

THE CUMBERNAULD CORONAVIRUS 100 DIRECTORY

DETAILING 100 KEY SERVICES, RESOURCES, COMMUNITY SUPPORTS AND EMERGENCY CONTACTS FOR CUMBERNAULD CITIZENS IN RESPONSE TO CORONAVIRUS PANDEMIC

Published April 2020



On 11 March 2020, World Health Organisation (WHO) declared the coronavirus outbreak affecting many countries in the world as a pandemic, with the disease spreading rapidly across Scotland following its first reported case on 2 March 2020. Prime Minister Boris Johnson and First Minister Nicola Sturgeon implemented a range of unprecedented national quarantine measures across the UK as of Monday 23 March 2020 in response to the situation.



As a Community Anchor Organisation serving Cumbernauld, Cornerstone House Centre has responded by launching The **CHaT (Community Help and Talk) Service**, endorsed by The National Lottery Community Fund and Corra Foundation, with a view to providing a range of practical supports, advice and interventions to help Cumbernauld citizens and communities through this challenging period. As part of this activity, **The Cumbernauld Coronavirus 100 Directory** has been produced to provide essential and useful information about services, supports and resources available to help local people.



	ABOUT CORONAVIRUS Overview of Coronavirus (COVID-19)	THE LOCAL SITUATION Coronavirus Affecting Cumbernauld	THE LOCAL RESPONSE Community Resilience in Cumbernauld
INFORMATION	<p>Coronavirus (specific disease name COVID-19) is a newly discovered illness that can affect your lungs and airways. It was first discovered in China in December 2019, and has spread rapidly across the all continents of the world since then.</p> <p>Main symptoms of coronavirus are a cough, high temperature and shortness of breath. The virus is highly contagious and especially presents a major risk for older people / those with health conditions.</p>	<p>The local situation in relation to coronavirus is rapidly evolving by the day as the number of cases, deaths and community response changes.</p> <p>As at 15 April 2020, there were 873 confirmed cases in the Lanarkshire area, including 225 people hospitalised and 29 in intensive care. It is not known how many of these are specific to the Cumbernauld area. The mortality rate of those infected in Scotland as at this date was 10.4%.</p>	<p>Renowned for its community resilience, Cumbernauld's initial response to the pandemic has been one of action and togetherness.</p> <p>Several local organisations and people, notably those listed on the following pages, have responded positively with a view to helping those in need living in the Cumbernauld area. Cornerstone House Centre intends to provide community coordination to the response effort.</p>
OBJECTIVE	<p>World governments and communities aim to control and limit the spread and mortality of coronavirus across the world through responding with appropriate measures in the interest of local, national and international public health.</p>	<p>Initial objectives are to limit the spread of the virus through restricting public movement and activity, and treating those who have contracted the virus.</p> <p>Ultimately, the town of Cumbernauld seeks to first control and secondly eradicate coronavirus from the local and wider area.</p>	<p>Cornerstone House Centre seeks to work in partnership with local organisations, communities and individuals to alleviate the negative impact of coronavirus in Cumbernauld. In particular, it aims to respond appropriately and quickly to the needs individuals and families who are vulnerable, isolated and underprivileged.</p>

For enquiries relating to this Directory, please contact the CHaT Service Team by phoning 07940 569527 or emailing health@cornerstone-house.org.uk.

AN INTRODUCTION TO THE CUMBERNAULD CORONAVIRUS 100 DIRECTORY...

Page 3-29 contain summary details of the below **100 organisations, services, supports and resources** which may be of use to Cumbernauld citizens during the coronavirus pandemic, consisting of a mixture of local and national provisions. The Directory prioritises and categories entries according to eight identified key areas of support (physical health, mental health, practical support, financial support, social contact, learning support, emergency help and advice and info). Access information is provided in the form of coverage areas, lead contacts, telephone numbers, email addresses, social media handles and online resources.

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THE CUMBERNAULD CORONAVIRUS 100 DIRECTORY: KEY SERVICE AND RESOURCE INFORMATION FOR CUMBERNAULD CITIZENS

Equipping citizens living in Cumbernauld with valuable information about and contact details for organisations, services, provisions and resources which have been developed or enhanced to support local individuals and communities through the coronavirus (COVID-19) pandemic and restrictions

INFORMATION COLLATED BY CUMBERNAULD COMMUNITY HEALTH AND TALK SERVICE (CHAT) USING A RANGE OF PUBLIC INFORMATION AND ENDORSED SOURCES

Ref No	Name of Organisation or Community Resource	Description of Activity / Service(s) Currently Available	Type of Support Provided							Key Contact / Access Details	
			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
001	ADVICE DIRECT SCOTLAND	A free online advice and information hub for citizens covering a multitude of areas, including benefits, debt and consumer matters, as well as providing a telephone advice line which can be contacted Monday to Friday from 9.00am to 6.00pm and a new Coronavirus Advice Scotland website				✓				✓	Covering: Scotland wide Telephone: 0800 800 9060 Email: advice@advice.scot Facebook: @advice.scot Twitter: @advisedotscot Instagram: @advice.scot Online resource: www.advice.scot Online resource: www.coronavirusadvice.scot
002	AGE SCOTLAND	Accessible every Monday to Friday from 9.00am-5.00pm during the coronavirus pandemic, the Age Scotland helpline is a free, confidential telephone service for older people, their carers and families in Scotland providing information, friendship and advice, with online information for older people in relation to coronavirus available through a special section of the organisation's website	✓	✓		✓	✓			✓	Covering: Scotland wide Telephone: 0800 124 4222 Email: helpline@agescotland.org.uk Facebook: @AgeScotland Twitter: @AgeScotland Instagram: @Age_Scotland YouTube: @AgeScotland Online resource: www.agescotland.org.uk Online resource: www.ageuk.org.uk/coronavirus
003	ALCOHOLICS ANONYMOUS	Providing a 24-hour telephone helpline and email support service during coronavirus restrictions for those addicted to alcoholic and recovering addicts, offering alternative support to face-to-face group meetings which have been temporarily cancelled	✓	✓			✓		✓	✓	Covering: Scotland wide Telephone: 0800 917 7650 Email: help@aamail.org Twitter: @AlcoholicsAnonAA Instagram: @AA_12Steps Online resource: www.alcoholics-anonymous.org.uk

