

FUEL COSTS

The Brolly group has worked with Highlands and Islands Enterprise which will provide a limited amount of funding for a one off delivery of logs or coal to households that are struggling with high fuel bills. To request an application form please email the Community Council's administrator: email.sfcc@aol.com or call 07375 605743. Applications are only open to those who have a reduced income due to the pandemic and are not eligible for either of the schemes noted below ~

FUEL SUPPORT SCHEME

For those who have a council tax reduction or low income, please be aware that Highland Council is running a Fuel Support Scheme (£60 payment). You can apply by calling 0800 090 1004 or emailing welfare.support@highland.gov.uk or apply via the following link: https://self.highland.gov.uk/service/fuel_support_for_highland_households

WINTER PAYMENTS SCHEME

The above mentioned scheme is available as an addition to the Inverness Winter Payments Scheme. This a payment of £86 that is available to all that apply if you are on certain benefits or if you are over 90, irrespective of savings/income. You can apply by calling 0800 090 1004 or downloading the form at - www.highland.gov.uk/invernesswinterpayments.

HELPFUL CONTACTS FURTHER AFIELD

BOLESKINE BROLLY GROUP – call 07375 605743 or email email.sfcc@aol.com

BOLESKINE COMMUNITY CARE – New befriending service has been set up. Please call -07375303187 or email sdo@boleskincc.com Prescriptions can be collected from the doctors at Foyers and delivered by BCC Voluntary Drivers Transport, please call - 07944228830

HIGHLAND COUNCIL HELPLINE - advice on benefits and personal support, education and social care and there will also be advice for businesses who may need help with financial support - 0300 303 1362

MIKEYSLINE – Local charity in Inverness that offers a textline help service for all ages to discuss mental health and loneliness. New service from 1st Feb offering one-on-one remote support alongside a safe place to talk for young people who can then be signposted or referred to further support if needed - 07786 20 77 55 www.mikeyslines.co.uk

BREATHING SPACE - A confidential phone line for anyone in Scotland over the age of 16, feeling low, anxious or depressed – 0800838587 www.breathingspace.scot

ABILITYNET - remote technology and IT advice and information on a free helpline on – 0800 048 7642 www.abilitynet.org.uk

NHS SCOTLAND - If you have concerns about Coronavirus (COVID-19) and are worried about symptoms, you must stay home and call your GP or NHS 24 (111) out of hours where you will receive help. Up to date information and advice about how we can all help to prevent the spread of Coronavirus can be found at: www.nhsinform.scot/coronavirus

NHS HIGHLAND DENTAL HELPLINE – For those who are not registered with a dentist and either need emergency dental care or advice on how to register with a dentist – 0800 1412362

CHILDLINE – Support for young people and children - 0800 1111 www.childline.org.uk

PARENTLINE – Support for parents/carers - 08000 28 22 33 www.children1st.org.uk

AGE SCOTLAND HELPLINE - Free, confidential phone service for older people, their carers and families in Scotland - 0800 12 44 222

HOME ENERGY SCOTLAND – Call for help save energy, reduce your bills and get help if you are worried about paying your energy bills - 0808 808 2282

If your income has dropped or your circumstances changed, you can use the website - www.entitledto.co.uk or www.turn2us.org.uk to check if you are entitled to any benefits or assistance.

CITIZENS ADVICE BUREAU can also help – 0808 800 9060



BROLLY GROUP NEWSLETTER

MARCH 2021

MEASURES TO EASE THE IMPACT OF COVID-19 LOCK DOWN 2

Further to our last newsletter, the Brolly group has been working hard to put together a package of measures to ease the impact of the latest lockdown. A big thanks to those who have volunteered their time to develop the solutions described in the pages of this leaflet. Thank you also to all the funders that have made this possible.

SFCT
Stratherrick & Foyers Community Trust

funded by
SSE
Renewables

GREENCOAT
UK WIND

HIE
Highlands and Islands Enterprise
Local Enterprise Foundation

The Scottish
Government

UPDATED 25TH MARCH -
PLEASE READ CAREFULLY

FOOD & HOT MEALS

Community larders are back up and running! They are situated in the phone boxes at Gorthleck, Errogie and Lower Foyers along with the bus stops at Whitebridge and Upper Foyers. Thank you to the volunteers that are keeping them stocked. We have also started a service for households who are struggling to make ends meet. We will deliver an emergency food box if you cannot get to one of the food larders. The process is simple; you just tick the items you need. This ensures you receive only the food and household goods that will be used. If you would like to receive a box, please email email.sfcc@aol.com or call 07375 605743. All requests dealt with in the strictest confidence.

