

Wellbeing Referrals

Annandale and Eskdale Support and Contacts during COVID-19

This information will be updated and shared every Friday. Please email the Safe and Healthy Action Partnership if you wish to add the support your community or organisation can provide. Email: dumf-uhb.SHAP@nhs.net

Name	Support	Contact
<p>Third Sector Dumfries and Galloway Volunteers</p> <p>Shielding</p> <p>Social Work Access Team</p>	<p>Third Sector Dumfries and Galloway (TSDG) has developed a referral process in partnership with colleagues in social work and the COVID Community Cohesion Cell to ensure that both the people in need and the volunteers are protected as much as possible.</p> <p>(Please see also the new National Assistance Helpline on p.19)</p> <p>All requests for support must go through the Social Work Access Team (SWAT), who will screen for people in the shielding group and people already known to social work services. The request for support then go to Third Sector Dumfries and Galloway to identify the appropriate support, whether that be through a local resilience team, community organisation or through the TSDG bank of local volunteers.</p>	<p>https://supportdg.dumgal.gov.uk/ Use the above link to access the request for help form (for individuals)</p> <p>Please contact the SWAT team with details of each of the requests on 0303 333 3001. If anyone you know has received a letter indicating that they have been identified as high risk of severe illness from contracting COVID-19, let them know that they can contact the Shielding Team on 01387 260600. OR complete form: https://www.dumgal.gov.uk/shielding Email: C-19Shield@dumgal.gov.uk</p>
<p>Psychology Service Wellbeing Hub:</p> <p><i>*Please see the Pdf documents attached for further support</i></p>	<ul style="list-style-type: none"> • Currently unable to see people for therapy. • Set up a new Wellbeing Hub which offers brief phone or near me advice for mental health worries and concerns raised by Covid-19. • New web-page which has been designed to answer the majority of queries. • If you have contact from patients with covid-19 related worries, fears or feeling overwhelmed. Please direct them to the website in the first instance. • If they do not have web access or you feel brief phone/near me-based advice would benefit them, you 	<p>https://www.nhsdg.co.uk/mental-health-and-wellbeing-and-coronavirus/</p>

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Psychology Service Wellbeing Hub:	<p>can send their details (name, dob/CHI and contact phone number) to us to the email address and we will respond within 48 hours. Please note this timescale may change dependent on demand. This service is for all age ranges.</p> <ul style="list-style-type: none"> • New service for for DGRI and social care staff • Service for GPs and Practice Staff 	<p>The email address for wellbeing hub is:</p> <p>dumf-uhb.mhpsychology@nhs.net</p> <p>Tel: 01387 241303</p> <p>dumf-uhb.mhstaffsupport@nhs.net</p> <p>dumf-uhb.gp-psychology-service@nhs.net</p>
Community Link Service	<p>Currently Community Link referrals will only be taken for those who are identified as extremely vulnerable and who are/have:</p> <ul style="list-style-type: none"> • living alone/socially isolated/no support network close by • high levels of anxiety due to current Pandemic • low level mental health issues that may escalate due to current COVID-19 situation • in any of the at risk categories, particularly those over 70 • potentially having no access to food shopping/medication pick up • a reduced Care Package at this time 	<p>To request or submit a referral form, email:</p> <p>dumf-uhb.AandE-Community-Link@nhs.net</p> <p>We also envisage referrals to come through the COVID-19 Hub.</p>
Community Resilience Map	<p>A map showing local third sector groups and organisations who are registered and who can help by providing practical help and assistance with shopping, transport, pet welfare and other tasks.</p>	<p>http://dgresilience.org.uk/</p>