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
004	ALL IN FITNESS	Providing a timetable of online family friendly one-hour fitness classes for Cumbernauld citizens every Monday to Thursday and Saturday during coronavirus restrictions, including Boxercise, Family Circuits, Bootcamp @ Home, Zero Equipment Circuits and AIF to the Core, with most classes costing £5 per session	✓				✓				Covering: Cumbernauld wide Lead Contact: Martin Murray Telephone: 07870 225226 Email: martin@all-in-fitness.co.uk Facebook: @AllInFitnessScotland Twitter: @AllInFitnessSco Instagram: @AllInFitnessNow Online resource: www.all-in-fitness.co.uk
005	ALZHEIMER SCOTLAND	Lanarkshire Dementia Resource Centre is coordinating a range of online resources and supports for people with dementia and carers living in Lanarkshire through video and group calls using the Attend Anywhere platform, with the national organisation providing a 24-hour telephone helpline support service	✓	✓			✓	✓		✓	Covering: Scotland wide Lead Contact: Lorna Hart-Thomson Telephone: 07810 330980 Telephone: 0800 808 3000 (24-hour helpline) Email: lanarkshireservices@alzscot.org Facebook: @AlzheimerScotland Twitter: @AlzScot Instagram: @AlzScot YouTube: @AlzheimerScotland Online resource: www.alzscot.org
006	ANTONINE SHOPPING CENTRE	One of two primary indoor shopping centres located in Cumbernauld town centre, remaining open every day from 10.00am-4.00pm for essential service providers only, including Boots, Superdrug, Bargain Buys and Bank of Scotland			✓						Covering: Cumbernauld wide Address: Tryst Road, Cumbernauld, G67 1JW Telephone: 01236 729972 Email: enquiries@antonineshopping.co.uk Facebook: @AntonineShoppingCentre Online resource: www.antoninecumbernauld.com

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
007	ASDA CUMBERNAULD	Containing Asda Pharmacy, opening hours during for Asda Cumbernauld store are Monday-Wednesday 8.00am-10.00pm and Thursday-Sunday 8.00am-8.00pm, with 8.00am-9.00am each day specifically designated for older and vulnerable customers only during coronavirus pandemic, and click and collect services available but only vulnerable customers encouraged to use this service at present			✓						Covering: Cumbernauld wide Address: 1 Tryst Road, Cumbernauld, G67 1JW Telephone: 01236 855000 Facebook: @AsdaCumbernauld Twitter: @Asda Instagram: @AsdaCumbernauld YouTube: @Asda Online resource: www.asda.com Online resource: www.asda.com/click-and-collect
008	BAPTIST UNION OF SCOTLAND	Providing weekly Christian prayer services online during the coronavirus pandemic every Sunday at 7.00pm on the Baptist Union of Scotland's website and Facebook channels					✓				Covering: Scotland wide Telephone: 0141 423 6169 Email: admin@scottishbaptist.org.uk Facebook: @ScottishBaptist Twitter: @ScottishBaptist Instagram: @ScottishBaptist YouTube: @ScottishBaptist Online resource: www.scottishbaptist.org.uk
009	BETHLEHEM HOUSE OF BREAD FOOD BANK	Providing food parcels, toiletries and other necessary items to support those in poverty and facing crisis situations living in Cumbernauld from Cornerstone House Centre every Thursday from 5.00pm-7.00pm, with individuals requiring a food bank referral			✓				✓		Covering: Cumbernauld wide Lead Contact: Norma Cowan Address: Cornerstone House Centre, 1 Esk Walk, Cumbernauld, G67 1BZ Telephone: 07737 999104 Email: normacowan@hotmail.co.uk Facebook: @CumbernauldFoodBank
010	BOARD GAME ARENA	Family friendly web platform enabling anyone to play thousands of traditional and newer board games online with other portal users around the world for free, with individual users able to join using Facebook, Google or via email registration and login					✓				Covering: UK Wide Facebook: @BoardGameArena Twitter: @BoardGameArena Instagram: @BoardGameArena Online resource: www.boardgamearena.com

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011	BOOTS PHARMACY (CRAIGMARLOCH)	Craigmarloch pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓					✓	Covering: Craigmarloch Address: Unit 4, Auchinbee District Centre, Cumbernauld, G68 0EZ Telephone: 01236 735419 Facebook: @BootsUK Twitter: @BootsUK Instagram: @BootsUK YouTube: @BootsUK Online resource: www.boots.com
012	BOOTS PHARMACY (TOWN CENTRE)	Cumbernauld town centre pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓					✓	Covering: Cumbernauld wide Address: Unit 24, Antonine Shopping Centre, Tryst Road, Cumbernauld, G67 1JW Telephone: 01236 737752 Facebook: @BootsUK Twitter: @BootsUK Instagram: @BootsUK YouTube: @BootsUK Online resource: www.boots.com
013	BREATHING SPACE	Facilitating a telephone and webchat pilot support service for individuals feeling depressed, lonely, stressed, anxious or suicidal, open during the coronavirus restrictions Monday to Thursday from 6.00pm to 2.00am and Friday 6.00pm to Monday 6.00am		✓				✓		✓	Covering: Scotland wide Telephone: 0800 858 687 Webchat: www.breathingspace.scot/how-we-can-help/webchat-pilot-project/ Online resource: www.breathingspace.scot

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014	BRITISH RED CROSS	Recruiting a bank of Community Reserve Volunteers to help the country cope with and get back on track during the coronavirus pandemic, where Community Reserve Volunteers can be allocated to local public services that are in need of support or facing an emergency situation	✓	✓	✓		✓	✓	✓		Covering: UK wide Email: reserves@redcross.org.uk Facebook: @BritishRedCross Twitter: @BritishRedCross Instagram: @BritishRedCross YouTube: @BritishRedCross Online resource: https://reserves.redcross.org.uk
015	CACE OLDER PEOPLE ACTIVE LIVES	Providing a remote befriending service for older and isolated people living in the Cumbernauld area during coronavirus restrictions, as well as coordinating food and prescription delivery support for the most vulnerable people in communities, in addition to signposting people to other local services	✓	✓	✓		✓	✓	✓	✓	Covering: Cumbernauld wide Lead Contact: Linda Macaulay Telephone: 01236 451393 Email: info@careatcace.com Facebook: @CACE-158378691265780/ Twitter: @CACECumbernauld YouTube: @CareAtCace
016	CANCER RESEARCH UK	Providing telephone access to cancer nurses during the coronavirus pandemic every Monday to Friday from 9.00am-5.00pm, with advice and information on how cancer patients should approach coronavirus restrictions highlighted in a bespoke online support guide	✓	✓			✓		✓	✓	Covering: UK wide Telephone: 0808 800 4040 Email: Via www.cancerresearchuk.org/about-us/contact-us Facebook: @CancerResearchUK Twitter: @CR_UK Instagram: @CR_UK YouTube: @CancerResearchUK Online resource: www.cancerresearchuk.org/coronavirus
017	CARBRAIN AND HILLCREST COMMUNITY COUNCIL	Coordinating and delivering pre-cooked food for vulnerable and underprivileged people quarantined in the Carbrain area with home deliveries including supplies for approximately one week, as well providing other practical supports for those in need living in Carbrain			✓		✓		✓	✓	Covering: Carbrain and Hillcrest Lead Contact: Frances Park Telephone: 07518 207103 Email: carbrain.hillcrest.cc@gmail.com Facebook: @CarbrainHillcrestCommunityCouncil Twitter: @Carbrain_HCC

