

Dear Community Member

The next few weeks/months will be difficult for the country as Covid-19 spreads. Both the UK and Scottish Governments are putting things in place to try and slow down the spread but we as a community can also help to slow the spread down by helping those who fall ill, have to self isolate or are vulnerable.

If you or a family member show symptoms and have to self isolate or if you are vulnerable we can help. Contact one of the numbers below and one of our volunteers will help you by:

- Collecting and delivering your shopping to your door
- Collecting and delivering medicines
- Chatting to you on the phone
- Urgent supplies

Something everyone can do:

- Phone your immediate neighbours every couple of days to check they are okay. As the virus spreads people will become more isolated and it is important that we keep in contact and look after each other.

To get a volunteer to contact you phone:

**Cathleen Russell    01369 820319**

**Danuta Steedman    01700 841329**

**Davie Munro         01369 820199**