845 769 7284	01408 664018 High-UHB.Sutherland-SW-Duty@nhs.net
Lochinver Stores	Open Mon-Sat 7am-4pm	01571 844207
Inver Park Stores	Open Mon-Sat 9am-7pm, Sun 10am-6pm	01571 844360
S Greenlees & Son	Butchers. Open Tues-Sat 9am-4pm	01571 844392
Flossie's Beach Store, Clachtoll	Delivery Only. Contact by email, through Facebook, or online Online ordering: https://form.jotform.com/200914089349056	flossiesbeachstore@outlook.com Facebook: @flossiesbeachstore
An Cala	Offering takeaway meals, Fri/Sat 5-8pm	01571 844598
Drumbeg Stores	Open Mon-Fri 10am-5.30pm, Sat 10am-4pm	01571 833235
Rogart Vets	Offering video/phone consultations & delivery of medication	01408 641352
Assynt News	Publishing local information. Editor: Jess Thomas	01571 844518
The Jammery	Open for pre-order collections only from secure boxes outside the shop. Fresh bread & baked goods available on Thursdays (pre-order by midday Wednesday)	www.facebook.com/jammery-culkein or call 07785 228182
MacKays Hardware	Open at 9am as usual but will be closing at 12pm Monday - Saturday. Closed Sun	01571 844442
DM Seafoods	Assynt delivery round on a Wednesday includes a range of fresh fruit and veg	www.dmseafoods.co.uk 07771 986956
Post-Tatoes	Order by midnight Tuesday for delivery Friday from Scourie to Lochinver (and in between) Small fruit and veg box £15.00 Large fruit and veg box £30.00	https://post-tatoes.co.uk 07710 605107

INDIVIDUAL/BUSINESS SUPPORT

Scottish Government Support for Covid-19	Latest information & advice on COVID-19 plus links to up to date support for businesses and individuals.	www.gov.scot/coronavirus-covid-19/
Business Advice	Advice helpline for those running a business. Open Mon-Fri, 8.30-5.30. Option 1 to speak to the Covid-19 team. Website has links to support packages. Business Gateway also has a helpline (01463 896791)	0300 303 0660 https://findbusinesssupport.gov.scot/coronavirus-advice
Citizens Advice Bureau (CAB) Scotland	Independent advice network – includes information on benefits, work, debt & money, consumer issues, housing, family, law & courts, immigration & health. The website provides useful links and a helpline	01971 521730 (Joan Mackay) Open Mon-Fri 9-5 www.citizensadvice.org.uk/scotland/health/coronavirus-what-it-means-for-you-s/
Citizens Advice helpline for Universal Credit	Scotland-wide helpline provided by CAB for those enquiring about Universal Credit, though you can talk to local CAB first if preferred	0800 023 2581
Shielding (Highland Council)	If you fall within one of the groups recommended to shield and need support, call the Highland Council	01349 886669
ScotGov helpline for those without existing support networks	New helpline set up by ScotGov to assist those without a network of support and at high risk of contracting COVID-19 Helps those lacking family or other support or who aren't online. Callers will be connected to appropriate Highland Council services	0800 111 4000

OTHER HELPLINES

Al-Anon Family Helpline	Helps relatives, friends and colleagues of problem drinkers	020 7403 0888
Alcoholics Anonymous	24 hour helpline. Talk to a trained counselor	0800 9177650
Alzheimer Scotland	Action on dementia – 24 hour helpline.	0808 808 3000
Childline	Helpline for children and young people up to 18 years. Talk to a trained counselor to help deal with your problems	0800 11 11
Know the Score	Information about illegal drugs	0800 587 5879
Mikeysline	Helpline to address chronic loneliness, depression, self-harm and suicide in the Highlands	Text 07779 303 303 www.mikeysline.co.uk
The Samaritans	Will listen to & support anyone of any age about anything. No worry, no anxiety, no feeling is too trivial	116 123
Women's Aid Outreach Service	Confidential information if you are suffering from domestic abuse or need a safe place to stay. (0345 number is Caithness & Sutherland)	0345 408 0151 (Mon-Fri 9-5) www.caswa.org.uk 24-hr helpline: 0800 027 1234
RSABI helpline	Helpline for those currently or formerly involved in crofting or other agriculture. Aims to offer emotional, practical and financial support	0300 111 4166
Just Ask (Highland Council / NHS)	For parents, carers, children, young people: staff include educational psychologists, occupational therapists, primary mental health workers	Line open Tues & Thu 1-4 pm 0778 5477686