Day Centres

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Name	Support	Contact
Annan Day Centre	<ul style="list-style-type: none"> • Provide a hot meal delivery service • Collect shopping from local supermarkets and prescriptions pick-ups • Phone check-in 	Emma Irving Tel. 07522740842 annadaycentre@hotmail.co.uk
Ecclefechan Day Centre	Providing meals on wheels, shopping and prescription delivery around Ecclefechan, Eaglesfield, Kirtlebridge and nearby	Allison Menzies 01576 300227 ecclefechandaycentre@btconnect.com
Gretna Day Centre	Providing meals on wheels, shopping, prescription pick-ups and one-one phonecalls	01461 337919 gretnadaycentre@hotmail.co.uk
Langholm Day Centre	Continues to deliver meals on wheels to the members/regulars during the current situation	013873 80185
Moffat Town Hall Redevelopment Trust Currently a 7 day support service	<ul style="list-style-type: none"> • Prescription collection • Shopping service • Food parcels • Meals on wheels every Monday and Friday. • A number of volunteers who are happy to befriend people in isolation via the phone • Fareshare Foodbank-now Thursdays from 10am-3pm. Telephone requests can be made for delivery or attend in person at the side door of the building adhering to social distancing. 	Jane McCulloch/Fay Salmon/Claire Black Landline-01683 221102 Mobile-07743062618

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Name	Support	Contact
Annan Viral Kindness	Set up for people to offer or request help e.g. Shopping, prescriptions, phone check-in	Bruna Pagani Bruna6586@gmail.com 07848 858955
Eskdalemuir Community Help and Support	The Community Response Team (CRT) assists with coordinating the community's response to ensure that vulnerable people are cared for and to promote self-help and information to householders.,	Nicholas Jennings nicholas.j.jennings@gmail.com 013873 73270 / 07770 588367
Gretna Viral Kindness	General help to vulnerable people, drivers available, prescription collections and food parcels	Erin Lamont Erin.lamont@aol.com 07881 492856
Boreland/Hutton Community Help and Support	Co-ordinating food deliveries, collecting prescriptions and any other support community members need, particularly the elderly and vulnerable, those living alone and those self isolating. We have set up a communication network either via email, facebook or telephone and maintain contact with everyone at least weekly by one of these methods.	Kate Nutt Bridgehouse1995@btinternet.com 01576 610304
Johnstone Resilience Team	Pick up prescriptions, collect shopping, offer a contact link via Facebook or telephone	Anne Watson watsoan74@gmail.com 07867 297095
Langholm Coronavirus Support Group	<ul style="list-style-type: none"> • Prescription collection/delivery • Shopping • Telephone befriending 	Sue Toon Sue.toon8@btinternet.com 07525764673
Langholm Ewes and Westerkirk Community Response Team	The Community Response Team (CRT) assists with coordinating the community's response to ensure that vulnerable people are cared for and to promote self-help and information to householders.,	John Galloway johngalloway18@gmail.com 013873 80357 07739 486183

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Lend a Hand Lockerbie *See separate page which gives shopping details for Lockerbie	Community of volunteers to collect/deliver shopping, prescriptions, school meals, food donations and handle general requests. Lockerbie now has a formal Resilience Group made up of representatives from the Community Council, Lend a Hand, Kate's Kitchen, Townhead, Aberlour and many more. Supported by D&G Council and Third Sector D&G, the group aims to create a co-ordinated response to all.	Helen Cronie helen.cronie@btopenworld.com 07851 556763
Lochmaben and District Community Council	Information distribution via website and Facebook, hardcopy available for those not online	Colin Davidson lochmabencc@gmail.com 07834839290
Townhead Hotel	Kitchen available for use if needed, also some team members to help, some rooms available if required	Stephen Montgomery thetownhead@gmail.com 07720 636610
Wamphray Community Council	Collection and delivery of pre-ordered shopping and medication	Fergus McCubbin denjmcc@hotmail.co.uk 07547 179622
Waterbeck and Middlebie Community Support	Volunteers offering a range of support including deliveries and shopping.	Fiona Reid fionareid24@hotmail.com 07751 671456
Eastriggs, Dornock and Creca Covid-19 Group	Currently assisting by delivering food parcels.	Isabelle Clark 07751 088085

