|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Organisation** | **Hours** | **Contact Details** | **Website** | **Help for?** |
| Cairn Primary School | Monday – Friday 9am – 3pm | 01655 885 802 | <https://blogs.glowscotland.org.uk/sa/cairnprimaryschool/> | School Work  Lunch Provision  Advice and signposting to agencies  General Enquiries |
| The 1010 Trust  (covid-19 food response Team) | Monday – Friday 9am – 8pm | 03333444156  [hello@the1010trust.org.uk](mailto:hello@the1010trust.org.uk)  (Call before 12pm for a food delivery the following day) | Facebook:  The 10:10 Trust | Food |
| Parentline Scotland | Monday – Friday  9am – 9pm  Saturday – Sunday  9am – 12pm | 08000282223  parentlinescotland@children1st.org.uk | [www.children1st.org.uk](http://www.children1st.org.uk) | Family Help and advice  Financial advice |
| Aberlour Crisis Fund | Contact Social Work or School | [**urgentassistance@aberlour.org.uk**](mailto:urgentassistance@aberlour.org.uk) | <https://www.aberlour.org.uk/>  This particular fund requires a sponsor to apply for you this could be a member of Cairn management team or Social work. | Food, power, clothing, bedding, essentials |
| NHS 111 | 24 Hours | 111 | <https://111.nhs.uk/>  If you think you have coronavirus symptoms use this website and a nurse will be in contact. DO NOT go to the hospital or GP.  If it’s a medical emergency dial 999 | Medical |
| NHS Inform | 24 Hours | NHS | [https://www.nhsinform.scot](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing) | Advice on symptoms, social distancing, caring for a cough or fever, and mental health support. |
| Ready Scotland | 24 Hours | Twitter: @ReadyScotland  Facebook: Ready Scotland | <https://www.readyscotland.org/coronavirus/>  Link below gives great links for charities offering advice at this time. | Official channel of the Scottish Government’s Resilience Division - preparing for and dealing with emergencies. |
| SAMH  Scottish Association for Mental Health | Monday – Friday  9am – 5pm | 0141 530 1000  [enquire@samh.org.uk](mailto:enquire@samh.org.uk) | <https://www.samh.org.uk/> | Support for mental ill health |
| Breathing Space  (Scotland) | Monday-Thursday  6pm to 2am Friday 6pm – Monday 6am | [0800 83 85 87](tel:+0800838587) | https://breathingspace.scot/ | Out of hours phoneline for advice on mental health |
| Samaritans | 24 Hours | 116 123  [jo@samaritans.org](mailto:jo@samaritans.org) | [www.samaritans.org](http://www.samaritans.org/) | 24-hour helpline offering emotional support for anyone feeling down, distressed or struggling to cope. |