

# Inchgarth community centre



**WE ARE HERE TO  
HELP DURING  
COVID-19**

**INFORMATION BOOKLET ON  
HOW INCHGARTH IS ABLE TO  
HELP YOU DURING THE  
COVID-19 CRISIS**

**A centre of excellence. For the  
community, by the community.  
[WWW.INCHGARTH.ORG](http://WWW.INCHGARTH.ORG)**





## An update on how we are helping not only Garthdee residents, but much of Aberdeen South during covid-19

The staff and management team of Inchgarth realise how tough things are for many people during the covid-19 pandemic. Mentally, socially, and financially, things are difficult, but we want you to know that we are here to help.

Thanks to funding from several sources, we are able to assist those most in need through a quick and simple process where we ask you some basic questions to determine if we are in a position to help you directly, or refer you onto another agency.

Please read the following information on how we can help, and how to get in touch with us.

This will be a **confidential support service**, so please do not be worried to ask for our help.

# SUPPORT



We can organise volunteers to do your grocery shopping if you are shielding or vulnerable. For people with financial struggles, we can support you with a free parcel



Do you need some toiletries but struggling to buy them as the bills pile up?



We can support you with sanitary products



We have a small budget to support families or individuals with clothing, who are struggling financially

# SUPPORT



Do you need any help with obtaining pet food? For people struggling financially we can help you out.



Nappies can be expensive and we have a small budget to support those most in need to gain a little help.



For those who are elderly, disabled, or struggle to cook, we can offer ready meals. For those with no cooking facilities we can provide hot meals.



During the lock down it's hard to keep the children entertained, and we realise some people have struggled to buy pens, paper, crafts. For those most in need we may be able to help

# SUPPORT



As we spend more time at home and use more **GAS**, the bills are increasing. We can support those most in need with a little top up.



Similarly with the gas, we have a small budget to support people with the **ELECTRICITY COSTS**. It shouldn't be a choice of food or heating the home.



We have a small **WHITE GOODS** budget for those in dire need.



We are in a position to help you with **CLEANING MATERIALS** for your home.



One of our lovely volunteers can call you for a **SOCIAL CHAT** on the phone, at no cost to yourself.

# SUPPORT



Some people are more socially isolated than normal during this covid-19 pandemic. Some have no IT equipment & internet access for their children's school work, for adults to stay connected, to do online shopping, and gain access to the various information and support services that exist.

We will consider supporting people to gain a laptop or tablet **WHO HAVE NO ACCESS to computers, tablets, or internet.**

# HOW TO APPLY

The process of applying for support is simple, all you need to do is call us on the number below, email us, or you ask an organisation or professional to refer you to us by email or telephone.

We then ask you some simple questions in the strictest of confidence to assess your current circumstances and need, and we will do our best to get back to you within a day with a decision. Please **BE PATIENT** with us during the process and the centre's decision on all applications is final

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Call us on 07546 336 995

**You can text and we will call you to save money.**

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E-mail

[inchgarthcc1@btinternet.com](mailto:inchgarthcc1@btinternet.com)

# WWW.INCHGARTH.ORG

VISIT OUR WEBSITE FOR  
A FULL LIST OF  
SUPPORT SERVICES FOR  
COVID-19 AND TO VIEW  
OUR 170 SESSIONS OF  
ACTIVITY.

