

Coronavirus Resilience Calendar 15/05/2020

Red Cross Galashiels: 01896 751888/ email: CommunityServices@redcross.org.uk

1. Coldstream

2. Duns, Chirnside & Greenlaw

3. Eyemouth & Coldingham

4. Earlston, Lauder & Stow

5. Galashiels & Clovenfords

6. Selkirk

7. Melrose & St Boswells

8. Jedburgh, Crailing & Ancrum

9. Hawick, Denholm & Newcastleton

10. Innerleithen & Walkerburn

11. Peebles

12. West Linton

13. Kelso

1. COLDSTREAM

Coldstream Covid 19 Comm. Action Group Group:- Telephone 07544 719512 Email ccactionteam19@gmail.com

Food Order/Local info/Deliveries availability

Coldstream Sweets & Treats email: coldstreamsweetsandtreats@hotmail.com Fruits & Vegetables with ½ doz. Border Eggs £5.00 collected

Keystore (Carmichaels) Tel: 01890 882413 Volunteers will make deliveries on Keystore's behalf

G & J Sanderson (Butchers) Tel: 01890 882348 Free delivery within a 3 mile radius. Open Mon-Sat. 8am-3pm

The Village Shop. Cornhill Tel: 01890 883313 Will deliver to Coldstream Open times: Mon - Sat 6.30am - 4.30pm Sun. 8am - Noon

The Old Post Office Flower Room Tel: 07841 008060 email. theoldpostofficeflowerroon.co.uk Deliveries only

2. DUNS, CHIRNSIDE & GREENLAW

Ayton Community Council Tel: 07943 257674

Berwickshire Churches Food Bank contact: dunsfoodbank@gmail.com

Chirnside Resilience Group Simon Tel: 01890 818444 07495 003 623 Email info@chirnsidecommongood.org

Duns Community Action Group Tel: 01361 884935 Email admin@aheartforduns.org

Duns RFC Volunteers call Niki 07891 261015 Email dunsrfc1878@hotmail.com

Gavinton, Fogo & Polwarth rescomso-od@gavinton.net

Greenlaw & Hume Resilience Community Group 07368 865252 Email greenlawhumecc@outlook.com

Food Order/Local info/Deliveries availability

Allanton Inn Tel: 01890 818260/01890 819898 email.allantoninn.co.uk Delivered Take away Meals

Ayton Mini Mart, Ayton Tel: 01890 781796 Tel orders accepted. Delivery through Comm. Volunteers Del. 8am-7pm

Blackadder Mini Mart Tel: 01361 810274 Email premier-stores.co.uk opening times: Open 6am-8pm dels. available

Cheery Pear Chirnside Tel. 07706 722168 weekly fruit and veg boxes

Co-op Chirnside Tel. 01890 818 241 Open 7am - 7 pm

Ross Dougal Mobile Fish Van Available in Chirnside Wednesdays 10am @ Football club car park

Fish & Chip Shop Chirnside Tel. 01890 818 481 Fruit and Vegetable orders are available

Foodstuffs-Deli Duns: Tel. 01362 882265 Telephone order service and pick up arrangement

Foston Fine Meats Duns: Tel. 01361 883260 will deliver within 5 mile radius

Hemelvaart Bier Café Ayton Tel: 07377 364266 Meal & Drink Deliveries between 6pm-8pm

Hoggs Butcher Chirnside. Tel: 01890 819830 Will take orders, delivery through Community Volunteers

M & G Renton Chirnside Tel. 01890 818392 Newsagency & General Store deliveries available

Jolly Sausage Hot & Cold Food Duns: Tel: 07821 325 996 Dels. to Greenlaw 11.30am Dels. to Coldstream 1.30 pm

3. EYEMOUTH & COLDINGHAM

Abbey St Bathans **Hamish Goldie-Scot** 01361 840224

Ayton Community Council 07943 257674 email: ayton-village.org/welcome

Blakerstone Resilient Community **Sally Hart** Tel: 01361 840642

Cockburnspath Assistance Hub **Helen Laing** 075625 23904 email: secretaryccc@live.co.uk

Coldingham Community Services Email: admin@bovs.org.uk Volunteer shopping etc

Cumledge Mill Resilient Community **Pip Chandler** 07790 683 701

Eyemouth Response Team Tel 07512 573 032/07947 160 865 **Community Support Group**

Eyemouth Community Council Tel: 07497 160865 **Community Support Group**

Foulden Neighbourly Watch **Tim Morris** 01289 386615/07979 196 824 Email: tim@foulden.org.uk

Andy Manley: treasurerfoulden@gmail.com tel. 07999 884 509

Food Order/Local info/Deliveries availability

Dean Mark **“Eyemouth Butchers”** Tel. 01890 750209 Meals and meat delivery

East Berwickshire Food Bank Tel. 07817 990298

Lough’s Home Bakery Coldingham Tel. 07845 291 972 Min. order £5. Free delivery service