Community Support

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Name	Support	Contact
Hoddum and Ecclefechan Community Council	Offering various support to the community via facebook.	Calum Craig calum.craig506@btinternet.com 07592 223104 https://www.facebook.com/Hoddum-Ecclefechan-Community-Council-1534994150094825/
Lockerbie Community Council	Offering support in the local area.	Colin Dorrance colin.dorrance@gmail.com 07712 426642
North Milk Community Council	General support in the local area.	Faye Wingfield northmilkcc@gmail.com 01576 610341
Kirtle and Eaglesfield Community Council	Co-ordinating volunteers to provide general help to vulnerable people.	Elaine Irving eiirving44@gmail.com 01461 500339

Food Parcels/Meals/Shopping

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Name	Support	Contact
Food Train	Grocery shopping delivery for anyone aged 65+.	Contact Helen on 01461 207778
DGHP	<p>Eatwell Scheme-DGHP tenants Food parcels for customers who are experiencing financial hardship – the parcels are not intended to supplement a customer’s normal weekly income. Parcels are also available for customers who are self-isolating and/or have no support from family or friends nearby.</p> <p>Parcels are aimed to last up to five days – one delivery per week will be made to qualifying customers.</p>	<p>Tel. 0800 011 3447 for all enquiries including emergencies.</p> <p>customerservice@dghp.org.uk</p> <p>https://www.dghp.org.uk/coronavirus-faqs</p>
Lockerbie Salvation Army	Food parcels	andrina.downie@salvationarmy.org.uk 01576 202859
Kate’s Kitchen	<p>Providing hot meal and food parcel deliveries, befriending support and advice on benefits.</p> <p>Covers Annan, Lockerbie and Langholm areas</p>	Tel. 01461 206444 or email info@kateskitchen.org
School Meals	A food pack is available to all children and young people who meet the criteria for free school meals. This does not include all children in P1-P3 who would normally receive a free meal, only those who meet the entitlement criteria. (see website)	https://supportdg.dumgal.gov.uk/CV19schoolmeals Families must confirm that they want to be included in this scheme by completing an online form or speaking to a member of the team on 01387 271112.
Emergency Food Parcels	If you need an emergency food parcel, there is now one central number you can call.	Tel. 0800 111 4000 when asked to choose an area, select Ayrshire and South of Scotland

Various Support

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Name	Support	Contact
Annandale Community Transport Services (ACTS) (can also help with deliveries)	Can provide transport to hospital appointments (locally or in Edinburgh, Glasgow, etc) at a subsidised cost.	Please call 079 500 51239 for further information and to book.
Scottish War Blinded	Contacting all Scottish War Blinded members on a regular basis, via telephone or email (throughout Dumfries and Galloway) to ensure they are supported and where necessary signposting to other organisations who can support and assist.	Contact Michael Seed, Outreach Worker michael.seed@scottishwarblinded.org or Tel: 07718 486322
Accessible Dumfries and Galloway	Helpful information for disabled people and carers	Lynsey Campbell Clynsey30@gmail.com https://www.facebook.com/AccessibleDumfriesandGalloway
Dumfries and Galloway Advocacy Service	Supports clients to be heard by such services as NHS, Social Work, or Council. Helps clients express their views, wishes, feelings and to understand their options and rights.	info@dgadvocacy.co.uk 01387 247237
Newstart Recycle	Driving, deliveries, volunteers, home goods, white goods, mobility equipment	Tony Nisbet Newstartrecycle@gmail.com 07762 750401
Handyvan	Currently focusing on the supply and installation of key safes to support the discharge of patients if a care package is needed	Rachel Reekie Rachel@dghandyvan.org.uk 0800 0699173

