

CAITHNESS COMMUNITY SUPPORT

During the present coronavirus (COVID-19) crisis, help is available from a range of local services for:

- **Shopping**
- **Transport**
- **Medication and errand pick-ups**
- **Giving a friendly local voice and support**

Caithness Rural Transport can help with delivering shopping and prescriptions: **07856 740649 / 07856 740640** or email cureen@cvg.org.uk

Befriending Caithness can help with a telephone befriending service **07592 493048** or email angie@cvg.org.uk

Highland Council free helplines

The Highland Council has a dedicated number **01349 886669** for those that have received Shielding letters or texts.

It also has a second free helpline to give assistance and to collect details of individuals and community groups looking to provide volunteering support during the coronavirus (COVID-19) outbreak.

The number – **0300 303 1362** – will connect callers to relevant council specialist teams and will operate Monday to Friday from 8am to 6pm.

Callers will be able to get advice on benefits and personal support, education and social care and there will also be advice for businesses that may need help with financial support. Helpline staff will also be signposting callers to the local organisations listed overleaf and refer on to the Covid 19 Community Hub that is opening in Wick. Note that attendance at the hub is by appointment only and people cannot turn up at the door for safety reasons.

Protect yourself and others

- *Stay at home*
- *Only go outside for essential food, health and work reasons*
- *Stay 2 metres (6 feet) away from other people*
- *Wash your hands regularly*
- *Wash your hands as soon as you get home*



Coronavirus symptoms include:

- A high temperature or fever
- A new, continuous cough
- Shortness of breath

Health advice

A free helpline can give advice if you do not have symptoms, but are looking for general advice: **0800 028 2816**

If you are over 70, have an existing health condition or are pregnant, please self-isolate. If you display any symptoms of coronavirus (COVID-19), including high temperature, persistent cough or shortness of breath – self-isolate.

Patients with Coronavirus (COVID-19) symptoms are asked to dial **NHS 24** on **111** day or night, if their symptoms worsen or do not improve after seven days. Please **do not** call your GP or go to the surgery.

Callers to the **111** helpline will be assessed and, if necessary, transferred to a local community hub staffed by clinicians to ensure patients get the best possible advice at the right time.

For patients who do not have any coronavirus symptoms, they should continue to telephone their GP when open and not call NHS 24.

LOCAL CONTACTS

Thurso Community Council , West Caithness, and Halkirk Community Council Areas

Thurso Community Development Trust 01847 867050 community@thursocdt.co.uk

Dunbeath, Berriedale and Latheron

Dunbeath and District Centre 01593 731335 dunbeathanddistrictcentre@btconnect.com

Watten Community Council Area

Watten Shop 01955 621940 wattenc@gmail.com

Wick Community Council Area

Pulteney Peoples Project 07921 411570 (Office Hours) carelene.rosie@pppwick.org.uk

Tannach Community Council Area

Thrumster Community Development Association 07787 836402

raymond.bremner.cllr@highland.gov.uk

Sinclair Bay Community Council Area

Sinclair Bay Development Trust and Community Council 07788 481178

sinclairbaycc@hotmail.co.uk

Lybster and Clyth Area

Caithness Community Connections 07885 295264

caithnesscommunityconnections@gmail.com

Bower Community Council Area

Bower Community Centre 07736 847635 Bowercommunitycouncil@gmail.com

Castletown Community Council Area

Castletown Free Church & Castletown CC 01847 821321 cairistionastone@hotmail.com

John O Groats Development Trust and Dunnet & Canisbay Community Council Area

01955 611785 info@jogdt.org