

Useful information/contacts for carers

VSA Adult Carers Service
Coronavirus Information



www.nhsinform.scot/coronavirus

During these difficult times with the Coronavirus the VSA Carers team wanted to ensure you know what supports are available to you as a Carer and those you look after. We have compiled some useful links to support for you during this time.

NHS inform is Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care. Please follow the link to the webpage

<https://www.nhsinform.scot/>

SHIELDING ADVICE: Shielding is for people, including children, who are at very high risk of severe illness from coronavirus (COVID-19). It's also for their family, friends and carers.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding>

ABERDEEN CITY COUNCIL Crisis line 0800 0304 713 8am-6pm Monday- Friday- For those hit hardest by the coronavirus outbreak and unable to obtain help from their existing support networks, in these unprecedented times.

Link below to Aberdeen City Council:

<https://www.aberdeencity.gov.uk/services/people-and-communities/coronavirus-covid-19>

Reminder that all collections of mixed recycling, food and garden waste are suspended. General waste will still be collected as normal.

Grampian Coronavirus (COVID-19) Assistance Hub launched

A new website and phonenumber has launched to, providing people all across Grampian with information on how to access social, practical and emotional support on Coronavirus (COVID-19).



National Carer
Organisations

The new Assistance Hub pulls together links to the latest advice from a range of partners including all three local authorities, Police, Health, Red Cross, volunteers and community information. It is a site for anyone in Aberdeen City, Aberdeenshire and Moray, with information for residents and businesses alike.

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

The best place to find **Government Services** and information during this time to support you regarding finances/benefits/work etc please see the link:

<https://www.gov.uk/coronavirus>

Carers Scotland have a huge source of information and advice for carers and the person you are caring for:

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

And the **Coalition of Carers** have produced the following helpful document, a Question and Answer factsheet to explain what the Coronavirus Act covers and highlight the measures that are most relevant to carers. They plan for it to be regularly updated: [You can download it here](#)

<https://www.carersnet.org/2020/03/covid-19-advice-for-carers/>

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FOOD SHOPPING

Milk: Thomson Dairies are still accepting new customers – contact details are 01224 984222 or info@thomsondairies.com

Wiltshire Farm foods: still providing deliveries to existing customers and the most vulnerable only

<https://www.wiltshirefarmfoods.com/> Telephone: 0800 077 31

Supermarkets: Most are operating with social distancing, reduced hours and restrictions and priority to vulnerable and key workers

www.asda.com

www.sainsburys.co.uk

www.tesco.com

There are also many local businesses / shops still providing food deliveries, fruit and veg etc

Partnerships of local charities / Evening Express / Original 106 are providing essentials to individuals who cannot get out. For more info to donate or register contact 0300 300 0903 or see

www.AC2U.org

TRANSPORT

Both First Bus and Stagecoach Aberdeen are operating revised timetables:

First Bus <https://www.firstgroup.com/>

Stagecoach Bus <https://www.stagecoachbus.com/>

HEALTH

If you, or someone you know, is struggling with a health issue then our best advice is always to contact the appropriate GP. However the following links may also be useful:

Mental Health Aberdeen – Telephone 01224 573892

Penumbra – First Response Team – Telephone 0800 234 3695

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RESOURCES

Shared Care Scotland

A list of short breaks for strange times. These include everything from online courses, virtual museums, exercise programmes, read-alongs, and websites for children and young people, as well as support services that are delivering online.

[Shared Care Scotland](#)