






North Ayrshire  
Community Planning Partnership

## COVID-19 Update for Communities 3 April 2020

### THREE TOWNS

#### COMMUNITY ACTION RESPONSE: COVID-19

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

 <b>Think of others, consider your actions &amp; be kind</b> People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.	 <b>Connect and reach out to your neighbours</b> 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.	 <b>Make the most of local online groups</b> Keep up to date, share information and be a positive part of your local community conversations.	 <b>Support vulnerable or isolated people</b> 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.	 <b>Share accurate information and advice</b> 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.
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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](mailto:communityplanning@north-ayrshire.gov.uk)

## Three Towns

### Three Towns 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.

Three Towns 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.

**Three Towns**  
07907878861  
01294 475900

### Doctor's Surgeries & Out of Hours

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

#### New update

- 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 numbers 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
<b>Stevenston Post office &amp; Convenience Store</b>	01294 464534	Free delivery, Phone or message on FB Page with order and contact details.
<b>B&amp;B Cafe in Saltcoats</b>	01294 466725 or 07751305465	Delivery Service available.
<b>Cali Stores, Saltcoats</b>	01294 606481	Delivery Service available.
<b>South Beach Stores, Ardrossan</b>	01294 466616	Delivery Service, phone and order. Opening Hours 8 am to 3 pm, 7days a week. Hot Food order through Food Hub.
<b>Barclays Butchers, Stevenston</b>	01294 464107	Can take orders over the phone, would require volunteers/family member to deliver.
<b>Day To Day, Saltcoats</b>	01294 473131	Delivery Service available.
<b>Alberts Ardrossan (Chip Shop)</b>	01294 462842	Delivery Services, happy to collect prescriptions and groceries in with their delivery.

<b>Lothian Butchers, Ardrossan</b>	01294 463852	Open, if volunteer driver can help with deliveries.
<b>Beth Brownings, Stevenston</b>	01294 552342	Open, if volunteer driver can help with deliveries.
<b>Bickets Butchers, Saltcoats</b>	01294 462699	Open, if volunteer driver can help with deliveries.
<b>Thomas Baillie &amp; Son Butchers</b>	01294 462305	Open, if volunteer driver can help with deliveries.

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/](http://www.facebook.com/threetownslocalitypartnership/)
- North Ayrshire Council Twitter - [https://twitter.com/North\\_Ayrshire](https://twitter.com/North_Ayrshire)