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Baby Essentials, Loved and Loved Again (BELLA)	BELLA aims to pass donated items to the most vulnerable families with under 5s in and around Dumfries. Referrals from professionals and organisations ensure that we reach the people who would benefit the most	bella-dumfries@hotmail.com https://www.facebook.com/Baby-Essentials-Loved-and-Loved-Again-BELLA-113986930147622/
Cool 2 Talk	A safe space for young people age 12+ cool2talk and one2one provide a place where young people can get their questions answered accurately and without judgement within 24 hours	https://cool2talk.org/
Project Scotland <i>* Project Scotland's E-mentoring support information sent as separate page</i>	Project Scotland places a strong focus on their e-mentoring service in response to the Covid-19 crisis. This is offered to any 16-35 year old out there who may benefit from a mentor, to offer support during this time.	matt.sellar@projectscotland.co.uk claire.simmonds@projectscotland.co.uk
Sacro-Young People's Inclusion Project (YPIP)	Providing support by telephone and/or video link to the young people they support now. Sacro YPIP is still open to new referrals from the towns of Dumfries and Annan for young people who would benefit from support and advice. Sacro YPIP is currently able to provide one-to-one support, advice and guidance to young people who are identified as being excluded and possibly identified as being vulnerable.	Lou Adie (Annan worker) ladie@sacro.org.uk Tel. 0787 085 4790

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Name	Support	Contact
Social Security Scotland	Social Security Scotland delivers the following benefits and grants <ul style="list-style-type: none"> • Best Start Grant Pregnancy and Baby Payment • Best Start Grant Early Learning Payment • Best Start Food • Funeral Support Payment • Young Carers Grant 	Apply online https://www.mygov.scot/benefits/ Tel.0800 182 2222 re benefit application Text Relay Service: 18001+ 0300 244 4000 (service for the hard of hearing). British Sign Language (BSL) user: BSL video relay service Contact Scotland-BSL
Jobcentres	Jobcentres in Dumfries and Annan are currently temporarily closed to the public and we are concentrating all our efforts on dealing with any new claims quickly to allow new customers access to money as soon as possible. Claims can be made online via www.gov.uk and customers can correspond via their online journal.	For advice on complex cases: <u>Dumfries</u> Dave Bell 01387 223221 David Roy 01387 223250 Angie Crawford 01387 223297 <u>Annan</u> Jamie Crook 01461 633070
Financial Help	For individuals	https://supportdg.dumgal.gov.uk/article/20793/Financial-help-for-individuals

Finance/Benefits/Advice

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Name	Support	Contact
Dumfries and Galloway Citizens Advice (DAGCAS)	Supporting people who need advice and guidance with wide ranging issues including Benefits, Employment, Debt, Legal, Finance and Charitable Support (foodbank referrals and charitable grants)	General line-0300 303 4321 info@dagcas.org Dedicated line for Universal Credit 0800 023 2581

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Name	Support	Contact
<p>Post Office</p>	<p>Post Office helps self-isolating people access cash more easily.</p> <p>This new service allows friends and families to be able to withdraw cash for those who are self-isolating and drop it to them securely through their door or window at their home.</p> <p>Banks can now send vouchers to customers by text, e-mail or post which they can then share with a trusted individual to withdraw cash on their behalf.</p> <p>All UK Banks, Building Societies and Credit Unions are able to use this service and customers can contact their bank to find out if they have signed up.</p> <p>This will be a great help to many of our elderly customers who are at home self isolating at this time.</p> <p>BUT we must stress that the person that they contact to assist them with this service must be someone who they TRUST</p>	<p>Details on the new service:</p> <p>➡ bit.ly/2RCtCVU</p> <p>Further details of how the service works:</p> <p>➡ bit.ly/2RRr0DR</p>