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
018	CHEST, HEART AND STROKE SCOTLAND	Providing a telephone advice line (every Monday to Friday from 9.30am-4.00pm), email support service and online information during the coronavirus pandemic for those in Scotland living with heart disease, lung disease or stroke, with nurses on hand to advise individuals with these conditions and carers how they can best protect their health at this time	✓				✓		✓	✓	Covering: Scotland wide Telephone: 0808 801 0899 Email: advice@chss.org.uk Facebook: @CHSSScotland Twitter: @CHSSScotland Instagram: @CHSSScotland YouTube: @CHSSScotland Online resource: www.chss.org.uk/coronavirus
019	CHOOSE LIFE	National online resource providing key information and resources about suicide and suicide prevention, including links to services and organisations trained to help individuals in emotional distress and at risk of suicide		✓					✓	✓	Covering: Scotland wide Email: info@chooselife.net Online resource: www.chooselife.net
020	CHILD POVERTY ACTION GROUP (CPAG)	Providing a bespoke online information hub for Scottish children and families on low incomes during the coronavirus pandemic, as well as coordinating a telephone and email advice for advisers service				✓		✓		✓	Covering: Scotland wide Telephone: 0141 552 3303 Email: advice@cpagScotland.org.uk Facebook: @CPAGuk Twitter: @CPAGuk Twitter: @CPAGScotland Online resource: www.cpag.org.uk/coronavirus Online resource: www.askcpag.org.uk
021	CHRISTIANS AGAINST POVERTY (CAP)	Providing debt counselling, advice and practical help for those experiencing poverty across the UK via remote means during coronavirus restrictions, including initiating emergency support to individuals in real need, with useful resources on the organisation's website and social media pages			✓	✓			✓	✓	Covering: UK wide Telephone: 0800 328 0006 Email: info@capuk.org Facebook: @CAPuk Twitter: @CAPuk Instagram: @CAPuk_org YouTube: @CAPukOrg Online resource: www.capuk.org

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
022	CHRYSTON COMMUNITY COUNCIL	Coordinating a range of supports for vulnerable and elderly people living in the Chryston area during the coronavirus pandemic, including delivery of groceries, prescriptions and other essential items as well as assisting those socially isolated			✓		✓		✓	✓	Covering: Chryston Telephone: 07548 243272 Email: chrystoncommunity+covid@gmail.com Facebook: @ChrystonCC
023	CITIZENS ADVICE DIRECT	Free online advice and information for citizens covering a multitude of areas, including benefits, work, debt and money, consumer matters, housing, family, law and courts and health, with specific advice offered in relation to financial problems as a result of coronavirus and coronavirus scams				✓			✓	✓	Covering: Scotland wide Telephone: 03444 111 444 Telephone: 0800 085 7145 (Money Advice) Email: info@cas.org.uk Facebook: @CitizensAdviceScotland Twitter: @CitAdviceScot YouTube: @CitizensAdvice Online resource: www.citizensadvice.org.uk/scotland Online resource: www.cas.org.uk
024	CLICK AND COLLECT VOLUNTEER GROUP	Providing a collection and delivery service during the coronavirus pandemic for vulnerable and underprivileged individuals and families ordering groceries and other supermarket items living in Cumbernauld, Moodiesburn, Chryston, Muirhead, Stepps, Gartcosh, Glenboig and Auchinloch			✓				✓		Covering: Cumbernauld wide Lead Contact: Ian Osborne Telephone: 07891 831467 Email: ian@mcewanosborne.co.uk Facebook: @Click-and-Collect-Volunteer-Group-1111552523821823/
025	CONDORRAT PHARMACY	Condorrat pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓					✓	Covering: Condorrat Address: 15-17 Main Road, Cumbernauld, G67 4BT Telephone: 01236 735040

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	ADVICE AND INFO	
026	CORNERSTONE CHRISTIAN FELLOWSHIP	The community-focussed church is responding to prayer requests and practical help requests (such as delivery of food parcels) from Cumbernauld citizens through the coronavirus pandemic via email and social media contact, as well as providing an online Christian worship service every Sunday at 11.00am on Facebook			✓		✓		✓		Covering: Cumbernauld wide Lead Contact: Alan Welsh Telephone: 01236 739220 Email: alan@cornerstone-house.org.uk Facebook: @CCFCumbernauld Online resource: www.cornerstonecf.org.uk
027	CORNERSTONE HOUSE CENTRE	Providing a range of practical services for individuals and families living in Cumbernauld through coordination of a Community Help and Talk Service (CHaT), including delivery of food parcels, telephone contact for isolated people, signposting to key services, advice and information and online articles and resources to support and advise citizens during the coronavirus restriction period	✓	✓	✓		✓	✓	✓	✓	Covering: Cumbernauld wide Lead Contact: Mary McNeil Telephone: 07940 569527 Email: health@cornerstone-house.org.uk Facebook: @CornerstoneCHC Twitter: @CornerstoneCHC Instagram: @Cornerstone.CHC Online resource: www.cornerstone-house.org.uk
028	CORONAVIRUS HELPLINE	A free Scottish helpline operational 9.00am-5.00pm aimed at people who are older, disabled, pregnant or vulnerable in some way, providing general information and advice about coronavirus, not designed to be used for those showing symptoms seeking healthcare support								✓	Covering: Scotland wide Telephone: 0800 111 4000
029	CORONAVIRUS JOB RETENTION SCHEME (UK GOVERNMENT)	UK Government is providing an online site informing about its Coronavirus Job Retention Scheme, a programme where employers can claim for wages of employees put on temporary leave ('furlough') as a result of coronavirus restrictions				✓				✓	Covering: UK wide Online resource: www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme

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030	COUNT 14	Online web resource and campaign providing information about Scottish Government recommended guidelines in relation to the consumption of alcohol, incorporating a drinks calculator and signposting to support agencies for those that feel their alcohol consumption is becoming a problem	✓						✓	✓	Covering: Scotland wide Facebook: @Count-14-571868963279892/ Online resource: www.count14.scot
031	CUMBERNAULD AND KILSYTH CITIZENS ADVICE BUREAU	The Bureau is facilitating food bank referrals every Tuesday and Thursday between 10.00am and 1.00pm, with individuals asked to leave their name and telephone number and a member of the team will establish contact, with key information and news provided regularly on the organisation's Facebook page			✓	✓			✓	✓	Covering: Cumbernauld wide Telephone: 01236 723201 Email: bureau@cumbernauldcab.casonline.org.uk Facebook: @CumbernauldCAB Twitter: @CumbernauldCAB Online resource: www.cumbernauldcab.org.uk
032	CUMBERNAULD CENTRAL HEALTH CENTRE (NHS LANARKSHIRE)	Primary health centre located in central Cumbernauld, with a number of GP practices providing services from the facility, each operating to their own opening hours and restrictions during the coronavirus pandemic	✓	✓	✓				✓	✓	Covering: Cumbernauld wide Address: North Carbrain Road, Cumbernauld, G67 1BJ Telephone: 01236 731771 (NHS Administration Line)
033	CUMBERNAULD COMMUNITY FORUM	Working with partner agencies and organisations across Cumbernauld to provide remote signposting and relevant bespoke support to help individuals and communities in the Cumbernauld locality area during the coronavirus pandemic			✓					✓	Covering: Cumbernauld wide Lead Contact: Billy Lees Telephone: 07505 380111 Email: billy@cumbernauldcommunityforum.co.uk Facebook: @CumbernauldForum Online resource: www.cumbernauldcommunityforum.co.uk

