

COVID Resource Pack

Inverclyde

Local contact numbers, goods, services, resources, and information

Guide to Services

Because of COVID -19 (coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.



 <ol style="list-style-type: none">1 Latest information and guidance about coronavirus2 Advice about illnesses and conditions, including symptom checkers.3 Find local services and opening times NHS inform	 <p>For urgent dental care during the day telephone your usual dental practice. If you are not registered, visit www.nhsinform.scot to access your Health Board's Dental Advice Line telephone number. Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111</p> Dentist
 <p>With physical distancing measures in place:</p> <ol style="list-style-type: none">1 Provide repeat prescription request/collection service2 Dispense your prescription3 Help if you run out of your repeat prescription4 Give advice about medicines and treating many minor complaints Pharmacist	 <p>If you're concerned about your vision or have problems with your glasses or contact lenses, call a local optometry practice (opticians). Outside normal working hours, if you have an emergency eye problem call NHS 24 on 111.</p> Optometrist
 <p>A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues. Most practices are offering telephone consultations if appropriate.</p> GP Practice	 <p>For tips on looking after your mental wellbeing during these uncertain times: www.clearyourhead.scot Information about mental health services visit NHS inform/wellbeing or call Breathing Space on 0800 83 85 87</p> Mental Well-being
 <p>General information about coronavirus when you are well 0800 028 2816 Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111</p> NHS 24	 <ul style="list-style-type: none">• Severe injury• Suspected heart attack or stroke• Breathing difficulties• Severe bleeding A&E or 999

If you're not sure where to go or who to see visit: **NHSinform.scot**



Self isolation food boxes

Belville & Compassionate Inverclyde are delivering food boxes to anyone in Inverclyde who can't get a delivery (no credit card, funds, internet or friends / family to do shopping).

To order, just call Belville on 01475 726034 or message on Facebook



ISOLATION Services

Community Connectors

are still
**ASSISTING
PEOPLE**

your
voice



The Team from Your Voice, Inverclyde Community Care Forum are available from Monday to Friday for isolation telephone calls – do you feel lonely, need to talk, need help with arranging services?

You can call us on 01475 728628 at any time, leave a message and we'll get back to you - you can even set up a regular check in with us!

It's time to talk, Inverclyde!

Social Prescribers

are still only a
**PHONE
CALL AWAY**

your
voice



Could you be using some of your time to help others in need? We're always looking for volunteers to help out!

Give JULIE a call on 01475 728628 to find out more or email Julie.gillan@yourvoice.org.uk

It's time to talk, Inverclyde!

Could YOU be a
your
voice
VOLUNTEER?

**For general enquiries please call Your Voice 01475728628
email enquiries@yourvoice.org.uk**

**Find us on Facebook [@YourVoiceICCF](https://www.facebook.com/YourVoiceICCF)
Follow us on Twitter [@YourVoiceInver](https://www.twitter.com/YourVoiceInver)
Visit our website at www.yourvoice.org.uk**



Local Shops DELIVERING

GOUROCK		
Ashton Stores	7 days	01475 634158
Phil's Home Bakery	Mon - Sat	01475 630679
The Gourock Butcher	Mon - Sat	01475 638142

GREENOCK		
Morrison's	7 days	0345 611 6111 (option 5)
Watson's Craft Butcher	Mon – Sat Other groceries available	01475 711842
Duncan McKenzie Craft Butcher	Mon – Sat Other groceries available	01475 791677 07368 320 423 07984 610 921
Lalley's Day Today Convenience Store	7 days	01475 631390 07867492509
Lalley's Costcutter Convenience Store	7 days	01475 632986 07867492509
Lalley's Express	7 days	07867 492 509
Costcutter Convenience Store	7 days	01475 731678

WEMYSS BAY		
McCaskie Butchers	Mon - Sat – also eggs	01475 520192

KILMACOLM		
Colin Love Fishmonger	Mon - Fri	01505 872030

MOBILE SERVICES		
Inverclyde Home Fresh	Mon - Sat – also dairy	07412 013352
MVM Fruit & Veg	Mon - Sat – also eggs	01475 785000
The Platter Merchant Fishmonger	Mon - Fri	07725 348160

Local Shops DELIVERING







PORT GLASGOW		
Kelly's Shop, Arran Avenue Also on Snappy Shopper App	Free delivery for over 65s £3 delivery for under 65s	01475 704411
Duncan's Craft Butcher		01475 744341
Robert Alexander Craft Butcher		01475 741399
Tesco Home Delivery	ONLINE www.tesco.com or call	0800 323 4040 or 0330 123 4040
Iceland		01475 743464
Armdadis Shop	Groceries, prepared food 9am to 1pm only	07506 064 991
Lalley Stores Auchmead Road		07867492509 or 632986
Lalley Stores Fife Road		01475 631390