Key Contacts

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Name	Contact
NHS24	111 www.nhsinform.scot
Emergency	999
Doctor Out of Hours	111
Dumfries and Galloway Council	030 33 33 3000 www.dumgal.gov.uk/
Business Support Helpline	01387 260280 Mon-Fri 9am-5pm
Multi Agency Safeguarding Hub	030 33 33 3001
Social Work Out of Hours	01387 273660
Third Sector Dumfries and Galloway	0300 303 8558
Samaritans	116 123
SHOUT Text SHOUT	to 85258 for free Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
Domestic Violence Helpline	0808 2000 247
Age Scotland	0800 12 44 222 Mon-Fri 9am-5pm
Shelter Scotland	0808 800 444 Mon-Fri 9am-5pm
LGBT Helpline Scotland	0300 123 2523
Childline	0800 1111
Blether	'Blether Service' is a new phone line to support people of all ages who might be finding social isolation particularly hard, for example if you're an older person, or a young person living on your own. Open to all. Tel. 01387 260243-Lines are open from 9am-9pm Monday - Saturday

Useful Telephone Numbers

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Name	Support	Contact
Age UK (Scotland)	Offer advice and support for older people.	0800 12 44 222 , Monday to Friday between 9am and 5pm.
Alzheimer's Scotland	Provides advice and support for those with dementia and their loved ones.	0808 808 3000 , 24 hours a day, seven days a week.
Breathing Space	Offers an advice and listening service if you are experiencing low mood, feeling anxious or depressed.	0800 83 85 87
Carers UK (Scotland)	Provides advice and support to Carers.	0808 808 7777 Mondays and Tuesdays between 10am and 4pm.
Cruse Bereavement Care	Offers support, advice and information to people when someone dies.	0808 808 1677 Monday and Friday 9:30am to 5pm and Tuesday to Thursday 9:30am to 8pm.
NHS Inform	Scotland's National Health Information Service.	For up to date advice on Covid 19 - Telephone: 0800 22 44 88
The Samaritans	Offers support and listening to anyone that is struggling to cope or who just needs someone to listen.	116 123 , 24 hours a day, seven days a week.
The Silver Line	Offers advice and support for older people. They also offer friendship calls via their helpline.	0800 4 70 80 90 , 24 hours a day, seven days a week.

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Name	Support	Contact
Dumfries and Galloway Council	See website opposite for information on: <ul style="list-style-type: none"> • Shielding • Support for Local Businesses • Support for Communities • Schools and Childcare • Service Delivery Changes 	0303 333 3000 https://supportdg.dumgal.gov.uk/ See Community Bulletin out Tuesdays and Fridays during COVID-19 https://supportdg.dumgal.gov.uk/communitybulletin
Third Sector Dumfries & Galloway	Up to date information on local support in your community	0300 303 8558
Dumfries Carers Centre <ul style="list-style-type: none"> • See separate page with service update 	Advice and support for anyone providing care for a family member or friend across the region	01387 248600
Dumfries Dementia Resource Centre (Resource centres and day centres are currently shut. Telephone and email support is still available)	Advice and support for those living with dementia and their families/friends. Staff continue to offer support by telephone, email or text.	Dementia Advisor (Dumfriesshire) Mandy Cowan Mobile: 07795 196486 Email: mcowan@alzscot.org *** 24HOUR HELPLINE *** Freephone: 0808 808 3000 Email: helpline@alzscot.org

Dental

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Name	Support	Contact
General Dental Practices	Current Scottish Government Guidelines are to exercise social distancing and to only allow telephone advice to be given by your dentist. Your dentist may advise painkillers and/or antibiotics to help manage your problem. In urgent cases you may be asked to attend a health board site for treatment.	Monday to Friday during office hours- Contact your own dental practice for advice- they will have an answering machine directing you to the number to call. After 6pm and at weekends-telephone NHS 24 on 111
Orthodontic Department	Due to the COVID-19 situation, the Orthodontic Department has closed. The advice and guidance below is designed to help during this period. The British Orthodontic Society Website has some useful information leaflets about brace care and dietary advice on its website: The Orthodontic Department will be in touch to arrange appointments as soon as they re-open.	Anyone with an urgent problem with braces should contact the Orthodontic Department on 01387 241059/241420. A clinician will be able to give advice over the phone. http://www.bos.org.uk