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034	CUMBERNAULD FAMILY HUB	A provision of Cornerstone House Centre delivering remote support services for families living in the Cumbernauld area via telephone, email and online during coronavirus restrictions, including continuation of family development plans and seeking specific solutions for vulnerable parents and children affected by the extended temporary closure of public, third and private sector services	✓	✓	✓	✓	✓	✓		✓	Covering: Cumbernauld wide Lead Contact: Karen Lawson Telephone: 07940 569527 Email: familyhub@cornerstone-house.org.uk Facebook: @CornerstoneCHC Twitter: @CornerstoneCHC Instagram: @Cornerstone.CHC Online resource: www.cornerstone-house.org.uk/services/#family-services
035	CUMBERNAULD FM	Broadcasting live locally-focussed radio shows targeted at Cumbernauld citizens on FM and online during the coronavirus pandemic, including the Breakfast Show with Ross Morrison every Monday, Wednesday and Friday from 8.00am-10.00am and Drivetime with Steven Murray every weekday from 4.00pm-6.00pm					✓			✓	Covering: Cumbernauld wide Lead Contact: Steven Murray Telephone: 07742 697175 Email: studio@cumbernauldfm.co.uk Radio: 106.8FM Facebook: @CumbernauldFM Twitter: @CumbernauldFM Instagram: @CumbernauldFM Online resource: www.cumbernauldfm.co.uk
036	CUMBERNAULD NEWS AND KILSYTH CHRONICLE	Local newspaper published every Wednesday and available online during coronavirus pandemic providing Cumbernauld citizens with latest updates and features in relation to coronavirus developments and other community news								✓	Covering: Cumbernauld wide Telephone: 01236 862200 Email: editorial@cumbernauld-news.co.uk Facebook: @NewsAndChronicle Twitter: @NewsAndChron Online resource: www.cumbernauld-news.org.uk

Ref No	Name of Organisation or Community Resource	Description of Activity / Service(s) Currently Available	Type of Support Provided								Key Contact / Access Details
			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	ADVICE AND INFO	
037	CUMBERNAULD POVERTY ACTION	Providing free and confidential advice for Cumbernauld citizens in the areas of welfare rights, budgeting and housing issues remotely at present through email and Facebook contact, with a telephone advice service provided from Monday to Friday from 10.30am-12.30pm for urgent matters only			✓	✓			✓	✓	Covering: Cumbernauld wide Lead Contact: Linzi Howie Telephone: 07851 561431 (urgent matters only) Email: admin@cumbernauldpovertyaction.org.uk Facebook: @CumbernauldPovertyAction Twitter: @Poverty_At_Cumb Instagram: @Poverty_At_Cumbernauld Online resource: www.cumbernauldpovertyaction.org.uk
038	CUMBERNAULD RESILIENCE GROUP	Established specifically to help citizens in Cumbernauld during the coronavirus pandemic and working in partnership with Cumbernauld Together, the group provides delivery of food parcels and prescriptions, telephone calls to socially isolated people, signposting and other relevant practical support			✓		✓		✓	✓	Covering: Cumbernauld wide Lead Contact: Councillor Gillian Fannan Telephone: 07771 251845 Email: fannang@northlan.gov.uk Facebook: @groups/846589525857992 Twitter: @CumbernauldRes1
039	CUMBERNAULD SOCIAL WORK LOCALITY SERVICE (NORTH LANARKSHIRE COUNCIL)	Individuals living in Cumbernauld facing emergencies such being unable to support, assist or protect themselves sufficiently as a result of coronavirus developments can establish contact with Cumbernauld Social Work Locality Team for assistance	✓	✓	✓	✓			✓		Covering: Cumbernauld wide Telephone: 01236 638700 Email: CumbRecServices@northlan.gov.uk Online resource: www.northlanarkshire.gov.uk
040	CUMBERNAULD YMCA-YWCA	A Supported Accommodation telephone service continues to be coordinated for 16-25 year-olds during coronavirus restrictions from Monday to Friday from 9.00am to 5.00pm, with the organisation otherwise responding to email enquiries only			✓					✓	Covering: Cumbernauld wide Telephone: 07796 145619 (Supported Accommodation only) Email: info@cumbernauldymca.org.uk Facebook: @Cumbernauld.YMCA Twitter: @CumbernauldYMCA Instagram: @CumbernauldYMCA Online resource: www.cumbernauldymca.org.uk

Ref No	Name of Organisation or Community Resource	Description of Activity / Service(s) Currently Available	Type of Support Provided							Key Contact / Access Details	
			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
041	DEPARTMENT FOR WORK AND PENSIONS (UK GOVERNMENT)	Department for Work and Pensions has compiled two key web portals providing information and resources for claimants of Universal Credit and disability and other welfare benefits during the coronavirus pandemic				✓			✓	✓	Covering: UK wide Telephone: 0845 604 3719 Facebook: @DWP Twitter: @DWP Instagram: @DWPGovUK YouTube: @WorkAndPensions Online resource: www.understandinguniversalcredit.gov.uk/coronavirus Online resource: www.gov.uk/government/news/coronavirus-update-benefit-reviews-and-reassessments-suspended
042	ELAMENT	A website which facilitates a first stop shop for online mental health and wellbeing resources covering the Lanarkshire area, designed for individuals seeking assistance with mental health issues and incorporating information relating to coronavirus and mental health		✓						✓	Covering: North Lanarkshire wide Telephone: 01698 265232 Email: lm@lanarkshirelinks.org.uk Facebook: @ElamentLRN Twitter: @ElamentTweet Online resource: www.elament.org.uk
043	EQUALS ADVOCACY PARTNERSHIP	Providing an essential visit-only professional advocacy service for older people living in North Lanarkshire during the coronavirus pandemic, with an email support service available for those unable to access face to face advocacy visits at present	✓	✓	✓		✓			✓	Covering: North Lanarkshire wide Lead Contact: Brenda Vincent Telephone: 01698 327772 Email: brenda@equalsadvocacy.org.uk
044	EXPRESS CARS	Cumbernauld taxi firm providing free return journeys for elderly people living in Cumbernauld to Tesco and Asda every Monday, Wednesday and Friday from 9.00am-10.00am and to The Food Warehouse and M&S every Wednesday from 10.00am-12.00noon, individuals should quote 'free pensioner' when booking a taxi			✓						Covering: Cumbernauld wide Telephone: 01236 738738 Email: Via www.expresscars-taxi.com/contact-us Facebook: @ExpressCars738738 Twitter: @ExpressCars738 Instagram: @ExpressCarsCumbernauld Online resource: www.expresscars-taxi.com