Take Away / HOT FOOD DELIVERY

GREENOCK		
Orangefield Chippy		07498 078 988
134 Steakhouse		01475 648143
Exchange		01475 722280
Café Balfe	Thurs – Sun only Order between 1pm – 4pm	01475 781666
Toninos Pizzeria	May need to order 1 week in advance. Thurs – Sun only Also offering ingredient boxes	01475 648480
Fenwick 47	Order by 12 noon Friday	07399 234 028

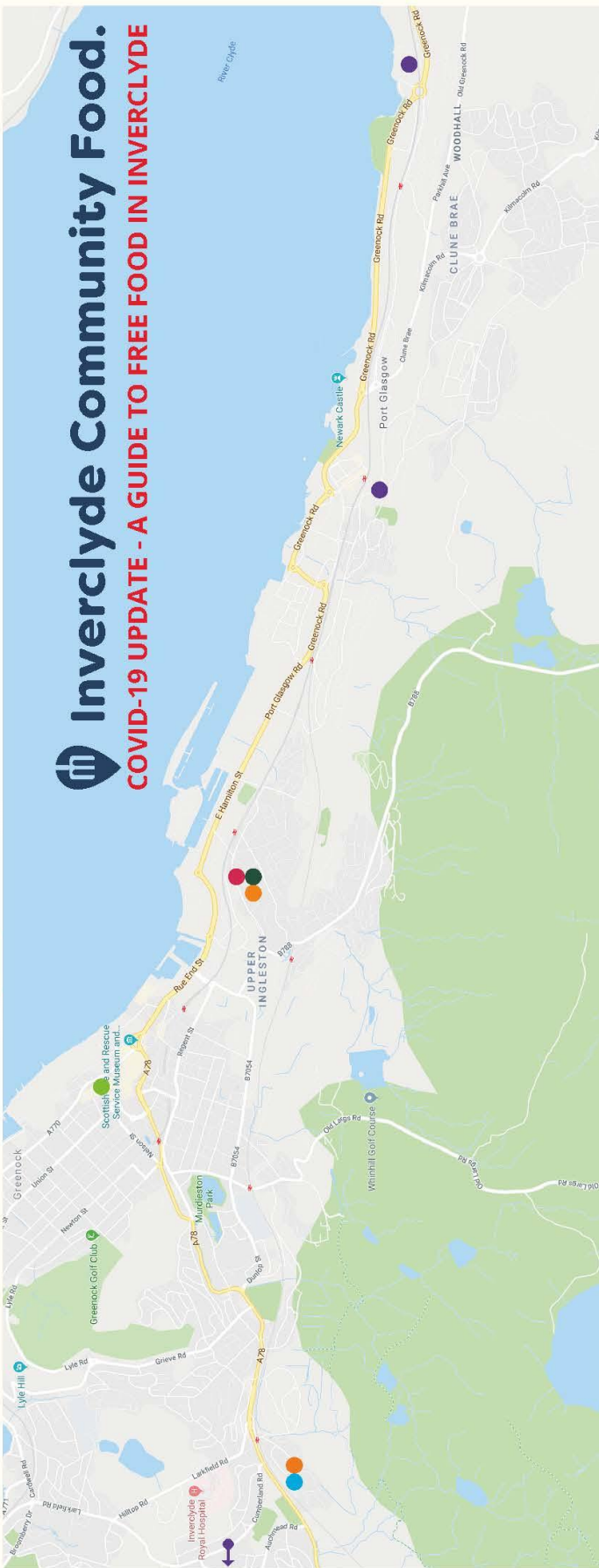
WEMYSS BAY		
The Station Cafe		07742 968 475

PORT GLASGOW		
Chans Chinese		01475 701077
Golden City Chinese		01475 700888
Manzil Indian		01475 791762
Curry Lounge Indian		01475 789555
Village Indian		01475 789555
The Cottage	Snack food / afternoon tea	01475 745422

Inverclyde Community Food.

COVID-19 UPDATE - A GUIDE TO FREE FOOD IN INVERCLYDE



SHIELDING SERVICE FOOD BOXES

CALL 01475 715 274

WWW.INVERCLYDE.GOV.UK/COVID-19/SHIELDING

MON - SAT: 9AM - 7PM

SHIELDING SCHEME ONLY.

