

Coronavirus business helpline:

**0300 303 0660**

Monday - Friday from 8.30am to 5.30pm

**COVID-19 ASSYNT RESILIENCE GROUP**

**Newsletter No 3**

**30th 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 along the route map out of lock-down. A £29,000 grant from the Scottish Government's Strengthening Communities Fund (SCF) enables Assynt Development Trust to support local organisations' Covid19 activities through to September 2020.

Contact for enquiries: [assyntresiliencegroup@gmail.com](mailto:assyntresiliencegroup@gmail.com).

**Food Bank: opening times for donations of dried/ tinned foods at Assynt Leisure: Mon 10-11am & Fri 4 -5pm**

**Assynt Food Bank** 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 food-bank volunteers [wildandy84@gmail.com](mailto:wildandy84@gmail.com)

**Face Masks** Around 400 washable cotton face masks have been distributed in Assynt so far. It is aimed to offer face masks to all those who live here, given government recommendations and the growing consensus that wearing face masks in enclosed spaces such as shops and on public transport could help to reduce the spread of Coronavirus (see below for ScotRail advice)

**How to get hold of an Assynt face mask** They can be obtained through direct delivery by volunteers to those who live in all areas within Assynt. For information as to who to contact in your area to obtain a mask – please email: [assyntresiliencegroup@gmail.com](mailto:assyntresiliencegroup@gmail.com) We also hope that if necessary they may become available through shops in Assynt. Child-size masks are now being produced, for children and younger teens, for whom the adult sized masks may be too loose. They will be available from early next week

Scottish Government advice on face mask use in shops and on public transport published on 11th May 2020 can be read at:

<https://www.gov.scot/publications/coronavirus-covid-19-public-use-of-face-coverings/>.

Advice on wearing the face masks is available on You Tube at: <https://www.youtube.com/watch?v=cqLnDhHSJDU>

**If you wish to donate** towards the cost of your mask or to any other Assynt Resilience Group project it is requested that you make your payment online (to reduce risk of virus spreading by handling cash) to: Assynt Development Trust Limited, RBS Ullapool, Sort Code 83-24-28 Account Number 00154218. If you wish to Gift Aid your donation (as your donation goes 25% further) please email [assyntresiliencegroup@gmail.com](mailto:assyntresiliencegroup@gmail.com) and we will send you the form. (Donations are ring-fenced for spending on Assynt Resilience Group work in responding to local issues arising from Covid-19 and the lockdown.)

**Bill Wardley Smith from the Assynt Centre and Assynt Resilience Group is on the radio!** Bill is interviewed by

Brendan O'Hanrahan about the work of the Assynt Centre and the Assynt Resilience Group

<https://m.facebook.com/groups/273184533133394>

[view=permalink&id=1019441608507679](https://www.facebook.com/groups/273184533133394)

**Connecting Scotland** is a Scottish Government initiative set up in response to the pandemic to provide support to vulnerable people who are at home and are digitally excluded. If you are in the clinically at risk group, on a low income and looking for additional support to get online please phone the helpline on 0800 111 4000 or contact Highland Council for more information.

**Other things** Additional hand sanitiser dispensers will arrive in mid-June. Suggestions are welcome as to appropriate key locations where additional hand santiser dispensers could be sited.

**ScotRail advice on train travel** If you do need to travel by train for essential journeys, ScotRail asks that people wear a face covering and observe physical distancing, following floor markings and signage in larger stations. Some facilities like waiting rooms will remain closed.

You can expect to see an increase in the time it takes to buy a ticket at a station and board a train, and there might be occasions over the coming months when boarding your usual train might not be possible, so please plan ahead. [scotrail.co.uk/coronavirus-travel-information](http://scotrail.co.uk/coronavirus-travel-information)

**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.

**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.

We welcome people to get in touch to let us know if they need help with any PPE, mobile phone top-up cards, electricity card top-ups etc. Ideas are also welcome as to how best to organise these and other things people may need



**VOLUNTARY GROUPS SUTHERLAND**  
**Sutherland Friends Call**

**Are you or do you know someone who is feeling lonely, isolated or anxious due to COVID-19?**

Our volunteers can provide you with friendly, social contact over the phone.

Please contact us and we will endeavour to match you with a suitable volunteer.

All our volunteers have had training and are PVG disclosure checked.

Give us a call on 01408 633001  
(Mon – Fri from 10 am – 4 pm)  
or email: [contact@vgs.org.uk](mailto:contact@vgs.org.uk)

 



Contact for enquiries: [assyntresiliencegroup@gmail.com](mailto:assyntresiliencegroup@gmail.com).