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	
045	FACEBOOK	Global social media website, tablet and smartphone app which enables individuals to create a profile and connect with friends, family and work colleagues through online posts, chats and communication					✓			Covering: UK wide Online resource: www.facebook.com
046	FAMILIES AND FRIENDS AGAINST MURDER AND SUICIDE (FAMS)	Providing telephone and email support to individuals in North Lanarkshire experiencing suicidal thoughts as a result of coronavirus developments, with a helpline accessible every day of the week from 12noon-8.00pm		✓	✓		✓		✓	Covering: North Lanarkshire wide Telephone: 07736 326062 Email: info@fams.chat Twitter: @FFAMS_UK Online resource: www.fams.chat
047	FREEDOM CITY CHURCH	The Church is responding to prayer requests and practical help requests through telephone and social media contact, as well as providing an online Christian worship service every Sunday for those in Cumbernauld			✓		✓		✓	Covering: Cumbernauld wide Lead Contact: Jim Gibson Telephone: 01236 796657 Email: enquiries@freedomcitychurch.co.uk Facebook: @FreedomCityChurchUK Instagram: @FreedomCity_UK YouTube: @channel/UCOfxTYIF3Q85yriROFVcEzg Online resource: www.freedomcitychurch.co.uk
048	GAMBLERS ANONYMOUS SCOTLAND	Providing a 24-hour telephone helpline and webchat service during coronavirus restrictions for those addicted to gambling and recovering addicts, offering alternative support to face-to-face group meetings which have been temporarily cancelled		✓		✓	✓		✓	Covering: Scotland wide Telephone: 0370 050 8881 Webchat: Via www.gascotland.org Facebook: @GAScotland Twitter: @GAScotland Instagram: @Gamblers_Anonymous Online resource: www.gascotland.org

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
049	HOME ENERGY SCOTLAND	Delivering a free, impartial telephone advice service on energy saving, keeping warm at home, renewable energy, greener travel and cutting water waste from Monday to Friday 8.00am-8.00pm and Saturday 9.00am-5.00pm, as well as providing online tools, advice and resources				✓				✓	Covering: Scotland wide Telephone: 0808 808 2282 Facebook: @HomeEnergyScotland Twitter: @HomeEnergyScot YouTube: @TheEnergySavingTrust Online resource: www.energysavingtrust.org.uk;
050	HOPE FOR AUTISM	Facilitating remote practical support to children and families affected by autism in North Lanarkshire through digital communication, as well as providing telephone, email and social media contact support services for those with autism experiencing challenges as a result of coronavirus developments	✓	✓			✓	✓		✓	Covering: North Lanarkshire wide Lead Contact: Eileen Waugh Telephone: 01236 779191 Email: hope@hopeforautism.org.uk Facebook: @HOPEforAutismNL Twitter: @HOPEforAutismNL Instagram: @HOPE_for_Autism__NorthLanarks Online resource: www.hopeforautism.org.uk
051	HOUSEPARTY	A website, tablet and smartphone app which can be downloaded for free and accessed for face to face social networking, suitable for visual multi-person meetings and social contact					✓				Covering: UK wide Online resource: www.houseparty.com
052	INSTAGRAM	Global social media website, tablet and smartphone app which enables individuals to create a profile and connect with other people remotely through sharing of photographs and videos					✓				Covering: UK wide Online resource: www.instagram.com
053	KILSYTH COMMUNITY FOOD BANK	Delivering food parcels to the homes of individuals experiencing food poverty living in the Kilsyth area, with referral details accessible through visiting the organisation's website			✓					✓	Covering: Kilsyth Telephone: 01236 829872 Email: kilsythcommunityfoodbank@gmail.com Facebook: @KilsythCommunityFoodBank Online resource: www.kilsythcommunityfoodbank.com

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	ADVICE AND INFO	
054	LANARKSHIRE CARERS CENTRE	Facilitating advice and information for carers living in Lanarkshire through remote means, including assisting with emergency support plans should carers become unwell during the coronavirus pandemic, and coordinating training courses online for carers and partners			✓	✓	✓	✓	✓	✓	Covering: Lanarkshire wide Lead Contact: Gail Fulton Telephone: 01698 428090 Email: info@lanarkshirecarerscentre.org.uk Facebook: @LanarkshireCarersCentre Twitter: @Lan_Carers Instagram: @LanarkshireCarersCentre Online resource: www.lanarkshirecarerscentre.org.uk
055	LANARKSHIRE COMMUNITY FOOD AND HEALTH PARTNERSHIP	Providing practical support and emergency deliveries to food suppliers in the Lanarkshire area who require free and donated food items, with nutritionists operating to provide advice and support to food providers			✓				✓	✓	Covering: Lanarkshire wide Lead Contact: Gordon Thomson Telephone: 0141 7716095 Email: admin@lcfhp.co.uk Facebook: @LCFHP Twitter: @LCFHP Online resource: www.lcfhp.co.uk
056	LINDSAY AND GILMOUR	Kildrum pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, open Monday to Friday 10.00am-1.00pm and 2.00pm-5.00pm and Saturday 10.00am-12.30pm during coronavirus pandemic			✓					✓	Covering: Kildrum Address: 5 Moss Knowe, Cumbernauld, G67 2HU Telephone: 01236 722523 Facebook: @LindsayGilmourPharmacy Online resource: www.lindsayandgilmour.co.uk
057	LOCATOR TOOL	Online web portal managed by Voluntary Action North Lanarkshire providing a search engine of third sector services, activities and organisations across North Lanarkshire, with operational activity listed potentially temporarily changed during coronavirus restrictions								✓	Covering: North Lanarkshire wide Online resource: www.locatornl.org.uk

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
058	MacMILLAN CANCER SUPPORT	Delivering a catalogue of remote provisions for those with a cancer diagnosis in Lanarkshire during the coronavirus pandemic, including a telephone support service and communications through Skype, as well as offering a variety of online advice, information, guidance and signposting resources	✓	✓	✓		✓		✓	✓	Covering: Lanarkshire wide Telephone: 01698 332631 Email: macmillan@culturenl.co.uk Facebook: @MacmillanLan Twitter: @MacmillanLan Instagram: @MacmillanCancer YouTube: @MacmillanCancer Online resource: www.culturenl.co.uk/macmillan
059	MAKING LIFE EASIER	Health and Social Care North Lanarkshire online web portal providing advice and access to health and social care services across North Lanarkshire, including support with living, mental health and finances	✓	✓						✓	Covering: North Lanarkshire wide Telephone: 01698 274460 Email: makinglifeeasier@northlan.gov.uk Online resource: www.makinglifeeasier.org.uk
060	NEW COLLEGE LANARKSHIRE (CUMBERNAULD CAMPUS)	Providing a remote email and website support service during coronavirus restrictions for New College Lanarkshire students and partners requiring assistance, including guidance in relation to awarding of qualifications						✓		✓	Covering: North Lanarkshire wide Email: coronavirus@nclan.ac.uk Facebook: @NCLanarkshire Twitter: @NCLanarkshire Instagram: @NCLanarkshire YouTube: @NCLanarkshire Online resource: www.nclanarkshire.ac.uk/coronavirus
061	NHS 24 (NHS INFORM)	Providing a telephone NHS 111 service for urgent health advice out of GP and dental practice hours and NHS inform online platform providing a range of resources and information relating to health conditions, with individuals experiencing mild and manageable coronavirus symptoms asked to visit NHS inform in the first instance	✓	✓					✓	✓	Covering: Scotland wide Telephone: 111 Facebook: @NHS24 Twitter: @NHS24 Twitter: @NHSinform Instagram: @NHS24.scot YouTube: @NHSinform Online resource: www.nhs24.scot Online resource: www.nhsinform.scot

