

Falkirk (district wide): COVID-19 Community Efforts

Date: THURSDAY 9TH APRIL 2020

Please find below a list of community responses and efforts being planned, or already taking place, in **FALKIRK (DISTRICT WIDE)** in response to the COVID-19 pandemic. This list will be updated regularly, please check back for updates.

If your efforts are not on this sheet and you would like them added, please complete [our online form](#).

Organisation	Effort/Offer/Activity	Description	Social Media	Website	Contact Name	Contact
AbilityNet	IT support and webinars	Running a series of free webinars about how tech can help people with disabilities when working or studying from home, or dealing with social isolation.	Facebook Twitter	AbilityNet webinars page	N/A	v.scotland@abilitynet.org.uk 07555397391
Alzheimer Scotland	24/7 free helpline	Available for anyone living	Facebook Twitter	Alzheimer Scotland	N/A	0808 808 3000

		with Alzheimer's or dementia (either as someone with these conditions, or caring for/living with someone who is), for support around: accessing supplies like shopping and medication, information, emotional support, and for those feeling isolated and just want to talk to someone.				
Aberlour	Funding Family Support	Administering the Aberlour Urgent Assistance Fund, awarding cash grants to assist children and young people (aged 21yo and	Facebook Twitter	Urgent Assistance Fund webpage	N/A	enquiries@aberlour.org.uk

		under), and their families, who are suffering extreme hardship.				
Asda	Volunteer Shopping Card	Contactless card for volunteers doing essential shopping for others; paid online and available to print or use online.	N/A	Asda Volunteer Shopping Card page	N/A	N/A
Barnardo's Scotland	Family support Food provision Drivers	Support for families in partnership with other agencies; working to get food and resources to families locally.	Facebook Twitter	Barnardo's Scotland page	Karen Head Norman Philip	Karen Head: karen.head@barnardos.org.uk 07730350594 Norman Philip: norman.philip@barnardos.org.uk 07825842198 General: forthvalleyservices@barnardos.org.uk 0131 446 7000
Blueberry Hills	Food provision and delivery	Free delivery of microwave meals; minimum spend	N/A	Blueberry Hills website		01786 357560

		£15. Food homemade and frozen. Open Monday - Friday				
Bonnybridge and Banknock Taxis	Food and prescription delivery	Offering free deliveries of shopping and prescriptions to the local older people. Open 24/7.	Facebook	Bonnybridge and Banknock Taxis website	N/A	01324 808222
Bread Matters	Food provision: fresh bread	The Bread Man is baking 50 - 60 loaves of bread a week for vulnerable people.	Facebook	N/A	N/A	Via Facebook page
Bruce Taxis	Food and prescription delivery	Offering discounted shopping and prescription delivery. Open 24/7.	Facebook	Bruce Taxis website	N/A	01324636000
Campbells Linlithgow	Food delivery service	Fresh meat and fish; free delivery for orders over £60. Open Monday – Saturday. Orders must be placed online.	Facebook	Campbells website	N/A	N/A

Chat and Exercise on Strength & Balance	Physical activity (online)	Facebook group delivering daily sessions around strength and balance, Monday – Friday around 1:30pm	Facebook (private group; joining required)	N/A	Stacey Robertson	Via Facebook
Childcare for Scottish COVID-19 School Closure	Information: childcare provision	Scotland-wide public Facebook group for matching childminders still able to work with people who require childcare.	Facebook	N/A	N/A	Via Facebook
COVID-19 Forth Valley Support Group	Information	Public Facebook group with general and local information, along with offers and requests for help.	Facebook	N/A	N/A	Via Facebook
David's Kitchen	Food delivery	Delivering food to self-isolating, vulnerable or elderly customers, with	Facebook	N/A	N/A	01324 228020

		delivery free within 2 miles of store. Orders booked by phone.				
Falkirk and Clackmannanshire Carers Centre (previously Central Carers)	Online and phone support	One to one support available for unpaid carers, especially during social isolation, delivered over the phone and online. Also available for young carers through the Young Carers Project.	Facebook Twitter YC Project: Facebook Twitter	Central Carers	N/A	centre@centralcarers.co.uk 01324 611510
Falkirk Coronavirus Community Support	Information	Local public Facebook group set up in response to COVID-19, with discussion around issues faced, with offers of help.	Facebook	N/A	N/A	Via Facebook
Falkirk Round Table	Local provision Volunteers	Available to collect and	Facebook	N/A	N/A	Adamsharpecreative@hotmail.co.uk

		deliver shopping and prescriptions for local older people and those who are vulnerable or self-isolating.				07787224975
Falkirk Zoom Laughter Club	Physical activity (online)	Weekly laughter yoga session delivered through Zoom by Live Laugh Breathe , 10am every Wednesday.	Facebook	Live Laugh Breathe website	Morag Wylie	Via Facebook
Falleninch Farm	Food provision	Meat orders available Monday - Friday; free delivery within 30 miles of Stirling, or on orders of over £50.	N/A	Falleninch Farm website	N/A	01786 446653
Gordon Herd, Plumbing & Heating Services	Plumbing and heating services	No call out charge, will visit and diagnose problem for free. No extra fee for visiting key workers'	Facebook	GH Plumbing website	Gordon Herd	07734709794

		homes outwith normal hours. (Based in Denny, available across Falkirk.)				
Hogan's Fine Foods Company	Food provision and delivery	Online food ordering and delivery, subject to availability, Monday – Friday. (Based in Stenhousemuir, delivery available to all Falkirk areas.)	Facebook	Hogan's Fine Food Company	Catriona	01324 555844 info@hogansfinefoodcompany.co.uk
Home Energy Scotland	Energy saving advice and support	Free phone support on all matters relating to energy efficiency and staying warm while at home, billing and tariffs, and resources. Open Mon – Fri, 8am – 8pm, and Sat 9am – 5pm.	Facebook Twitter	HES website CVS Falkirk web article on COVID-19 support	N/A	Free phone: 0808 808 2282

