

Coronavirus business helpline:

0300 303 0660

Monday - Friday from 8.30am to 5.30pm

COVID-19 ASSYNT RESILIENCE GROUP

Newsletter

20th 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.**

Assynt Food Bank

The foodbank is up and running at Assynt Leisure Centre and delivering food parcels to local people. Please contact Bill at the Assynt Centre, on 01571 844144, if you or someone you know is struggling with accessing enough nutritious food at this difficult time. No one need go hungry in our community. You will be asked for some basic info to confirm your level of need, and any dietary requirements will be noted.

Contact Andy Summers, co-ordinator of foodbank volunteers, if you'd like to enquire about joining the list of foodbank volunteers.

If anyone wants to make a donation of dried or tinned foods, **the food bank is open to receive donations on Monday 10-11am and Friday 4 -5pm**. Financial donations to the foodbank are also welcome. Please email assyntresiliencegroup@gmail.com for more information about donating.

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 that the Resilience Group will work with those providers at the present time. Thanks also to Assynt Leisure Centre for offering the Leisure Centre for this service.

Hot meal provision

Hot meals distribution continues, to the homes of those who would normally have lunch in the Assynt Centre. The Resilience Group are still considering broadening this hot meal provision to other people in Assynt, and possibly extending it to weekends. Opinions on this are welcome.

Face Masks

Thanks to the local craft makers who have come forward, production has begun on a first batch of nearly 500 washable cotton face masks. The first 200+ masks should be available to Assynt residents over the next week or so, probably through the food bank, Assynt Centre, volunteers and local shops. Donations to the Resilience Group will be welcomed in exchange for masks. Please email assyntresiliencegroup@gmail.com for more information about donating.

Everyone who is not shielding at home should have at least one mask, ideally two, so one can be worn while the other is being washed. Masks are recommended to be worn in all enclosed public spaces including shops and public transport, to help protect others from catching any virus you may unknowingly have. A more detailed information leaflet about face masks will be published soon and will be provided with each mask distributed. If you want to enquire about becoming a producer of the face masks (for which payment of £3.50 per mask would be offered, and materials provided) please contact Willie Jack on the email below. A video can be shared with you showing the sewing pattern.

Provision of other things

Additional hand sanitiser dispensers have been ordered. These should arrive by mid-June and will be placed at key locations around Assynt. Suggestions welcome as to appropriate places to site these.

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 types of things. Ideas are also welcome as to how best to organise these and other things people may need.

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.

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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