

# ARE YOU SELF-ISOLATING?

## The New Galloway and Kells community can help you.

If you are self-isolating during the current coronavirus epidemic, volunteers from the local community, including New Galloway Community Enterprises, Local Initiatives in New Galloway and the Community Council, are available to help with the following:

- Collecting your food/grocery shopping;
- Collecting your prescription from the Glenkens Medical Practice;
- Library book service;
- Walking your dog.

*Government advice on preventing the spread of the virus is to avoid physical contact. We will therefore ring your doorbell, step back 2 metres, and wait for you to collect the items. If no-one is available to answer the door, we will have to take the items away but will telephone you to rearrange delivery.*

### FOOD SHOPPING

New Galloway Community Shop (01644 420260) will take orders over the phone any day between 10.00 - 12.00, and a volunteer can then deliver your groceries to your door – when you make your order please tell them a convenient day and time for delivery.

Love to Eat (01644 420841 or 07393 199702) will also take orders for homemade frozen meals and deliver locally. Dietary requirements can usually be accommodated, especially with advance notice.

Fleet Fish (07966 103912) is in New Galloway on a Friday and if you telephone your order through, then Charlie will leave it at your door.

If you are unable to pay for your shopping, due to not being able to get to the Post Office, please don't be concerned. These suppliers are happy to bill you weekly during the epidemic.

Many other local businesses are also offering order and delivery services, and the Smithy (01644 420269) has offered fridge/freezer capacity to receive deliveries by prior arrangement.

### REPEAT PRESCRIPTIONS

When you need a repeat prescription from the Glenkens Medical Practice (01644 420234), a volunteer can collect and deliver it to you. Just ask the surgery the day and time it will be ready for collection. Then telephone one of the contact numbers below who will then arrange collection and delivery. You will need to provide your name, date of birth and address in order for someone to collect it for you.

### LIBRARY SERVICE

If you would like your Library books collected and exchanged for new ones, please telephone Angela at the Dalry Library (01644 430234) on Tuesdays or Fridays.

### DOG WALKING

If you need help walking your dog, please telephone one of the contacts below who will be happy to organise this for you. Please have your dog ready on its lead so that physical contact can be kept to a minimum.

*We also recognise that 'staying home to stay safe' can be lonely – our volunteers are happy to telephone for a chat. Or if there is anything else we can help with, please let us know by phoning any of the contacts listed below.*

### CONTACT DETAILS

**New Galloway Community Enterprises: Sam Rushton – 07741 656601**

**Helen Keron – 07789 693698**

**New Galloway & Kells CC:**

**Ralph Spernagel – 07796 445528**

**LING:**

**Ros Hill - 01644 420632 or 07895 457923**

**Email:**

**ngcommunityhelp@gmail.com**

**If you can help and would like to be added to our roster of volunteers, please contact Sam Rushton or send an email to:-  
ngcommunityhelp@gmail.com**