SELF ISOLATION FOOD BOXES

BOX OF FOOD, INCLUDING FRUIT & VEG, CHILLED AND FROZEN FOOD DELIVERED TO YOUR DOOR.

- BELVILLE COMMUNITY GARDEN 01475 726 034

FOR ANYONE WHO IS SELF ISOLATING AND CANNOT GET FOOD DELIVERED OR GO TO THE SHOPS.

FOODBANKS

- INVERCLYDE FOOD BANK
- i58 PROJECT

YOU WILL NEED TO HAVE A REFERRAL TO USE A FOOD BANK.

MORE INFO AT:
WWW.INVERCLYDE.FOODBANK.ORG.UK
DELIVERY ONLY.

FREE HOT MEALS

- BRANCHTON COMMUNITY CENTRE
MON - FRI: 01475 638 481
BRANCHTONMANAGER@GMAIL.COM

DELIVERY OF A HOT MEAL AND KIDS PACKED LUNCHES DAILY TO VULNERABLE, ELDERLY OR SELF ISOLATING PEOPLE.

COMMUNITY GROWING FREE FRUIT & VEG

- BELVILLE COMMUNITY GARDEN TRUST

PUBLIC ACCESS, HELP YOURSELF TO FRUIT AND VEG ON THE LOWER BEDS DURING YOUR EXERCISE WALKS.

OUTDOOR LARDERS - HELP YOURSELF 24HR

- BELVILLE COMMUNITY GARDEN TRUST OUTDOOR LARDER 01475 725 432
- BRANCHTON COMMUNITY CENTRE OUTDOOR LARDER

TAKE WHAT YOU NEED TO GET THROUGH THE DAY

OTHER

- BARNADOS - FOOD PARCELS FOR CHILDREN AND FAMILIES 01475 725 432
- PARKLEA - MEALS AND COMFORT PARCELS TO SERVICE USERS 01475 744 516
- INVERKIP COMMUNITY HUB - OFFERING FOOD PARCELS TO ELDERLY RESIDENTS 01475 520 740 (PICK UP OR DELIVERED)

COMMUNITY FRIDGES AND FREEZERS

CLOSED FOR TIME BEING

'lifeline' grocery purchase and delivery scheme

Are you self isolating, need groceries but can't *access your money?

T: 01475 553353

Mon to Fri 10am -4pm and speak with one of our team.

We'll take your order, place it and even deliver it (on either a Monday or Friday afternoon/evening) and then invoice you for payment later.

**no access to money at home and no means to buy through normal grocery or friends/family channels*

This service is supported by the Coop, provided and delivered by the following:



Daily Meal Deliveries for vulnerable people

If you or someone you know doesn't have any other support and needs a free daily meal delivery then we can help!

Call us once and then you'll be placed on our list to receive a meal every day until you want it to stop. We can also include some "essential items" if you need them.

Call us today!



Branchton Community Centre

Call 01475 638481

Email - branchtonmanager@gmail.com

Facebook message - [Facebook.com/BranchtonCC](https://www.facebook.com/BranchtonCC)

Everyday questions about your health

The answer is NHS inform



www.nhsinform.scot

0800 22 44 88



NHS
inform 
Health information you can trust

The NHS is still open. If you are unwell with **NON CORONAVIRUS** symptom, it's important you seek medical help by contacting your GP or referring to NHS Inform.

DON'T IGNORE THE EARLY WARNING SIGNS OF A SERIOUS CONDITION.

IF IT'S URGENT, IT'S URGENT

GP surgeries and hospitals
are still here for you.

PRESCRIPTION Services -



Do you, or do you know of someone who needs a prescription collected and delivered?

You can contact
CVS INVERCLYDE
on **01475 711733**

Or email
admin@CVSInverclyde.org.uk

*Please be sure to have their NAME, ADDRESS, DATE OF BIRTH, CONTACT NUMBER and WHICH PHARMACY / WHEN IT IS NEEDED – we need all this information when you call.

Inverclyde COUNCIL SERVICES

**Inverclyde residents
can call this number for
assistance with access to
provisions, support and advice:**

01475 715275

Monday to Saturday, 9am - 7pm



www.inverclyde.gov.uk/coronavirus



Inverclyde
council

#timetotalkinverclyde #inverclydecares

What is an
**ADULT
AT RISK?**



**IN DIFFICULT
TIMES, MORE
THAN EVER WE
NEED TO LOOK
OUT FOR ONE
ANOTHER**

Social Work 01475 715010

**Adult
Protection**

**INVERCLYDE
HSCP**
Health and Social
Care Partnership

Who are 'adults at risk'?