Utilities

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Name	Support	Contact
<p>Emergency numbers for gas, electricity and water for Scotland. These numbers are manned 24 hours 7 days a week</p>	<p>Gas</p> <p>Electricity</p> <p>North of Scotland Scottish & Southern Energy Networks</p> <p>Central & Southern Scotland Scottish Power Energy Networks</p> <p>National Power Cut Number</p> <p>Water</p>	<p>National Gas Emergency Tel 0800 111999</p> <p>Tel 0800 300999</p> <p>Tel 0800 0929290</p> <p>Tel 105</p> <p>Scottish Water 0800 0778778</p>
<p>Home Energy Scotland</p>	<p>Mission is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change.</p>	<p>Tel. 0808 808 2282 Advice is free and impartial.</p>

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<p>Support for people living with Parkinson's Disease</p>	<p>Our community is telling us that coronavirus makes everyday life much harder for people with Parkinson's and their families-a new Scottish Government helpline has started.</p> <p>This helpline is for people who are at higher risk if they catch COVID-19 because they have a health condition like Parkinson's. It is designed to help with the practical things - like getting groceries and prescriptions delivered, or getting in touch with local support.</p> <p>And don't forget that Parkinson's UK is here to help, too. Supporting our community through the current crisis is our number one priority. Our local advisers and free helpline are ready to help.</p>	<p>☎ 0800 111 4000</p> <p>Initially, it will be operating 9am to 5pm every day.</p> <p>You can find out more here: https://www.gov.scot/.../support-for-those-at-high-covid-19-.../</p> <p>If you need medical help or information, you should continue to contact your Parkinson's nurse, GP, NHS 24 on 111 or 999 in an emergency.</p> <p>Contact them on ☎ 0808 800 0303, or online at https://www.parkinsons.org.uk/i.../helpline-and-local-advisers</p>
<p>Chest Heart and Stroke Scotland</p>	<p>If you would like to receive a call from one of Kindness Caller Volunteers or need help with shopping, medication or dog walking then please fill in an online form or call the helpline.</p>	<p>0808 801 0899 https://www.chss.org.uk/coronavirus/i-need-help/</p>

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Support in Mind	The team has been hard at work coming up with new approaches & remote solutions, so that they can continue to run their #mentalhealth support services during the Corona outbreak.	Take a look at some of them here: https://www.supportinmindscotland.org.uk/new-ways-of-working
Child and Adolescent Mental Health Services (CAMHS)	A really useful CAMHS Resource has been developed for children, young people, their families and professionals, with lots of resources, information, apps and short films on the one site:	https://www.camhsresources.co.uk/ #StayhomeSavelives Tel. 01387 244662 Email: CAMHS-mail@nhs.net
Audiology Due to the COVID-19 situation, there are no longer drop-ins available at the Audiology Department and Hard of Hearing Groups.	If anyone requires hearing aid batteries or a repair: Make a request by post and send the faulty hearing aid to the Audiology Department.	(Postal Address: Audiology Department, Mountainhall Treatment Centre, Bankend Road, Dumfries DG1 4AP) Telephone: 01387 241499 Hearing aid repairs will be made on the day they receive them and will be posted back the same day via First Class post.
Kinship Care	Fully operational for assistance and advice to kinship carers.	Monday to Friday 9am-5pm, 0808 800 0006