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
062	NHS LANARKSHIRE CORONAVIRUS WEB PORTAL	Providing a range of online tools and resources to help people during coronavirus pandemic, including a dedicated NHS Lanarkshire coronavirus platform providing quick and easy access to various information and guidance available to the public and healthcare professionals regarding coronavirus, including latest advice and updates as directed by UK Government, Scottish Government and Health Protection Scotland	✓	✓					✓	✓	Covering: Lanarkshire wide Telephone: 0300 303 0243 Email: info@lanarkshire.scot.nhs.uk Facebook: @NHSLanarkshire Twitter: @NHSLanarkshire Instagram: @NHSLanarkshire YouTube: @NHSLanarkshire Online resource: www.nhslanarkshire.scot.nhs.uk Online resource: www.nhslanarkshire.scot.nhs.uk/coronavirus
063	NHS LANARKSHIRE HEALTH IMPROVEMENT SERVICE (NORTH LOCALITY)	NHS Lanarkshire's Health Improvement Service is providing remote health improvement support and information in the areas of sexual health, alcohol, smoking cessation, mental health and suicide prevention within the Cumbernauld locality area via email, telephone and online means during coronavirus restrictions, with an online Health Improvement Library accessible	✓	✓	✓			✓		✓	Covering: Cumbernauld wide Telephone: 0141 779 8199 Lead Contact: Anne Alexander Email: anne.alexander@lanarkshire.scot.nhs.uk Facebook: @NHSLHI Twitter: @NHSLHI YouTube: @NHSLanarkshire Online resource: www.lifeetc.org.uk Online resource: www.hpac.nhsl.lanarkshire.scot.nhs.uk
064	NHS LANARKSHIRE PUBLIC DISTRESS COVID-19 HELPLINE	NHS Lanarkshire's Psychology Service launched a new Public Distress Helpline specifically in relation to coronavirus in April 2020, operational Monday to Friday 8.00am-4.00pm, with the aim of offering advice and guidance to members of the public in Lanarkshire who are experiencing distress and anxiety as a result of the coronavirus pandemic		✓					✓	✓	Covering: Lanarkshire wide Telephone: 01698 687567 Facebook: @NHSLanarkshire Twitter: @NHSLanarkshire Instagram: @NHSLanarkshire YouTube: @NHSLanarkshire Online resource: www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
065	NHS LANARKSHIRE SEXUAL HEALTH SERVICE	Providing a temporary condom and contraceptive pill by post scheme for Lanarkshire citizens to access during the coronavirus pandemic, given many health centres and pharmacies are operating to revised hours at present	✓		✓					✓	Covering: Lanarkshire wide Telephone: 07583 064622 (condoms by post) Telephone: 0300 303 0251 (contraceptive pill by post) Email: ranoutofpills@lanarkshire.scot.nhs.uk Facebook: @NHSLanarkshire Twitter: @NHSLanarkshire Instagram: @NHSLanarkshire YouTube: @NHSLanarkshire Online resource: www.lanarkshiresexualhealth.org
066	NORTH LANARKSHIRE CARERS TOGETHER	Providing advice, information and support for isolated carers living in North Lanarkshire, with a telephone helpline accessible every Monday to Friday from 10.00am-3.00pm and assistance also available through website, email and social media contact			✓	✓	✓	✓	✓	✓	Covering: North Lanarkshire wide Lead Contact: Sean Harkin Telephone: 01698 404055 Email: enquiries@carerstgether.org Facebook: @NLCarersTogether Twitter: @NLCT_carers Online resource: www.carerstgether.org
067	NORTH LANARKSHIRE COUNCIL CORONAVIRUS WEB PORTAL	Providing a range of online tools and resources to help people during coronavirus pandemic, including a dedicated North Lanarkshire Council coronavirus platform informing of latest service updates, key worker information, advice for businesses, advice for parents, school information, consumer advice, money advice and community advice							✓	✓	Covering: North Lanarkshire wide Telephone: 01698 403200 Email: Via www.northlanarkshire.gov.uk Facebook: @NLCpeople Twitter: @NLCpeople Instagram: @NLCpeople YouTube: @NorthLanarkshireCouncilYouTubeChannel Online resource: www.northlanarkshire.gov.uk Online resource: www.northlanarkshire.gov.uk/coronavirus

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
068	NORTH LANARKSHIRE DISABILITY FORUM	Delivering a telephone and email support, advice and Community Connector signposting and befriending service for those with a disability living in North Lanarkshire during coronavirus restrictions, including providing assistance to people not entitled to a self-directed support budget	✓	✓	✓	✓	✓			✓	Covering: North Lanarkshire wide Lead Contact: Bryony Lang Telephone: 07427 645077 Email: info@nldforum.org.uk Facebook: @NLDisabilityForum Twitter: @NLDForum Instagram: @MacmillanCancer Online resource: www.nldforum.org.uk
069	NORTH LANARKSHIRE WOMEN'S AID	Delivering a telephone, online, email and text service for Cumbernauld women and children that have experienced domestic violence during the coronavirus pandemic, with provision including information, emotional support and organising temporary accommodation	✓	✓	✓	✓			✓	✓	Covering: Cumbernauld wide Telephone: 01236 730992 Email: info@nlwaid.com / nlwaid@aol.com Facebook: @NLWaid Twitter: @NLWomensAid YouTube: @WomensAid Online resource: www.nlwaid.com
070	NORTHERN CORRIDOR COMMUNITY VOLUNTEERS	Providing various practical supports for individuals and families living in Moodiesburn, Chryston, Muirhead, Stepps, Gartcosh and surrounding areas during the coronavirus pandemic, including help with shopping, collection of prescriptions, delivery of emergency food parcels and distribution of care packs			✓				✓		Covering: Northern Corridor Lead Contact: Claire Williams Telephone: 07905 909797 Email: nccvols@outlook.com Facebook: @Groups/NCCVols Twitter: @NorthernCorrid1 YouTube: @channel/UC26_7FDk94gOOnP0dLVzoAg