Adults at risk' include people over the age of 16 who

- find it difficult to keep themselves, their money or property safe
- might be being harmed by other people or who are harming themselves
- are more vulnerable because of illness, disability or mental disorder (this could mean people with mental health problems, people with dementia, people with a learning disability).

This does not mean that all people with an illness, a disability or mental disorder are always at risk. Some people in this situation at some point in their life can find it more difficult to keep themselves safe and need help to do so.

Worried about someone? Worried about yourself?

Get in touch by calling 01475 715010 or visit

<https://www.inverclyde.gov.uk/health-and-social-care/public-protection/adult-protection>

Inverclyde Libraries **ONLINE**

**Inverclyde Libraries keep the
whole family entertained online!**

While our branches are closed to the public, we will be holding online sessions which families can tune into and join on Inverclyde Libraries facebook page **#LibraryLiveInverclyde**

If you would like more information about joining the library electronically or any other online services we please contact us on **library.central@inverclyde.gov.uk**

www.inverclyde.gov.uk/coronavirus
#coronavirus #InverclydeCares



Inverclyde Libraries' Ebooks and eaudio books from Borrowbox can be accessed at the Library Online link below:

www.inverclyde.gov.uk/community-life-and-leisure/inverclyde-libraries



Inverclyde Advice First

Money, debt and benefit advice
for the people of Inverclyde

Because money matters

For money and debt help and advice

Including:

- Consumer Debts
- Budgeting
- Debt Relief Options
including The Debt Arrangement Scheme



Contact:

triage.advice@inverclyde.gov.uk or

Contact Advice workers

Mon - Fri: 9am - 3pm

For free, confidential, impartial expert money advice on:

01475 715299



**Are you
out there?
Foster
for Inverclyde**

**Call now to find out more
Phone: 01475 715365**

NHS
Greater Glasgow
and Clyde

Inverclyde
council

You can still find out about Fostering in Inverclyde - If you are interested in fostering or would like to know more, please contact one of the team at Lomond View Academy on **01475 715020** or the number opposite.

A message to all our children, young people and young adults



Here are some useful websites if you want more information or support:

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/young.scot/campaigns/national/coronavirus

www.independent.co.uk/life-style/health-and-families/coronavirus-how-to-talk-to-children-anxiety-uk-china-a9339776.html

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

www.mencap.org.uk/advice-and-support/health/coronavirus

www.breathingspace.scot/living-life/

Contact Details:

Children's Rights Officer e-mail address:
aileen.wilson@inverclyde.gov.uk

Children's Rights Facebook Page:
Inverclyde Children's Rights

Children's Rights Twitter Page:
@CROinverclyde

HSCP Children & Families Service:
01475 715365

NHS
Greater Glasgow
and Clyde

**INVERCLYDE
HSCP**
Health and Social
Care Partnership

Inverclyde
council

FREE SANITARY PRODUCTS

WHENEVER YOU NEED THEM:



Scottish Government
Riaghaltas na h-Alba
gov.scot



COSLA

Inverclyde
council

We are trialling a new ordering service so you can get free access to the sanitary products you need.

For more information, visit:

www.inverclyde.gov.uk/freesanitaryproducts

#InverclydeCares #PeriodDignity

If you are struggling with Debt at this critical time, advice is still available:

INVERCLYDE
HSCP
Health and Social
Care Partnership



Debt advice

Protected Trust Deeds are not the only solution for dealing with your debts. If you want to explore your options speak with our online money adviser today.

01475 715299

triage.advice@inverclyde.gov.uk

www.inverclyde.gov.uk/debt

#debtadvice



Inverclyde
council

Coronavirus general helpline

0800 028 2816

You're not alone.
If you don't have symptoms and are looking for general information, call 0800 028 2816.

As efforts to delay the spread of COVID-19 virus are stepped up, everyone needs to do everything they can to avoid contact with others.

Helpline for elderly people

0800 12 44 222

You're not alone.
Call **Age Scotland** on 0800 12 44 222 for coronavirus advice, help, or simply a friendly voice of support.

Mental health helpline

0800 83 85 87

You're not alone.
Call **Breathing Space Scotland** on 0800 83 85 87 for listening, advice and information for people in Scotland feeling low, stressed or anxious.

Employers' helpline

0800 019 2211

You're not alone.
Call **Healthy Working Lives** on 0800 019 2211 for practical workplace advice on health, safety and wellbeing information.

