



North Ayrshire
Community Planning Partnership

COVID-19 Update for Communities

15 May 2020

Garnock Valley

COMMUNITY ACTION RESPONSE: COVID-19
5 things you can do to make a positive difference in your community

 Think of others, consider your actions & be kind People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.	 Connect and reach out to your neighbours 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.	 Make the most of local online groups Keep up to date, share information and be a positive part of your local community conversations.	 Support vulnerable or isolated people 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.	 Share accurate information and advice 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.
--	--	---	--	---

    

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

Garnock Valley

Garnock Valley 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.

Garnock Valley Community Hub Contact Details:

07395941571

07907876260

Doctor's Surgeries & Out of Hours

Beith Health Centre Tel: 01505 502888	Dalry Health Centre Tel: 01294 832523	Kilbirnie Medical Practice Tel: 01505 683591
Mistylaw Medical Practice Tel: 01505 502344	Out of Hours Social Services Tel: 0800 328 7758	Out of Hours GP Tel: 111

New update

- **Updated Pharmacy opening hours are available on pg 3**
- The Community Hub has a stock of sanitary products. Please contact the Hub should you require any supplies.
- Information on Virtual Community Centres on pg 4
- The Community Support Hub has received a donation of a stock of second hand books. These are available for delivery by contacting the hub.

- **Beith Trust** are currently delivering three main services - prescription delivery for local chemists, food delivery for more vulnerable clients and the befriending services outlined below. For further information please call **01505 595063** or email help@beithtrust.org
- **Garnock Rugby Club** are offering to assist residents who are self-isolating or can't get out of the house just now with collecting shopping, prescriptions, run local errands or walk your dog. This service is available on Saturday's from 10am -1pm. Please email garnockrugbyclub@gmail.com or contact them via their Facebook page - <https://www.facebook.com/Garnock-Rugby-Club-23284546324/>
- **Tesco Kilbirnie** are having an elderly/ vulnerable hour between 9am – 10am on Monday, Wednesday and Friday from now until further notice.
- **McQueen's Dairies** offering doorstep deliveries of milk, eggs and juice on a Monday and Thursday. Visit www.mcqueensdairies.co.uk for more information or to place your order.
- **J&R McInnes in Dalry** are delivering newspapers/magazines, milk, rolls, groceries and will accept bank transfer or cash. <https://www.facebook.com/JANDRMCCINNESDALRY/>
- **R Stalker and Son Butchers** are providing home deliveries- <https://www.facebook.com/R-Stalker-and-son-Butchers-534513743271471/>
- **Premier Dalry-** Carricks are providing delivery of essential groceries for older people who are self-isolating. **Call 01294 835171.**
- **East Lugtonfield Farm** offer a fruit and veg delivery service. Delivery cost is £1.50. For more information please visit the Facebook Page - <https://www.facebook.com/Fresh-Fruit-And-Vegetables-527272111059189/>
- **Beith Trust** are offering a telephone befriending service for anyone who feels scared or overwhelmed. Call **01505 227440** or email help@beithtrust.org

Updated Pharmacy Opening Hours

Name	Address	TOWN	MONDAY - FRIDAY	SATURDAY	SUNDAY
Well Pharmacy	18/20 Main Street	Beith	Mon 0900-1300 1400-1800, Tue-Fri 0900-1300 1400-1730 hrs hrs	0900-1300 hrs	CLOSED
Penman Pharmacy	2 Eglinton Street	Beith	0900-1730 hrs	0900-1300 hrs	CLOSED
Dalry Pharmacy	18 Main Street	Dalry	0900-1200 1400-1700 hrs	1000-1200 hrs	CLOSED
Gallagher Healthcare	1 New Street	Dalry	0930-1300 1400-1800 hrs	0930 - 1300hrs	CLOSED
Boots Chemist	78 Main Street	Kilbirnie	0900-1200 1300-1700 hrs	0900-1230 hrs	CLOSED
Boots Chemist	2A Dalry Road	Kilbirnie	1000-1300 1400-1700 hrs	CLOSED	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:

Garnock Valley Virtual Community Centre -

<https://www.facebook.com/groups/GarnockValleyCommunity/>

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:

- Garnock Valley Locality Facebook Page - www.facebook.com/GarnockValleyLocalityPartnership
- North Ayrshire Council Twitter - https://twitter.com/North_Ayrshire



Food Provisions During COVID 19

The Salvation Army Kilbirnie are responding to the Covid 19 pandemic to help local residents who may be affected.

On a **Monday 9.30am - 11am**, food packages are available from the Kilbirnie Corps via the Walker Street entrance (beside the job centre).

We have created a Support Hub at the George Steven Centre and will be available on a Saturday morning to issue a weekend breakfast food pack.

Our telephone advisors will also be able to help identify if there are any other needs you may have and can refer you onto other services.

We will be open every **Saturday from 8.30am - 1pm**.

You will be allocated a time to pick up your food.

If you are in isolation and have no other support from friends or family to collect, please advise us and we can arrange home delivery.

Please note that social distancing will always be adhered too.

If you have any queries please do not hesitate to contact our friendly team on **01505 683233**

If you would like to donate to the Salvation Army Kilbirnie please follow the link to our **Just Giving Page**

<https://www.justgiving.com/fundraising/thesalvationarmycommunitychurchkilbirnie>