Line Dancing With Helen Bang	Physical activity (online)	Free 30 minute line dancing classes, through Zoom; recordings also available. (Based in Denny, open to all.)	Facebook	N/A	Helen	01324 81032
Love Falkirk	Food provision	Free parcels of food and toiletries available for families in need throughout Falkirk.	Facebook Twitter	Love Falkirk website	Blair Henderson	Via Facebook
Morrisons Supermarket	Food provision	Food Boxes at £35 full of essentials (£30 for box, £5 delivery) available online. Choice of vegetarian or meat eater box.	N/A	Food Boxes page	N/A	N/A
Pardovan Feeds	Food delivery and collection (including animal feed)	Based in Philipstoun and delivering to Bo'ness every day apart from Sunday, and other Falkirk	Facebook	N/A	N/A	01506 830064

		<p>areas on Tuesday; veg boxes, soup packs, fruit boxes, animal feed and care packages available. Open Monday – Saturday, 10am – 4pm. Ordering is by phone only.</p>				
Patricks of Camelon	Food delivery	<p>Online orders for collection and delivery; delivery is restricted to postcodes within Forth Valley. Collection slots for local customers are available Monday, Wednesday and Friday, 12pm - 3pm. Delivery slots are available Tuesday,</p>	Facebook	Patricks website	N/A	info@patricksofcamelon.com 01324 612082

		Thursday and Saturday. New orders on sale every night at 7:30pm.				
Polmont Breastfeeding Group	Family support	Virtual meetings in usual Tuesday afternoon slot; open to people across Falkirk, not just Polmont. Free online resources also available.	Facebook Twitter: Association of Breastfeeding Mothers	N/A	Caroline	forthvalley@breastfeedingnetwork.org.uk
Rainbow Muslim Women's Group	Food provision	Food deliveries to isolated families and vulnerable people unable to get to the shops.	Facebook	RMWG website	N/A	rainbowgroup@hotmail.co.uk
Salvation Army Falkirk	Food provision	Running a drop-in from their centre Monday – Friday, 12:30pm – 2:30pm, with a takeaway meal and cup of soup. Open to anyone in	Facebook	N/A	Campbell McDiarmid or Ian French	falkirk@salvationarmy.org.uk 01324 627425

		difficult situations or dealing with homelessness. The centre is located at 1 Woodside Court, Falkirk, FK1 5AN, near High Station, and no paperwork or referrals are necessary.				
Sardars Cellar	Food provision and delivery	Online essential food ordering and delivery, plus other essential items. Orders taken till 10pm each night, placed through Facebook or by phone.	Facebook	N/A	N/A	sardarscellar@gmx.co.uk 01324 624388
Scottish Seniors Computer Club	IT computer support and repairs	Virtual meetings and support.	Facebook	N/A	Roy Kerr John McGregor	07414681020
Snappy Shopper	Delivery service	Online delivery service of various essentials		Snappy Shopper website	N/A	0333 900 1250

		including food and toiletries; app also available.				
Specialized Jetting Services LTD	Essential cleaning services	Offering toilet and urinal unblocking, leaks and drain jetting services free of charge during COVID-19. Based in Banknock, operating across all Falkirk areas. Open 24/7. Other services still available.	Facebook	Website	N/A	07546436351
Stenhousemuir FC	Community support	Through Community Help Initiative, volunteers, staff and community coaches can help with shopping, picking up prescriptions, walking pets, etc. Those	Facebook	Stenhousemuir FC website	David Reid	Hotline: 01324 466563 David Reid: 07979703437

		looking to request their support can call the Community Help Hotline on 01324 466563.				
Temporary Home Education Families	Information: family support	Facebook group set up following masses of parents of schooled children accessing higher education groups for advice while children are out of school early, to support them, and share experiences and ideas.	Facebook (private group; joining required)	N/A	N/A	Via Facebook
The Virtual Village	Online support	A private Facebook group created to allow people to socialise online, with a range of activities: Kids' Club (including	Facebook (private; membership required)		N/A	Via Facebook group

		downloadable schoolwork, activities), Virtual Tavern (pub quizzes, online game nights), Fitness Centre, Business Hub (tips to take your self-employed business online if you're worried about money), Beauty Salon (tips to do nails and hair, etc, at home), and more.				
Victim Support Scotland	Support for those affected by crime Free helpline	Continuing to offer support through their free helpline (Mon – Fri, 8am – 8pm) and online webchat service.	Facebook Twitter	VSS website	N/A	VSS helpline: 0800 160 1985
Wellbeing Scotland	Online and phone support	Wellbeing support around COVID-19 , delivered via	Facebook Twitter	Wellbeing Scotland website	N/A	info@wellbeingscotland.org 01324 630100 Helplines:

		phone, text, email, and possibly virtual groups.				Survivors of in care abuse: 0800 121 6027 People of all ages with mental wellbeing concerns: 07912759655
William Ferguson Dairy	Milk and dairy deliveries	Based in Dennyloanhead; deliveries available across Falkirk.	Facebook	N/A	William Ferguson	billyferguson.mil@hotmail.com 01324 635411
Your Local Farm	Fruit and veg deliveries	Free delivery for fruit and vegetables packs. Other orders are £3.95 delivery for orders over £30. Deliveries are made 8am – 6pm, and recipient does not have to be home for delivery. (Based in Slamannan, delivering across Falkirk.)	N/A	Your Local Farm website	N/A	01324 851750