

Are you self-isolating due to the Coronavirus?

If so – would you like a helping hand?

The Kyle of Sutherland community has two local organisations who would like to help you during this difficult time.

Kyle of Sutherland Development Trust has staff and a pool of local volunteers who can help with:

- Picking up shopping
- Posting mail
- Urgent errands
- Dog walking
- Or perhaps just a friendly phone call to check in!

Tel: 01863 766190 or email:

development@kyleofsutherland.co.uk

The Bradbury Centre has staff and volunteers that can help with:

- Collecting prescriptions from Bonar Bridge Chemist
- Collecting shopping from local shops
- Providing hot meals

Tel: 01863 766772 or email:

bradburydaycare@btconnect.com

The local shops in Bonar Bridge and Ardgay are happy for volunteers to collect on your behalf. So you can call the shops to place your order and pay over the phone. Please then call either Kyle of Sutherland Development Trust or the Bradbury Centre to arrange collection.

Local Shops:

Kyle Bakery – 01863 766272

Bonar Bridge Chemist – 01863 760011

Bonar Bridge Post Office – 01863 766219

Swordale Farm Butchers - 01863 766343

Ardgay Stores - 01863 766801

Coronavirus is contagious. Avoid physical contact with volunteers. (Keep two metres distance). Wash your hands regularly. Items should be left on your doorstep.

Worried about someone?

If you are worried about a neighbour or someone else in the community who you think may be struggling - please contact either Kyle of Sutherland Development Trust or the Bradbury Centre and we will do our best to help out where we can.

If you would like to **support the community** and **volunteer** to help, please email your contact details to development@kyleofsutherland.co.uk

Useful weblinks & Contacts:

The Highland Council will be launching a helpline for anyone needing assistance and help. See the website for the telephone number:

www.highland.gov.uk/coronavirus

Another useful website:

www.readyscotland.org/coronavirus/

This leaflet has been produced by:

Kyle of Sutherland Development Trust

The Barn, Drovers Square, Ardgay, IV24 3AL

Registered Charity: SC043587

www.facebook.com/KyleofSutherlandDT/

The Bradbury Centre

Cherry Grove, Bonar Bridge, IV24 3ER

Registered Charity: SC023259

www.facebook.com/bradburycentrebonar/

Ardgay & District Community Council

Creich Community Council.



Development
Trust

