

Coronavirus business helpline:

**0300 303 0660**

Monday - Friday from 8.30am to 5.30pm

**COVID-19 ASSYNT RESILIENCE GROUP**

Newsletter

13th May 2020

**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

The **Assynt Resilience Group** has been established as a partnership of Assynt Community Council, Community Care Assynt, Connect Assynt, and Assynt Development Trust, to co-ordinate local response to Covid-19 and the continuing lockdown. A £29,000 grant from the Scottish Government's Strengthening Communities Fund (SCF) enables Assynt Development Trust to support local organisations' Covid19 activities to the end of July 2020. **Contact for enquiries: [assyntresiliencegroup@gmail.com](mailto:assyntresiliencegroup@gmail.com).**

#### **Establishment of a Food Bank in Assynt**

We have been delivering basic food boxes for those who need them. Please do make use of this service if you are struggling with accessing enough nutritious food at this hard time. Contact Bill Wardley-Smith, manager of the Assynt Centre, on 01571 844144, to arrange or enquire. You will be asked for some basic information to confirm your level of need, and any dietary requirements will be noted. This service is hoped to be a temporary emergency measure, and is not meant to displace the more long-term food distribution from existing providers who have temporarily ceased distribution, such as Blythswood, Albyn and Citizens' Advice Scotland. It is intended for the Resilience Group to work with those other providers at the current time. Thanks to Assynt Leisure Centre for offering use of the Leisure Centre for this service. Please don't hesitate to ask, if you are in need. Not everyone is on the internet, so please pass this message to anyone who you think may want our help. No one need panic or go hungry in our community. If you wish to donate to our Food Bank you can make a financial donation direct to our bank account, please email for more information. You can also drop off dried and tinned foods (we are unable to take in fresh food) on Fridays 4-5pm and Mondays 10-11am at Assynt Leisure Centre. To arrange this please email our Food Bank Volunteer Co-ordinator Andy Summers at [wildandy84@gmail.com](mailto:wildandy84@gmail.com)

#### **Hot meal provision**

Staff at the Assynt Centre continue to distribute hot meals to the homes of those who would normally be welcomed into the Assynt Centre for lunches. The Resilience Group are considering broadening this hot meal provision to other people in Assynt, and are considering the detail and feasibility of this. Opinions on this are welcome.

#### **Face Masks**

A call has been made to local people with needlework skills to ask them to produce face masks – ideally two masks each for all Assynt residents, as recommended by the Scottish government when out shopping and using public transport (alongside maintaining social distancing and other rules put in place by individual shops, of course). Local producers can be paid for these, at a likely price of £3.50 per mask, with material able to be provided to the producers. This is intended to help those producers whose finances are negatively affected by the lockdown. Those makers who are not adversely affected may if they wish donate to their time and this will help our grant funds go further. For more details please contact Willie Jack on the email below. A video can be shared with you showing the sewing pattern. It is proposed that volunteers and the vulnerable will receive their masks free of charge; others would be asked for a donation, but people hard up due to the lockdown would be under no pressure to pay. We now have twelve Assynt makers involved in production and it is hoped that the first of the masks will be available and circulated in the next week or so. Updates will follow on how to obtain the masks.

#### **Provision of other things**

Funding is available for providing other PPE (personal protective equipment) and also things like mobile phone top-up cards, electricity card top-ups, and e-vouchers for audio books. We welcome people to get in touch to let us know if they need help with any of these kinds of things. Ideas are also welcome as to how best to organise these and other things people may need. We are in the process of buying additional hand sanitiser dispensers for further locations throughout Lochinver and Assynt. If you can think of the ideal locations for them please let us know.

#### **Other Activities – call for ideas**

We welcome individuals or organisations to contact us with further suggestions for activities, or thoughts on what other needs currently need addressing. Part of the SCF grant funds awarded are flexible to spend on such new ideas.

#### **CONTACTS**

Enquiries

Liam Taylor, Assynt Community Council

David Slator, Community Care Assynt

Willie Jack, Assynt Development Trust

Roddie Kerr, Connect Assynt

Andy Summers, High Life Highland Food Bank Volunteer Co-ordinator

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