LADIES WOT COOK

The 'Ladies Wot Cook' are continuing to offer excellent home cooked meals for a donation towards the cost. This service is available to all in the Community and has now changed to a Wednesday and the meals are collected at 11am from the Foyers Stores. Please call 01456 486233 to book.

SOUP TO GO

The ladies that run the 'Broth and Blether' are starting a 'soup to go' service once a week from Monday 15th March. Soup (plus bread and cake!) can be collected from Wildside between 12 - 1.30pm but must be ordered before 6pm on the Sunday evening. Please call Pam Simpson on 01456 486364 or Lyn Woods on 01456 486786. They will try to accommodate all dietary requirements and strict Covid rules will be in place. If you cannot make it to collect your soup, there are some volunteer drivers that can deliver if required. This is available to anyone in the Community and is free of charge due to funding from HIE.

FREE SCHOOL MEALS

For those who have children at school and are on a low income or if your income has dropped, you may be entitled to free school meals. At the moment, help is being given via a £30 voucher per child per week. To check if you are entitled, please call Highland Council's Operations team on 01463703645 or email operations.team@highland.gov.uk. Alternatively you can request school meals using the following link - https://self.highland.gov.uk/service/Free_school_meals_and_clothing_grants

FINANCIAL SUPPORT

The Directors at the Community Trust have been working hard with the Community Benefit funders to put together a package of financial help for families struggling with their household bills. The results of a recent survey, carried out with the Brolly Group to establish how the support could be best targeted, showed that many people in the area are struggling with household expenses made worse by the recent extreme weather. All schemes for financial help are open until further notice. The details are as follows:

LOSS OF EARNINGS

The financial assistance that ran this time last year has been re-opened. This provides regular payments to households who have seen their income severely reduced. It is available to people who fall into the following categories: Currently awaiting payment of Universal Credit, receiving Universal Credit, furloughed and earning £10 an hour or less and have lost 20% of your income, self-employed but not eligible for Self-Employment Income Support or in receipt of SEIS but receiving the equivalent of £10 an hour or less, pensioners who have lost part time earnings: If you fall into anyone of these categories then please contact the administration team at the Trust using this email address: admin@sfctrust.org.uk.

HOUSEHOLD EXPENSES

A new scheme has opened for people that are finding it extremely difficult to meet their household expenses, which have for many people been a lot higher because of the lockdown and the extreme weather. This takes the form of one-off payments to help towards fuel and utility bills. This scheme is being managed by The Knockie Trust and if you would like help then please get in touch using this email address: fionahbateman@icloud.com

FINANCIAL HARDSHIP

The long-standing scheme run by the Knockie Trust for people suffering severe financial hardship has been extended. Individuals will receive up to £500 to pay for household items that are beyond your reach. If you would like help then please get in touch using this email address: fionahbateman@icloud.com

Please be assured that all applications will be kept in strictest confidence.

MENTAL HEALTH AND WELLBEING

The recent survey highlighted the financial challenges people in the community are facing, but of equal concern was the impact the lockdown is having on the health and wellbeing of both the young and old.

REBUILD SOCIAL NETWORKS

In response, the Brolly Group has been busy organising a range of activities to help rebuild social networks and ease the emotional stresses caused by uncertainty around work, home schooling, the isolation caused by lock down etc. Please see the list of activities that have been organised so far in the calendar below. We are trialling several activities such as Online Zumba, Yoga and Online relaxation classes. If they prove popular, we will continue the programme so, please keep an eye out for further details on the websites managed by the Community Trust and Community Council and Facebook. Contact the Community Council admin on email.sfcc@aol.co.uk or 07375 605743 if you want any further information on any classes or wish to join one.

FINANCIAL SUPPORT FOR COMMUNITY GROUPS

The Trust is continuing to make grants available to local community groups to fund virtual or outdoor events that comply with current regulations.

If it is a get-together you are planning, The Trust is also offering anyone who would like to use its Zoom account to contact the administration team at admin@sfctrust.org.uk. It is a professional subscription consequently does not cut you off after 40 minutes.

ACTIVITY PACKS Members of the Brolly group have been working on activity packs that will be available for all seniors citizens in the area and all children and young people from toddlers to S6. If you are a senior citizen and you would like a pack please email Jayne on sdo@boleskinecc.com or call 01456 486247. For a pack for a child/ren, please email Sharon on horseon5@aol.co.uk or call 07771 685245.