LGBT health and wellbeing helpline

0300 123 2523

You're not alone.
Call **LGBT Helpline Scotland** on 0300 123 2523 for information and emotional support, or simply a friendly voice.

Parents helpline

08000 28 22 33

You're not alone.
Call **Parentline Scotland** on 0800 028 2233 for tips, advice and support for parents, or if you simply need to talk.

Housing helpline

0808 800 4444

You're not alone. Call Shelter Scotland on 0808 800 444 for advice and answers on homelessness, evictions, housing benefit, repairs and more.

Domestic abuse helpline

0800 027 1234

You're not alone. Call the **Domestic Violence Helpline** on 0800 027 1234 for confidential support from highly-trained female advisers.

Rape Crisis Scotland helpline

08088 01 03 02

You're not alone. Call **Rape Crisis Scotland** on 08088 01 03 02 for confidential support, advice and information. It is for anyone, women and men, affected by sexual violence, no matter when or how it happened.

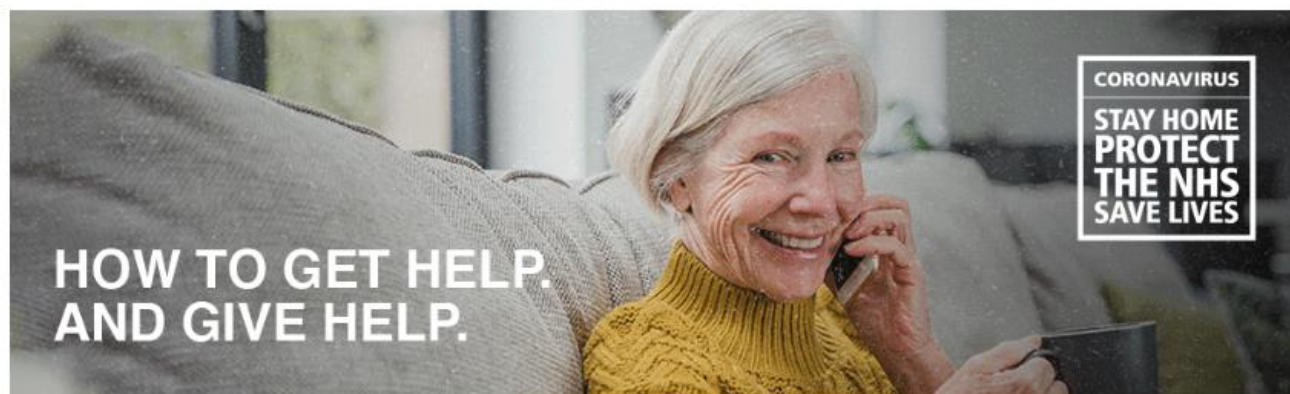
See Me
End mental health
discrimination

**IT'S OKAY TO
NOT BE OKAY**



READY SCOTLAND – Advice around preparing for emergencies has a dedicated online Coronavirus page:
<https://www.readyscotland.org/coronavirus/>

Coronavirus



Protect yourself and others. Stay at home. Only go out for essentials.

