

Blairgowrie & Rattray Community Volunteers

Are you over 70 or self-isolating due to Coronavirus? The Blairgowrie & Rattray Coronavirus Co-ordination Group could help you get the support you need.

We know many people are relying on neighbours, friends, family, service providers and the many community groups in the town and we ask those people to continue doing so wherever possible.

What we want to ensure is, that those people not currently getting support for vital services, have someone to rely on for help.

We will seek to either support you directly or ensure you are put in touch with someone who can.

There are many types of support our volunteers can arrange such as:

- supplying vital food supplies
- picking up medication
- help with other necessities

If you need this support from our community volunteers, please call the relevant number below:

If your postcode is	Please call
PH10 6AB to PH10 6JZ	07754 542336
PH10 6LA to PH10 6XZ PH13 Bendochy postcodes	07754 542250
PH10 7AA to PH10 7BZ	07754 542400
PH10 7DA to PH10 7RE	07936 067294



Our volunteers are not able to provide medical advice. If you have coronavirus symptoms, you should follow NHS advice available online at nhsinform.scot/coronavirus.

You should only contact **your GP** or **NHS24 (dial 111)** if you cannot get help online.

We have set up a dedicated website to support

people in the community. This website provides information and guidance from the government and public bodies as well local contacts and local information. It also has a dedicated coronavirus section.

This website will be regularly updated as more information becomes available. It is available at: discoverblairgowrie.co.uk

Further call out for volunteers

Thanks to those who have already volunteered but if you haven't yet done so and want to help please see below.

We want to ensure the support provided is efficient and sustainable. We know many individuals, whether neighbours, friends or family, Facebook and self help groups as well as community groups are doing fantastic things to support people in our community and hope they can continue to do so.

However, to ensure no-one is missed we want to try to have an additional team of volunteers based locally looking after those who have no other means of support.

Likely tasks will be responding to initial requests and setting up arrangements to assist in future. This is likely to involve:

- getting shopping requests, going shopping or arranging a food delivery
- picking up prescriptions, medication etc for those needing it and safely delivering it
- helping with other essentials
- passing requests onto the coordination team, if you cannot meet the request

Ideally we would like to have enough volunteers to do that at street or hamlet level but that depends on the number of people who are able to help support those who are most vulnerable: the more people we have the more we can spread the load.

Would you like to help?

Are you already providing support for a neighbour/family member? Would you be willing to provide support for others in your street/hamlet?

Please provide your details as follows either to the relevant number overleaf, email amustard@scyd.org.uk or fill in the form at discoverblairgowrie.co.uk/coronavirus-volunteer.

- Your phone/mobile
- Your email
- Post Code/street you can cover
- Skills you have that may help
- Any support you are already providing
- Would you be willing to act as a coordinator for your area?
- Any issues identified ref resources etc

