

## Protect yourself and others:

- stay at home
- only go outside for essential food, health and work reasons
- stay 2 metres (6 feet) away from other people
- wash your hands regularly
- wash your hands as soon as you get home

## Coronavirus symptoms:

- high temperature or fever
- a persistent cough
- shortness of breath

If the health of you or anyone in your household is a cause for concern call the GP practice or NHS24 on 111 if the GP is closed.

Similarly, if they cannot cope with their symptoms at home, their condition gets worse or their symptoms do not get better after 7 days, please call NHS24 on 111.

Call 999 immediately if you believe someone's life is at risk.

## More Sources of help:

Cruse Bereavement Care	0808 808 1677
Mind – mental health support	0300 123 3393
NHS Inform	0800 22 44 88
NSPCC	0808 800 5000
Red Cross - phone calls and emergency food shopping	0131 654 0340
Relate	0300 100 1234
Salvation Army East Scotland	0131 440 9107
Samaritans	116 123 free from any phone
Scottish government – general advice if you do not have symptoms	0800 028 2816
Scottish government advice for Businesses	0300 303 0660 Option 1
Scottish Welfare Fund – crisis grants and community care	0131 271 3201



**#kindness@midlothian**

**We're all in this together  
and  
we're here to help  
each other.**

**Many folks in our 2 villages  
are getting together  
to help.**

**There is lots of information  
online, but we hope  
this leaflet will be  
particularly useful  
for those  
who do not have access  
to the Internet.**

## Useful contacts in Roslin and Bilston

Callum Anderson is caseworker for Owen Thompson (MP for Midlothian): 0131 285 8283 ([callumanderson6@gmail.com](mailto:callumanderson6@gmail.com))

Community Council; help with shopping, prescriptions etc : 07342 112017 ([roslinandbilstoncc@gmail.com](mailto:roslinandbilstoncc@gmail.com))

Facebook Page: "Roslin Community Coronavirus Resilience"

Midlothian Adult Health and Social Care: 0131 271 3900 ([https://www.midlothian.gov.uk/info/1347/health\\_and\\_social\\_care](https://www.midlothian.gov.uk/info/1347/health_and_social_care))

Midlothian Children's Services: 0131 271 3413 and Children & Families Emergency Support: 0131 271 3414

Midlothian Council: [CLL@midlothian.gov.uk](mailto:CLL@midlothian.gov.uk)

Midlothian Foodbank in Gorebridge is open weekdays from 10am until 2pm. 07789 173276

Midlothian Voluntary Action - advice and information: 0131 663 9471 ([www.mvacvs.org/](http://www.mvacvs.org/))

Roslin Medical Practice: • 0131 440 2043; Loanhead Medical Practice: • 0131 440 0149

Volunteer Midlothian: 0131 660 1216 ([info@volunteermidlothian.org.uk](mailto:info@volunteermidlothian.org.uk))

## Shopping

Roslin Convenience Store (and Post Office) is open 6am to 9pm, 7 days a week. A delivery service is available, please order 1-2 days in advance. 0131 440 3131.

Pentland Plants have a delivery service for plants etc. 0131 440 0895 or email [shop@pentlandplants.co.uk](mailto:shop@pentlandplants.co.uk)

Penicuik Storehouse are taking telephone and email orders; card payment only. 01968 675 152. ([deliveries@penicuikstorehouse.org](mailto:deliveries@penicuikstorehouse.org))

Bilston Post Office and shop will take telephone orders and the Community Council will deliver. Open Mon-Sat 7am to 7pm, Sun 8am to 1pm. 0131 440 2320.

## Village Groups

Roslin Men's Shed: The Shedders can pick up shopping and we also have a trailer. Contact No: 07957487684 [Roslinmensshed@gmail.com](mailto:Roslinmensshed@gmail.com).

Roslin Food Community Group: New group to support the potential food, essentials crisis. Contact No: 07957483912

Roslin Village Group website: [roslinvillage.com/covid19/](http://roslinvillage.com/covid19/) contains up-to-date links

## Want to help?

There are simple ways you can help your neighbours without exposing yourself or them, if they are self-isolating:

- You could offer to do some shopping for them.
- You could place an online shopping order for them or talk them through the process over the phone.
- You can pick up their prescriptions or arrange a pharmacy delivery where available. You should remind people that they must only order the medication they need in their usual quantities; nobody should be stockpiling. You will need to ask the person to contact the pharmacy to let them know that you will be collecting their medicines. You may also be asked to show ID to the pharmacy when you arrive and sign a confidentiality form. This only needs to be done once. When you deliver the medicine to the person, you will need to witness them collecting the medicine from their doorstep.
- You can support with general errands such as posting letters or putting the bins out.