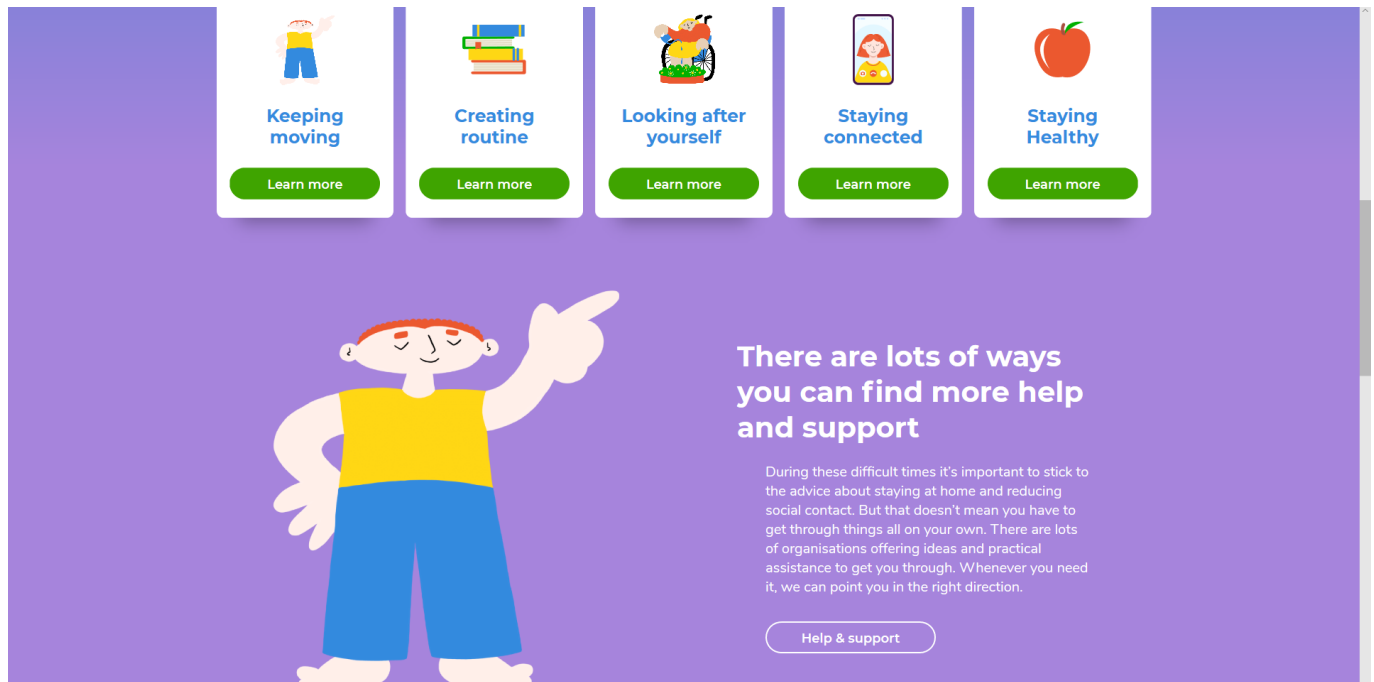
You are not alone though.

This page links you to ways you can get help.

And ways you can give help to others.

MENTAL HEALTH Services

The Scottish Government, NHS Scotland, the Samaritans and Breathing Space have collaborated and launched a new site 'Clear Your Head' to offer advice and support regarding mental health and wellbeing during this time. <http://clearyourhead.scot/>



Keeping moving
Learn more

Creating routine
Learn more

Looking after yourself
Learn more

Staying connected
Learn more

Staying Healthy
Learn more

There are lots of ways you can find more help and support

During these difficult times it's important to stick to the advice about staying at home and reducing social contact. But that doesn't mean you have to get through things all on your own. There are lots of organisations offering ideas and practical assistance to get you through. Whenever you need it, we can point you in the right direction.

Help & support



MindMosaic Counselling & Therapy Supporting you to allow you to support Inverclyde.

NMind
osaic
counselling & therapy

- Are you a **keyworker** in this current Coronavirus Pandemic?
- Are you feeling exhausted and overwhelmed?

MindMosaic have set up a FREE support line especially for you. Just call us on **01475 892208** (option 1) to speak to one of our fully trained counsellors.

Mon - Thurs: 11.00am - 2.00pm
Friday: 2.30pm - 4.00pm
Saturday: 9.00am - 12.00pm

Alternatively you can contact us on our dedicated email - covid19@mindmosaic.co.uk
Tell us your name, telephone number and preferred time of call.
We will organise a call-back by a trained counsellor.

BEREAVEMENT Online / phone Services

A list of support services online:

ADVICE - Help with Funerals / When someone dies:

Funeral Guide UK: <https://www.funeralguide.co.uk/help-resources>

Government Advice; Arranging a Funeral; Managing an Estate; Bereavement Support

Inverclyde Bereavement Support Group

email: roz.scullions@ntlworld.com

Bereavement Advice Centre

Freephone 0800 634 9494

Bereavement Trust

Telephone 0800 435 455

<https://www.bereavement-trust.org.uk/>

Child Bereavement UK

Telephone 0800 028 8840

<https://www.childbereavementuk.org/>

CRUSE Bereavement Care Scotland

Telephone 0845 600 2227

<https://www.crusescotland.org.uk/>

Child Death Helpline

Telephone 0800 282 986

Lullaby Trust (Sudden Infant Deaths)

Telephone 0808 802 6868

<https://www.lullabytrust.org.uk/>

Survivors of Bereavement by Suicide (SOBS)

Telephone 0300 111 5065

<https://www.uk-sobs-org.uk/>

WAY (Widowed and Young)

<https://www.widowedandyoung.org.uk/>

Marie Curie End of Life Support during Coronavirus

Telephone 0800 090 2309

<https://www.mariecurie.org.uk/help/support/coronavirus>

FINANCIAL Services

If you're unable to apply for Pregnancy and Baby Payment due to COVID-19 @SocSecScot are now accepting applications up until your baby turns one. If you're a kinship carer this has been extended to one year and six months old.

