






North Ayrshire
Community Planning Partnership

COVID-19 Update for Communities 31 March 2020

Garnock Valley

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

Garnock Valley

Garnock Valley Community Support Hub

The hubs were launched on 24 March 2020 and are in each of our six localities. Their purpose is to be a local point of contact for need arising from COVID-19 including health & well-being, money, and food.

They are staffed by a small team of North Ayrshire Council and Health and Social Care Partnership staff and respond with advice, signposting, referral or coordinating volunteers.

The hubs will not be open to the public but will work alongside what's underway in local areas.

The Hub can be contacted by telephone from Monday to Friday between 10am and 1pm.

The answer machine will be on out with these times and all messages will be picked up the following day.

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

- **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.
- **East Lugtonfield Farm** offer a fruit and veg delivery service. Delivery cost is £1.50. For more information please visit their 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

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