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Volunteers- payment for shopping	Many of us may find ourselves shopping for friends, family or neighbours who are vulnerable or self-isolating. The question is how can we transfer money safely?	https://www.volunteerscotland.net/about-us/news-blog/our-blog/paying-and-being-paid-during-coronavirus/
National Assistance Helpline	<p>There is now a national helpline for people who are:</p> <ul style="list-style-type: none"> • disabled • receiving mental health support • have dementia • over 70 years old • pregnant • received the flu vaccine for health reasons 	<p>This number connects people to help in their local area. You can pass it on to someone you are supporting, or call on their behalf.</p> <p>Call: 0800 111 4000</p> <p>The line is open Mon-Fri, 9am-5pm.</p> <p>Please remember this helpline is dedicated to helping those who cannot leave their home and who cannot get help online.</p>
Text method of registering for government food box if shielding	Through SMS Shielding Service or your local authority helpline, you can order free weekly deliveries of basic food and essential supplies	To sign up, you need to text 07860064525 your 10 digit CHI number in your message. (Do <u>not</u> include any other words) You will receive a text back identifying you as a person who needs to shield. To register for your free weekly food box, send a second text to 07860064525 saying 1BOX. If there are two people shielding, please text 2BOX. Your first box will arrive within a week.

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Name	Support	Contact
<p>Domestic Abuse: Help Options if you cannot talk.</p>	<p>If in danger and you can't talk there are options for you to ask for help.</p> <p>NEVER phone 999 and remain silent WITHOUT pressing 55, or another number if not possible, because your call may be ended.</p> <p>Remember! It's better to talk (or whisper) as the Police will be able to assess your situation more quickly but these options are available if you cannot talk</p>	<ol style="list-style-type: none"> 1. TEXT a message to 999 – the Police will get it. Try to include your location, name and any other information that could assist the Police. 2. PHONE 999 and listen to the operator; when prompted press 55, or any other number if not possible, and follow any other instruction. – The 999 Operator and Police will know that you're asking for help.
<p>Visibility Scotland</p>	<p>Visibility Scotland is offering emotional support (via telephone) and an information line.</p> <ul style="list-style-type: none"> • Offer to chat with people especially if they are alone and isolated • Signposting to other service • General support and advice around sight loss. 	<p>Local Team in Dumfries and Galloway: Monday to Friday 9am to 4.30pm or leave a message and staff will return the call 0776 673 2027 or 0782 516 2774</p> <p>Information Line in Glasgow: 0141 332 4632</p>
<p>Relationships Scotland</p>	<p>Relationships Scotland Dumfries and Galloway are continuing to provide counselling support.</p>	<p>01387 251245 (9am-2pm) http://www.relationships-scotlanddg.org.uk/</p>

Support

Annandale and Eskdale Support and Contacts during COVID-19

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Name	Support	Contact
Solihull Approach online Antenatal Course	Free Antenatal online courses during COVID-19. Free for all pregnant women in Scotland for a period of 6 months.	https://inourplace.heiapply.com/online-learning/
Emergency Eye Care Appointments	All routine eye care appointments have now ceased. In an emergency-see opposite.	Anyone with an emergency eye problem should contact their practice in the usual way and speak to the optometrist. If the optometrist decides that further action is required, a referral will be made to the nearest Emergency Eye Care Treatment Centre. An optometrist from this centre will phone the individual to discuss the best course of action.
Sexual Health D&G	Sexual Health D& G are available to anybody who has questions or concerns about their Sexual Health.	Tel. 0345 702 3687, Mon - Fri , 9am- 4pm. www.sexualhealthdg.co.uk https://www.facebook.com/nhsshhdandg
Speech and Language Therapy	The telephone advice line will be open more often during May 2020.	Tel. 01387 220013 Wednesdays 2pm-4pm Thursdays 10am-12noon dumf-uhb.talk.adviceline@nhs.net