Parents or carers under the age of 18 are automatically entitled to Best Start Grant Pregnancy and Baby Payment. People could still be eligible after their 18th birthday if Covid-19 meant that they couldn't get their application in on time.

If you were unable to apply for Best Start Grant Early Learning Payment due to COVID-19 @scotgov are extending eligibility up until your child's 4th Birthday.

Parents or carers under the age of 18 are automatically entitled to Best Start Grant School Age Payment. People could still be eligible after their 18th birthday if Covid-19 meant that they couldn't get their application in on time.

Apply for Best Start Grant online at mygov.scot/best-start-grant-best-start-foods/



The Best Start Grant Pregnancy and Baby Payment is £600 for a first child and £300 for other children to help with expenses in pregnancy or having a new child.



If you are under 18 you are automatically eligible for the Best Start Grant Pregnancy and Baby Payment and don't have to be on a qualifying benefit.



The Best Start Grant Early Learning Payment is £250 to help with the cost of early learning including toys and arts and crafts supplies.



The Best Start Grant School Age Payment is £250 to help with the costs at the time a child would start school.



Social Security Scotland are now accepting applications from young carers who were eligible for Young Carer Grant but unable to apply for it before turning 19 due to COVID-19.

Find out more about the grant and apply here: mygov.scot/young-carer-grant



Young Carer Grant is a payment of £305.10 for young people who help to look after someone on certain disability benefits on a regular basis.



Applications for Funeral Support Payment can be made up to six months after the funeral has taken place. But if you miss this deadline due to COVID-19 @SocSecScot will still consider applications.

For more information and to apply visit mygov.scot/funeral-support-payment/



Struggling to pay for a funeral? Funeral Support Payment is available to people in Scotland on certain benefits.



Due to Covid-19 changes have been made to the eligibility of Social Security Scotland benefits to ensure people can get the support they need.



To ensure people can still get support from Social Security Scotland if Covid-19 stops them getting an application in on time, @ScotParl approved emergency legislation extending eligibility timescales.

Read about the changes here –

socialsecurity.gov.scot/news/making-sure-people-impacted-by-covid-19-get-our-support



Financial Fitness are Inverclyde's independent welfare benefit and money advice organisation and we are very much still open for business during this pandemic.

Advisers are working from home, providing welfare benefit and money advice via telephone and email. This means that we can help more people, much quicker.

If you are concerned about your household income taking a hit or how you are going to pay the bills. Or, you need a claim form completed or are unsure if you are missing out on some benefits.

If so, don't delay...contact us right away:

E – finfitteam@yahoo.co.uk

T – 01475 729239 (answer machine in operation, we will call you back asap)

Macmillan / Cancer Support

Macmillan Info & connect @Inverclyde

Cancer support and Information in Inverclyde

Finding out you or someone close to you has cancer can be a difficult and confusing time. That's why we're here to help support you, so you don't have to face it alone.

How can we help? We can offer you, your family friends and carers a wide-ranging service which includes:

- Emotional support or just someone to talk to.
- Connecting you with your local Macmillan Services
- Macmillan Benefits Adviser who can help with your financial concerns.
- Direct you to good quality internet sites for cancer information and support.
- Help to connect with a wide range of local services.
- If you or someone close to you has had a cancer diagnosis, we're here to help support you.

Contact Your Voice on 01475 728628 and leave a message for Liz, including name and contact detail, and we will call you back. You can also email enquiries@yourvoice.org.uk

No one should face cancer alone. For support, information or if you just want to chat, call Macmillan free on 0808 808 00 000 or visit Macmillan.org.uk

Energy

The Wise Group provide the Home Energy Advice Team (HEAT) service. HEAT provides expert energy related support to vulnerable households who are impacted by fuel poverty.

During COVID-19, all of HEAT face-to-face in-home support has been suspended. However, we continue to provide HEAT support remotely to assist the most vulnerable households. We recognise that there are householders who are self-isolating and cannot top up their meters and with this in mind, we are also proactively seeking support from energy suppliers to work with us. To date, this has proven to be an effective means of support.

If you have a householder who requires our support, please do not hesitate to contact us. Referrals can be made by email to: HEAT@thewisegroup.co.uk or by phoning **0800 092 9002**.



