



North Ayrshire
Community Planning Partnership

COVID-19 Update for Communities 15 May 2020

Three Towns

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

 <p>Think of others, consider your actions & be kind</p> <p>People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.</p>	 <p>Connect and reach out to your neighbours</p> <p>As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.</p>	 <p>Make the most of local online groups</p> <p>Keep up to date, share information and be a positive part of your local community conversations.</p>	 <p>Support vulnerable or isolated people</p> <p>Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.</p>	 <p>Share accurate information and advice</p> <p>Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.</p>
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Please contact the North Ayrshire Community Planning Team for sharing good ideas for community support during this time. The Team can be contacted by emailing: communityplanning@north-ayrshire.gov.uk

Three Towns

Three Towns Community Support Hub

Our contact centre number is **01294 310000** (Monday to Friday during office hours). They can offer you advice and make referrals to other services.

If you want to get in touch with your local Community Support Hub please use the numbers below.

This might be for help with accessing food, prescription delivery or for local community groups. The minimum opening hours for the hub phonelines are 10.00 am to 1.00 pm Monday to Friday.

Three Towns Community Hub Contact Details:

01294 47590

07907878861

Doctor's Surgeries & Out of Hours

Three Towns Medical Practice Tel 01294 464141	Stevenston Group Practice Tel: 01294 464413	Saltcoats Group Practice Tel: 01294 605141
South Beach Medical Centre Tel: 01294 463011	Central Avenue Surgery Tel: 01294 463838	Out of Hours GP Tel: 111
Out of Hours Social Services Tel: 0800 328 7758		

**New
update**

- The Community Hub has a stock of sanitary products. Please contact the Hub should you require any supplies.
- Updated Pharmacy Opening Hours available on pg 4
- Information on Virtual Community Centres on pg 4

- The **Morrisons Stevenston Community Champion Facebook page** as information on activity, opening times and doorstep delivery: <https://www.facebook.com/pages/category/Local-Business/Morrisons-Stevenston-Community-Champion-409262926525761/>
- For people who are currently isolating with no one to offer help and support and have a dog that requires walking, the **Three Towns Community Hub** have volunteers who can offer a dog walking service. Please contact the Hub on the number above to enquire.
- **Ardrossan Whitlees Community Centre** can be contacted on **01294 461700** if anyone wants to phone for chat and get some support.
- **IMC Project, Saltcoats** are delivering food for those in need and self-isolating. They can also assist with taking local people to Dr/Hospital appointments and for shopping. **Please call 07384 806467** should you require any assistance at all.
- **Saltcoats Ardrossan & Stevenston Branch of the Royal British Legion Scotland** has in place an action response network for branch members and also including the Three Towns Veteran Community in general, tracking those in self isolation, social isolation or just plain loneliness in this time of crisis and giving appropriate assistance and support to those in need. Contact details are as follows:
 - Charles Nicol, Welfare Officer - **07764 792128**
 - Paul Swainson, Chairperson - **07854 092062**
- **CLASP Stevenston's** Hope and Clasp digital projects will be offering telephone and digital befriending for older people in isolation within the community during the COVID-19 pandemic.

They can offer support through a regular telephone call from one of their telephone befrienders to have a chat to keep your spirits up and to signpost to other services where appropriate. For those who are digitally capable, support is available from their digital tutors and volunteer digital buddies.

They are currently contacting their existing service users who may require this service, however if you or anyone you know could benefit from this service please contact them on **07464 206 592**. You will then be allocated a befriender who will keep in regular touch with you during this pandemic.

- Some Three Towns food retailers now providing home delivery are:

Company	Contact Details	What They Can Do
Stevenston Post office & Convenience Store	01294 464534	Free delivery, Phone or message on FB Page with order and contact details.
B&B Cafe in Saltcoats	01294 466725 or 07751305465	Delivery Service available.
Cali Stores, Saltcoats	01294 606481	Delivery Service available.
South Beach Stores, Ardrossan	01294 466616	Delivery Service, phone and order. Opening Hours 8 am to 3

		pm, 7days a week. Hot Food order through Food Hub.
Barclays Butchers, Stevenston	01294 464107	Can take orders over the phone, would require volunteers/family member to deliver.
Day To Day, Saltcoats	01294 473131	Delivery Service available.
Alberts Ardrossan (Chip Shop)	01294 462842	Delivery Services, happy to collect prescriptions and groceries in with their delivery.
Lothian Butchers, Ardrossan	01294 463852	Open, if volunteer driver can help with deliveries.
Beth Brownings, Stevenston	01294 552342	Open, if volunteer driver can help with deliveries.
Bickets Butchers, Saltcoats	01294 462699	Open, if volunteer driver can help with deliveries.
Thomas Baillie & Son Butchers	01294 462305	Open, if volunteer driver can help with deliveries.
The Windy Ha	01294 603850	Hot food home delivery service. Orders can be placed by calling the number supplied. Menu can be viewed on their Facebook page - https://en-gb.facebook.com/TheWindyHa/

Three Town Pharmacy Opening Hours

Name	Address	TOWN	MONDAY - FRIDAY	SATURDAY	SUNDAY
Gallagher Healthcare	41 Glasgow Street	Ardrossan	1000-1300 1400-1730 hrs	1000-1300 1400-1630 hrs	CLOSED
Gallagher Healthcare	6 Central Avenue	Ardrossan	1000-1300 1400-1700 hrs	1000-1300 hrs	CLOSED
Boots Chemist	77 Dockhead Street	Saltcoats	0900-1300 1400-1730 hrs	0900-1300 1400-1730 hrs	CLOSED
Gallagher Healthcare	19 Dockhead Street	Saltcoats	0930-1300 1400-1700 hrs	0930-1300 1400-1630 hrs	CLOSED
Gallagher Healthcare	41 Hamilton Street	Saltcoats	1000-1300 1400-1700 hrs	1000-1300 1400-1700 hrs	CLOSED
Gallagher Healthcare	17/19 Raise Street	Saltcoats	1000-1300 1400-1730 hrs	CLOSED	CLOSED
Lloyds Pharmacy	28/30 New Street	Stevenston	0900-1300 1400-1800 hrs	0900-1300 1400-1700 hrs	CLOSED
Gallagher Healthcare	13 New Street	Stevenston	0900-1300 1400-1700 hrs	0900-1300 hrs	CLOSED

Virtual Community Centre

Since the beginning of the Covid-19 crisis, North Ayrshire Council and local communities have been working flat out to create ways to keep people safe, supported and connected. There are now various Virtual Community Centres online to represent all of the North Ayrshire localities.

Join in, get the latest updates on your locality, and stay safe:

Three Towns Virtual Community Centre –
<https://www.facebook.com/groups/ThreeTownsCommunity/>

Funding - <https://www.facebook.com/groups/NorthAyrshireCommunityFunding/>

Adult Learning - <https://www.facebook.com/groups/NorthAyrshireAdultLearning/>

Community Groups and organisations -
<https://www.facebook.com/groups/NorthAyrshireCommunityGroups/>

DofE - <https://www.facebook.com/groups/NorthAyrshireDofE/>

Active Schools - <https://www.facebook.com/groups/912433859203299/>

Useful information will also be shared on the Locality Facebook Page and North Ayrshire Council's Twitter accounts:

Three Towns Locality Facebook Page -
www.facebook.com/threetownslocalitypartnership/

- North Ayrshire Council Twitter -
https://twitter.com/North_Ayrshire