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Name	Support	Contact
School Nursing	Remains open to referrals. (From agencies, parents/carers and self referrals. If a young person is struggling with their emotional wellbeing or any other reason at this difficult time, guide them to their parent or carer to use the self-referral number. Currently able to provide telephone consultations or face to face through a secure app.	Self-referral-Tel. 07795291296 Annandale and Eskdale-01387 244588
Dietetics for Children and Young People	Still available if you have a query, a concern or need some ongoing advice. Contact still being made by telephone or Attend Anywhere Clinic Appointment.	01387 241209
Annan Activity and Resource Centre	Food delivery, prescriptions and shopping	Contact Zoe Hornby-07880 506626 zoehornby147@outlook.com
Victim Support Scotland	Emotional and practical support and information for victims of crime and witnesses attending court.	National Helpline-08001 601985 victimsupport.dumfriesgalloway@victimssupportsco.org.uk http://www.victimssupportsco.org.uk

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Name	Support	Contact
Helping Dumfries and Galloway-Canonbie, Gretna, Langholm, Lockerbie, Moffat	Post your plea and it will be responded to. https://www.facebook.com/groups/216220913082079/ See further contacts opposite.	Cheryl McCormack Tel. 07583 680975 mucker5uk@yahoo.co.uk
Aberlour Childcare Trust	Assist with the delivery of shopping, meals on wheels, prescription pick up and food parcels.	Amanda McAllister Tel. 01387 325090 amanda.mcallister@aberlour.org.uk
The Townhead Hotel and Aberlour	If you are housebound, elderly or in isolation, this service can offer support and a free home cooked meal delivered to your door twice weekly	Tel. Amanda on 07595 245218
Royal Four Towns Community Council	Food collections along with prescriptions, telephone chats and other requests for help if possible.	Cath Robinson Tel. 01387 419294 cathjrob.cr@gmail.com
The Old Stables	Free fruit/veg boxes for vulnerable people in the Moffat and Beattock areas	Emily Mathison emathison115@gmail.com

Support

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Name	Support	Contact
Alcohol and Drugs Support (ADS)	Offers a range of community-based services across Dumfries and Galloway which help people affected by alcohol, drugs or gambling problems.	01387 259999 / 01556 503550 / 01776 702626 https://www.adssws.co.uk/
We are With You (Formerly known as ADDACTION)	Provides support to anyone over the age of 18 with drug and/or alcohol addiction issues. Our offices are currently open: Monday - Friday 10:00am - 3:00pm providing IEP support & deliveries where required.	Freephone: 0800 035 0793 WEB CHAT: www.wearewithyou.org.uk Email: Dumfries&Galloway@wearewithyou.org.uk Office Tel: 01387 263208
NHS Dumfries and Galloway Drug and Alcohol Service	The service adopts a recovery and strength based approach to treating drug and alcohol problems.	01387 244555 (Mon-Frid, 08.30-17.00) https://dghscp.co.uk/specialist-drug-and-alcohol-service

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Name	Support	Contact
<p>The Hub</p> <p>SPRING</p>	<p>The Hub is temporarily closed to the public. Staff are still working and providing support and assistance. Our accommodation list is still available on our website and we are issuing food parcel vouchers via a telephone service as well as continuing as many projects as possible.</p> <p>SPRING is still taking referrals and operating a telephone support service. SPRING assists anyone 18 years and over to improve their health and well being and can help to address social isolation, emotional and practical needs by connecting people to sources of support available in their local community.</p>	<p>General enquiries, food vouchers and Rent Deposit Guarantee Scheme (RDGS) Karen Lewis 01387 269161 info@thehubdg.org.uk</p> <p>SPRING-Dawn McGeorge 01387 269161 dawn.mcgeorge@thehubdg.org.uk www.thehubdg.org.uk</p>
<p>Touch Base Telephone Companionship (TBTC) Third Sector Dumfries & Galloway service Complements other services provided locally and nationally. Launched 18th May</p>	<p>Gives volunteer-led support to isolated residents in D&G.</p> <p>If the volunteer feels more targeted support is required, this can be arranged through health and social care services. If people are already using another support service, they should continue to do so.</p>	<p>The service is only accessible through the Council's Covid-19 Contact Centre-Tel. 030 33 33 3000 or the National Scotland number 0800 111 4000. There is no direct referral and the above telephone numbers MUST be used.</p>