ENERGY SUPPLIERS - EDF 0333-200-5100 / Scottish Power 0800-027-072 / SSE 0330-102-7517
EON 0345-303-3040 / Npower 03330-100-3000 / British Gas 0333-202-9802 / Utilita 0345-2068-333
Bulb 0300-3030-635

Alcohol and Drug Recovery Services and Support

Inverclyde Alcohol and Drug Recovery Service

- Our staff remain in contact with our patients as we maintain a key worker model and we continue to monitor people who are critical or at risk.
- Work has been undertaken to ensure that patients can access their medication at the most convenient location.
- We are supporting new referrals for people who want to establish treatment services.
- If you need support or want to speak to someone about your needs in the first instance call: **01475-715353**, lines are busy, but the phones are manned so keep trying.

Needle Exchange & Naloxone available from:

- **Alcohol and Drug Recovery Service Wellpark Centre**, 30 Regent St Greenock Contact Number: **01475-715353**
- **Still Pharmacy**, 1 Burns Square Greenock PA16 ONT **01475 636396**
- **McAnerney Pharmacy “Barrs Cottage”** 182 Dunlop Street Greenock PA16 9DP **01475 722805**
- **M & D Green** 11-13 Fore Street Port Glasgow PA14 5EE **01475 741209**
- **M & D Green** 12 John Wood Street Port Glasgow PA15 5HU **01475 741033**

Online Sources of Help

- **Scottish Families Affected by Alcohol & Drugs** – Online at <https://www.sfad.org.uk/>
- **We are With You** are providing online and telephone support via <https://www.wearewithyou.org.uk/> - free confidential support to people experiencing issues with drugs, alcohol or mental health
- **Breaking Free** is a confidential online treatment and recovery programme for problem drinking and drug use. To set up your own account:
 1. Visit www.breakingfreeonline.com
 2. Click SIGN UP
 3. Use this access code: ScotGov2020 to complete the required fields.
- **Harm reduction information** -<https://knowthescore.info/>
- **Scottish Drugs Forum Information for Injecting Drug Users** : <http://www.sdf.org.uk/covid-19-information-flyer-for-people-who-inject-drugs/>
- **Drinkline**: Free, confidential helpline for anyone who is concerned about their drinking, or someone else's. Helpline: **0300 123 1110** (weekdays 9am–8pm, weekends 11am–4pm)
- **Alcoholics Anonymous online** <http://www.aa.org/>
- **Narcotica Anonymous online** <http://www.na.org/>
- **In the Rooms** free online recovery tool offering 130 weekly online meetings: 12 Step, Non-12 Step, Wellness and Mental Health. <https://www.intherooms.com/home/>
- **The Recovery Consultants** <https://www.facebook.com/therecoveryconsultants/>

Recovery Community support

Moving On - are currently supporting service users and taking new referrals. We can take self or agency referrals. Just contact us for a discussion about next steps. As staff are working from home during lockdown, all contact is via telephone or email only. Hours of opening are Monday - Friday from 9 a.m. - 5 p.m. Contact details: Office: 01475 735 200 (this will direct you to one of the contact mobile numbers) Mobile: **07767 167 388** or **07767 167 389**

Your Voice – although we are working from home, we continue to offer practical support and guidance for people in/seeking recovery, this includes:

- Food
- Energy
- mobile top ups

Call Your Voice on 01475 728628, select Recovery Enthusiasts option 4, and you will get through to Jamie Conway the Recovery Development Coordinator

I FiT (Inverclyde Faith in Through Care)

Contact Robbie Miller, I Fit Coordinator on **07542149372** or email robbie@ifit.scot for:

- Emotional support and connection
- Connectivity and mobile phone access and top ups
- Accessing Recovery, Zoom and online meetings
- Accessing basic food parcels
- Collecting and delivering food parcels and other household essentials
- Signposting and sourcing information

National helpline to provide essential assistance to those who don't have a network of support but who are at high risk of contracting COVID-19:

0800 111 4000



IF YOU ARE EXPERIENCING DOMESTIC ABUSE HELP IS AVAILABLE

Call the 24-hour Domestic Abuse Helpline
in confidence on **0800 027 1234** or visit **safer.scot**

Domestic abuse is a crime.
Call **101** to report it or **999** in an emergency.



Covid QUESTIONNAIRE

Complete online here: <https://tinyurl.com/ybs63jp4>

For general enquiries please call Your Voice 01475728628
email enquiries@yourvoice.org.uk

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Visit our website at www.yourvoice.org.uk