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	ADVICE AND INFO	
071	ONE PARENT FAMILIES SCOTLAND	Providing North Lanarkshire services for lone parents via telephone, email and social media contact during the coronavirus pandemic, including assistance with completion of crisis funding applications, support with unemployment and welfare benefits and peer support			✓	✓	✓		✓	✓	Covering: North Lanarkshire wide Lead Contact: Lee Anthony Telephone: 07506 904368 Email: lee.anthony@opfs.org.uk Facebook: @OneParentFamiliesScotland Twitter: @OPFS Instagram: @OneParentFamiliesScotland YouTube: @OneParentFamilies Online resource: www. https://opfs.org.uk/who-we-are/local-services/north-lanarkshire/
072	PARENT CLUB	Providing a bespoke online information hub to help parents in Scotland cope with the coronavirus pandemic, incorporating a range of advice, articles, breastfeeding guidance, learning resources and health information	✓	✓		✓		✓		✓	Covering: Scotland wide Email: parentclub@gov.scot Facebook: @ParentClubScotland Twitter: @ParentClubScot Instagram: @ParentClubScotland Online resource: www.parentclub.scot
073	POLICE SCOTLAND	Applying and responding to new coronavirus legislation (Coronavirus (Scotland) Act 2020) across the country, incorporating regulation of Scottish Government and UK Government guidelines in relation to public movement and activity during coronavirus restrictions							✓	✓	Covering: Scotland wide Telephone: 01236 503939 Email: Via www.scotland.police.uk/contact-us Facebook: @PoliceScotland Twitter: @PoliceScotland Instagram: @PoliceScotlandOfficial Online resource: www.scotland.police.uk
074	READY SCOTLAND	Website launched by Scottish Government during coronavirus pandemic to provide a range of specific information, tools and resources to promote community resilience during the coronavirus pandemic, as well as providing details of formal and informal coronavirus volunteering opportunities							✓	✓	Covering: Scotland wide Telephone: 0300 244 4000 Facebook: @ReadyScotland Twitter: @ReadyScotland Online resource: www.readyscotland.org Online resource: www.readyscotland.org/coronavirus

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	
075	REVIVAL FM	Broadcasting live Christian and community-based radio shows targeted at Cumbernauld citizens on FM, on DAB and online during the coronavirus pandemic, including contemporary music, news, information, interviews and discussion programmes for the local area					✓		✓	Covering: Cumbernauld wide Telephone: 01236 721110 Email: admin@revival.fm Radio: 100.8FM Facebook: @Revival-Fm-307477649449119 Twitter: @RevivalFM Instagram: @Revival.FM Online resource: www.revival.fm
076	ROWLANDS PHARMACY (ABRONHILL)	Abronhill pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓				✓	Covering: Abronhill Address: Unit 9, Abronhill Shopping Centre, Larch Road, Cumbernauld, G67 3AZ Telephone: 01236 724154 Facebook: @RowlandsPharmacy Twitter: @RowlandsTweets YouTube: @RowlandsPharmacy Online resource: www.rowlandsparmacy.co.uk
077	SAMARITANS SCOTLAND	Delivering a 24-hour telephone and email support service for anyone experiencing emotional distress, struggling to cope or at risk of suicide during the coronavirus pandemic, as well as a providing a specific online platform for those finding it difficult to manage during coronavirus restrictions		✓			✓		✓	Covering: Scotland wide Telephone: 116 123 Email: jo@samaritans.org Facebook: @SamaritansScotland Twitter: @Sams_Scotland Instagram: @SamaritansCharity YouTube: @Samaritans Online resource: www.samaritans.org Online resource: www.ow.ly/wZV350yRhpr

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
078	SCOTRAIL	Providing details of updates and changes to train timetables affecting Cumbernauld and Central Scotland during the coronavirus pandemic, as well as detailing travel advice directed by Scottish Government								✓	Covering: Central Scotland Telephone: 0344 811 0141 (Option 3) Email: Via www.scotrail.co.uk/form/customer-relations Facebook: @ScotRail Twitter: @ScotRail Instagram: @ScotRail YouTube: @ScotRail Online resource: www.scotrail.co.uk
079	SCOTTISH COUNCIL FOR VOLUNTARY ORGANISATIONS (SCVO)	National membership organisation for the voluntary sector in Scotland, providing an online Coronavirus Third Sector Information Hub containing advice and guidance to support voluntary sector organisations during the coronavirus pandemic, with this incorporating a national Coronavirus Community Assistance Directory							✓	✓	Covering: Scotland wide Telephone: 0800 169 0022 Facebook: @SCVO1939 Twitter: @SCVOtweet YouTube: @SCVOtv Online resource: www.scvo.org.uk/coronavirus
080	SCOTTISH GOVERNMENT CORONAVIRUS WEB PORTAL	Providing online advice and guidance for Scottish citizens in relation to coronavirus through a special section of Scottish Government website, incorporating various useful links and daily updates on coronavirus numbers by health board area								✓	Covering: Scotland wide Telephone: 0300 244 4000 Facebook: @TheScottishGovernment Twitter: @ScotGov Instagram: @ScotGov YouTube: @ScottishGovernment Online resource: www.gov.scot/coronavirus
081	SCOTTISH WELFARE FUND	Providing support to individuals in Scotland who are on low incomes through offering Crisis Grants for those facing a crisis situation and Community Care Grants for individuals and carers requiring help, as well as facilitating referrals to local food banks				✓			✓	✓	Covering: Scotland wide Telephone: 0300 555 0405 Email: Via www.northlanarkshire.gov.uk/index.aspx?articleid=26378&contactid=26456&email=true Online resource: www.mygov.scot/scottish-welfare-fund/

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
082	STRATHCLYDE PARTNERSHIP FOR TRANSPORT (SPT)	Providing details of updates and changes to bus timetables affecting Cumbernauld and Central Scotland during the coronavirus pandemic, as well as detailing travel advice directed by Scottish Government								✓	Covering: Central Scotland Telephone: 0141 332 6811 Email: enquiry@spt.co.uk YouTube: @JoinUpMyJourney Online resource: www.spt.co.uk
083	SUPPORT THE ELDERLY CUMBERNAULD	Local public Facebook group with over 600 members established in response to the coronavirus pandemic with a view to helping older people living in the Cumbernauld area through providing a picking up and delivery of shopping service			✓		✓			✓	Covering: Cumbernauld wide Lead Contact: Diane Dowds Facebook: @Groups/152299082612410
084	TESCO EXTRA CUMBERNAULD	Opening hours during for Tesco Extra Cumbernauld store are Monday-Saturday 8.00am-10.00pm and Sunday 10.00am-8.00pm, with 8.00am-9.00am on a Monday, Wednesday and Friday specifically designated for older and vulnerable customers only during coronavirus pandemic, and online and delivery services available but only vulnerable customers encouraged to use this service at present			✓						Covering: Cumbernauld wide Address: Tryst Road, Cumbernauld, G67 1JW Telephone: 0345 677 9808 Facebook: @Tesco-Extra-421124111428223 Twitter: @Tesco Instagram: @TescoFood YouTube: @TescoFoodAndWine Online resource: www.tesco.com Online resource: www.tesco.com/groceries
085	THE CENTRE CUMBERNAULD	One of two primary indoor shopping centres located in Cumbernauld town centre, remaining open every day from 9.00am-6.00pm for essential service providers only, including Iceland and Poundland			✓						Covering: Cumbernauld wide Address: 1 Tay Walk, Cumbernauld, G67 1BU Telephone: 01236 451869 Email: Via www.thecentrecumbernauld.com Facebook: @TheCentreCumbernauld Twitter: @CentCumbernauld Online resource: www.thecentrecumbernauld.com

