

Local food deliveries



#DundeeEats

The Dundee.com website is continually updating its “Dundee Eats Buy Local” list where residents can find an up to date list of local businesses that are delivering food or open for collections.

The list can be accessed at www.dundee.com/DundeeEats_BuyLocal

An update from Dial-OP and GO



Dial-OP & GO is here to support the community during these challenging times.

Its commitment remains to:

- operate as an information resource on support locally available and

- ensure the most vulnerable in our communities don't feel disconnected and isolated.

Through the Information Line, Dial-OP holds an internal up to date list of local organisations and agencies that can help during this uncertain time. If you have any questions or concerns, please phone the Dial-OP Helpline regarding any enquiry about current services relating to your wellbeing including shopping, food provision, collecting prescriptions, befriending and morning calls, etc.

The call handlers will provide organisations and the general public with the most up to date information and will signpost or arrange onward referral to the relevant services. You can email dialop@dvva.scot or call 01382 305757, Monday to Friday, 9am to 5pm.

For referrals to Dial-OP Blether Buddies (weekly friendly chat) and Dial-OP Morning (short, daily welfare check between 8:00am and 10:00am, Monday to Friday), email dialop@dvva.scot or download it from [our website](#) and we will arrange a companionship and/or welfare calls.

Please note that Dial-OP Information Line does not provide advice or advocacy, but signposting opportunities and onward referral to relevant services.

Dial-OP Blether Buddies and Morning Call are not a counselling or crisis service, but able to link folks with friendly telephone buddies to speak to for up to 30 minutes once a week, or morning callers who check in with them to make sure they are well. Emergency Contact and/or Next of Kin is required on referral for non-response scenarios.

[Growing with what you've got : Live Workshop Q & A](#)



A great live workshop Q&A from Dundee tomorrow!

This on-line workshop tomorrow has as the guest growing guru Kate Treharne who has been documenting ideas for lockdown gardening in her online channel, making do with things she's got at hand.

Stand by for lots of tips on what's worked and what hasn't for her so far, followed by the usual Q&A powered by several growing gurus.

Booking is required.

More details
at www.eventbrite.co.uk/e/growing-with-what-youve-got-live-workshop-q-a-tickets-103406561810.

[Another update during the COVID-19 emergency](#)



Further update – for Sunday 26th April – from and Councillor Fraser Macpherson (West End) and Councillor Craig Duncan (Broughty Ferry)

NON-COVID: IF YOU NEED HELP, CALL THE NHS

People are being encouraged to seek medical help for urgent health issues which are not related to COVID-19.

During the lockdown, patients have been delaying seeing their GP, and there has been a urgent cancer referrals and families getting their children vaccinated.

The campaign will encourage people to call their GP surgery, or 111 out of hours, if they have urgent health concerns. In emergencies, they should still

dial 999.

CASH

There is a new service which allows friends and families to be able to withdraw cash for those who are self-isolating and drop it to them securely and safely at their home.

Banks can now send vouchers to customers by text, e-mail or post which they can then share with a trusted individual to withdraw cash on their behalf. All UK Banks, Building Societies and Credit Unions are able to use this service and customers can contact their bank to find out if they have signed up.

<https://www.itv.com/news/2020-04-13/post-office-helps-self-isolating-people-access-cash-more-easily>

www.postoffice.co.uk/post-office-payout

LOCK DOWN EXIT DISCUSSION

The discussion document published by the First Minister on Thursday sparks a national conversation on not just how we exit the lockdown but how we change our lives for the next few years. The lockdown is saving lives from Covid 19 but it is also impacting on our mental health and is exacerbating inequalities. Our plan must fully include ways of addressing these problems.

The UK wide approach that has been adopted has been broadly effective at keeping the public health guidance clear. It is important that the Scottish Government backs up the need for clarity.

We are prepared to contemplate different measures for different parts of Scotland and the UK, but we are not prepared to support being different for its own sake. There is a risk from confused messages from different governments and that must be avoided to help keep people safe.

Please take time to read the document and contribute to the discussion.

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making>

AGE SCOTLAND ADVICE

Age Scotland has some helpful advice for older citizens at <https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/about-coronavirus>

PHISHING E-MAILS

National Cyber Security Service now has a phishing reporting service so people can simply forward dodgy emails to report@phishing.gov.uk. This is even more of an issue during the current health emergency.

Read more at <https://www.ncsc.gov.uk/information/report-suspicious-emails>

INFORMATION

UK Government news: www.gov.uk/search/news-and-communications

Scottish Government Updates: www.gov.scot/news

Dundee City Council updates: www.dundee.gov.uk/coronavirus-covid-19
Covid community helpline for food, shopping, prescriptions, finances, personal care: People in Dundee on the shielded list only – 0300 123 1403.
People in Dundee who are vulnerable but not on the shielded list – 0800 111 4000

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

NHS Tayside website: www.nhstayside.scot.nhs.uk
Helpline for those who do not have symptoms but are looking for general health advice Tel: 0800 028 2816.

Health Protection Scotland Guidance
– www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19

Federation of Small Businesses: www.fsb.org.uk/coronavirus
Helpline for small businesses, Monday to Friday, 8.30am to 5.30pm. Tel: 0300 303 0660.

Ready Scotland Information – www.readyscotland.org/coronavirus

Tayside Cares – www.taysidecares.co.uk

SUPPORT AND ADVICE

This is an anxious and uncertain time but we want you to know that we are here to try to help constituents in whatever way that we can.

CONTACT DETAILS

WEST END WARD – Bailie Fraser Macpherson

Phone – Dundee 459378 (home)

E-mail – fraser.macpherson@dundee.gov.uk

Facebook updates : www.facebook.com/dundeewestend

[Support for vulnerable residents during the COVID-19 emergency](#)



I thought it would be useful to give a reminder of the Dundee helpline to provide lifeline support and supplies for vulnerable people who have been advised to shield themselves against coronavirus, but have no way to access services.

The Freephone number for Dundee – 0300 123 1403 – allows those who have been identified by Scotland’s chief medical officer because of specific health conditions to speak to council advisers, who will then be able to target emergency aid directly.

People in Dundee who are vulnerable but not on the shielded list should use a different number – 0800 111 4000.

A single point of contact internet portal has been launched at www.taysidecares.co.uk to help provide a joined-up response in the wider Tayside local resilience partnership area, which includes Angus and Perth & Kinross.