Ref No	Name of Organisation or Community Resource	Description of Activity / Service(s) Currently Available	Type of Support Provided							Key Contact / Access Details
			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	
086	THE HEALTH AND WELLNESS HUB	Providing advice and information through the organisation's website and social media channels to help people across North Lanarkshire keep emotionally and physically well during the coronavirus pandemic, as well as coordinating services remotely via telephone and email	✓	✓	✓			✓	✓	Covering: North Lanarkshire wide Lead Contact: Ayesah Khan Telephone: 01698 262437 Email: info@thehealthandwellnesshub.org.uk Facebook: @TheHealthHubScotland Twitter: @HWellnessHub Instagram: @The_Health_And_Wellness_Hub Online resource: www.thehealthandwellnesshub.org.uk
087	THE SILVER LINE	Facilitating a free confidential helpline providing information, friendship and advice to older people across the UK, continuing to open 24 hours a day every day during the coronavirus pandemic, as well as operating a remote email service					✓		✓	Covering: UK wide Telephone: 0800 470 8090 Email: info@thesilverline.org.uk Facebook: @TheSilverLineUK Twitter: @TheSilverLinkUK YouTube: @channel/UCcRvrC3VPUoVSui88rzSZ8g Online resource: www.thesilverlink.org.uk
088	THOMAS McLEAN AND SONS (GREENFAULDS)	Greenfaulds pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓				✓	Covering: Greenfaulds Address: 3 Kenilworth Court, Cumbernauld, G67 1BP Telephone: 01236 456664
089	THOMAS McLEAN AND SONS (TOWN CENTRE)	Cumbernauld town centre pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓				✓	Covering: Cumbernauld wide Address: 2-4 Clyde Walk, Cumbernauld, G67 1DA Telephone: 01236 724440

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP		ADVICE AND INFO
090	THE TRUSSELL TRUST (CUMBERNAULD FOOD BANK)	Cumbernauld Food Bank is open every Tuesday and Thursday from 12noon-2.00pm at Freedom City Church during the coronavirus pandemic for individuals with a food bank referral, providing food parcels and other necessary items to support those in poverty and facing crisis situations			✓				✓		Covering: Cumbernauld wide Address: Freedom City Church, 6 St Mungo's Road, Cumbernauld, G67 1QR Telephone: 01236 796657 Email: info@cumbernauldfoodbank.org.uk Facebook: @TrussellTrust Twitter: @TrussellTrust Instagram: @TrussellTrust YouTube: @TrussellTrust Online resource: www.trusselltrust.org
091	TWITTER	Global social media website, tablet and smartphone app which enables individuals to create a handle and connect with friends, family and work colleagues through online posts (tweets) and communication					✓				Covering: UK wide Online resource: www.twitter.com
092	UK GOVERNMENT CORONAVIRUS WEB PORTAL	Providing online advice and guidance for UK citizens in relation to coronavirus through a special section of UK Government website, incorporating various useful links and latest information on a range of areas, including quarantine restrictions and foreign travel							✓		Covering: UK wide Facebook: @UKGovScotland Twitter: @UKGovScotland Instagram: @UKGovScotland YouTube: @UKParliament Online resource: www.gov.uk/coronavirus
093	VILLAGE PHARMACY	Cumbernauld Village pharmacy facilitating ordering and collection of NHS prescriptions and repeat prescriptions, opening hours may be irregular and changeable during coronavirus pandemic, telephone company for confirmation			✓				✓		Covering: Cumbernauld Village Address: 34 Main Street, Cumbernauld, G67 2RX Telephone: 01236 721939

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	
094	VOLUNTARY ACTION NORTH LANARKSHIRE (VANL)	Coordinating a range of supports for volunteers and voluntary sector organisations in North Lanarkshire remotely during coronavirus pandemic, including a locality telephone, email and website support service			✓			✓	✓	Covering: North Lanarkshire wide Lead Contact: Grant McLean Telephone: 07949 222539 Email: grant.mclean@vanl.co.uk Facebook: @VoluntaryActionNL Twitter: @VANLInfo Online resource: www.voluntaryactionnorthlanarkshire.org
095	VOLUNTEER SCOTLAND	Coronavirus Volunteers are being recruited nationally by Volunteer Scotland and matched to support local charities and community organisations working to help geographical areas cope with the negative impacts of the coronavirus pandemic							✓	Covering: Scotland wide Email: hello@volunteerscotland.org.uk Facebook: @VolScotland Twitter: @VolScotland Instagram: @VolunteerScotland YouTube: @VolunteerDevScotland Online resource: www.volunteerscotland.net Online resource: https://search.volunteerscotland.net/coronavirus
096	WELL-INFORMED (SCOTTISH ASSOCIATION FOR MENTAL HEALTH)	Working in partnership with mental health support services to provide a telephone and email based mental health support signposting service for individuals living in North Lanarkshire, with the helpline open Monday to Friday 9.00am-4.00pm during the coronavirus pandemic		✓					✓	Covering: North Lanarkshire wide Lead Contact: David Miller Telephone: 07711 389101 Email: well-informed@samh.org.uk Facebook: @SAMHMentalHealth Twitter: @SAMHTweets Instagram: @SAMHScotland YouTube: @SAHMFilms Online resource: www.nldforum.org.uk

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			PHYSICAL HEALTH	MENTAL HEALTH	PRACTICAL SUPPORT	FINANCIAL SUPPORT	SOCIAL CONTACT	LEARNING SUPPORT	EMERGENCY HELP	
097	WHATSAPP	Website and smartphone app which provides a multi-person instant cross-platform messaging service, suitable for facilitating individual online chats and group chats					✓			Covering: UK wide Online resource: www.whatsapp.com
098	YOUNG SCOT	Providing a telephone service and one-stop shop online coronavirus information hub for young people aged 12-25 in Scotland, incorporating easy-to-understand resources relating to virus prevention, handwashing tips, government advice, NHS support and mental health first aid	✓	✓			✓	✓	✓	Covering: Scotland wide Telephone: 0808 801 0338 Email: info@young.scot Facebook: @YoungScot Twitter: @YoungScot Instagram: @YoungScot YouTube: @channel /UChIm2-pMq4v3f1ltGtzo_9g Online resource: www.young.scot Online resource: www.young.scot/coronavirus Online resource: www.young.scot/north-lanarkshire
099	YOUTUBE	A video-sharing website, tablet and smartphone app which enables individuals to create a channel and post their own videos, as well as being able to watch videos created by others					✓			Covering: UK wide Online resource: www.youtube.com
100	ZOOM	A website and smartphone app which can be downloaded for free video communications, audio conferencing, collaboration and chat, suitable for visual multi-person meetings and social contact					✓			Covering: UK wide Online resource: www.zoom.com

Information included in the Directory is as available to Cornerstone House Centre as at April 2020. If you are aware of an item of information included in the Directory which requires updating or amending, or if you provide or know of another key relevant service not included which should be incorporated in planned future updates, please advise Cornerstone House Centre via email at health@cornerstone-house.org.uk. Updates versions of the Directory will be published regularly on Cornerstone House Centre's website at www.cornerstone-house.org.uk. All information contained in the Directory is either in the public domain or has been endorsed for inclusion. Cornerstone House Centre is a registered charity in Scotland (no. SC041782) and a Scottish company limited by guarantee (no. SC383997), with a registered office at 1 Esk Walk, Cumbernauld, G67 1BZ.