T Gleadow **Fish Merchant** Tel: 07984 525216 Free Deliveries

4. EARLSTON, LAUDER & STOW

Earlston Covid-19 Response Group onlineborders.org.uk/community/earlston

Earlston on call Co-ordinators Monday – Saturday 9am-11pm Joy Snape 07906 990725

11am- 1pm Mags Powell 07918 902778

1pm-3pm Norman Catto 07805 879846

Lauderdale Resilience Group:- Tel. 0800 009 6238 lauderdaleRG@gmail.com

Oxton & Channelkirk Resilience Tel. 01578 208 108

Stow Covid-19 Action Group:- Jemma Macvie Tel. 07970 283 407 facebook [JR@eventsandsales.co.uk](https://www.facebook.com/JR@eventsandsales.co.uk)

Food Order/Local info/Deliveries availability

Donaldson & Son “Butcher” Tel. 01896 849259 delivery available

Earlston Pharmacy Tel: 01896 849260

Lauderdale Pharmacy Lauder Tel. 01578 722302 prescription collection and delivery available

Oxton Community Shop Tel. 07598 430 050

Stow Post Office. Tel. 01578 730225 Bakery products etc., delivery available

Spud Shed Earlston Tel: 07495643429/ facebook spudshed ready boxed fresh produce Open Mon-Fri. 9am-5pm Sat. 9 -1pm

The Spotty Dog Lauder Tel. 01578 722095 email. [thespottedog.co.uk](https://www.thespottedog.co.uk) Open 9am – 3pm delivery available

5. GALASHIELS & CLOVENFORDS

Galashiels & Community Resilience Group:- Contact details 0800 009 6544 Hours Monday – Sunday 9am - 5pm
messages can be left out of these hours

ClovenfordsResilience@outlook.com

Fountainhall Community Resilience Tel: 01578 760297/ email. jjmushlin@gmail.com

Tweedbank Resilience Group 0300 100 1800 email. twdbnkresilience@outlook.com

Food Order/Local info/Deliveries availability

AG Wholesale Fruit and Veg Home Delivery Service contact: 01896 756783 Free Deliveries on orders £10. Or over

Anderson Fishmonger: 01896 822162

Borders Pharmacy Tel. 01896 756555 or 01896 755059 email. galashiels@borderspharmacy.co.uk free prescription collection and delivery service

Iain Frame Newsagents: 01835 824834

Dalgettys Bakers Tel. 01896 752508 email. alex-dalgetty.co.uk free delivery with orders over £10.

Galashiels Food Bank email: galashielsfoodbank.co.uk St Peters Church

Kingsknowes Hotel Tel. 01896 758 375 email kingsknowes.co.uk delivered take away meals open Thu-Sun. 5pm – 8pm

Lyndsay Grieve Family Butcher contact 01450 372109 (will take card payments) £10 deals on offer.

Gary Moore Tel. 07525 916303 email. moorescateringservices.com catering/ carry out meal services. Delivered

Over Langshaw Farmhouse Ice Cream email. overlangshawicecream@gmail.com deliveries only

Premier Store Tweed Road Tel. 01896 668302 email richard@adampurves.com Mon-Sat.6am-9pm Sun.7am-8pm

Seasons Restaurant Gattonside Tel. 01896 823217 email. eat@seasonsborders.co.uk fresh cooked meals

T-4-2 Galashiels Tel. 01896 757565 frozen meals, soup and traybakes open 7am-5pm

Tempest Brewery Tweedbank Tel.01896 759 500 www.tempestbrewsco.com deliveries available

Tweedbank Late Shop Tel. 01896 752652 email. late_shop@hotmail.co.uk local delivery available

Whynot? Channel Street. Fresh Fruit & Vegetable Shop/delivery:- info@whynotscotland.com

6. SELKIRK

Selkirk Response Team: Contact details: 07926 664391. 1 Tower Street. selkirkresponseteam@btinternet.com

Food Order/Local info/Deliveries availability

Borders Pharmacy Tel 01450 373300/01450 379793 email hawick@borderspharmacy.co.uk free prescription & delivery service

Cameron's Oven Fresh Bakery. 40 High Street. 01750 20373 Minimum delivery order £12.50

Down to Earth Foods Ltd Tel. 01750 778118 email: downtoearthfoods.co.uk Fruit & Veg delivered within 10 mile radius open 9am-2pm

Down to Earth Health Tel. 01750 778704 email: downtoearthhealth.co.uk Health Supplements and advice available phone for opening times

Ettrick Taxis 07552 752527 Taxi service, food collections, prescriptions uplift and collected

Honey Cottage Caravan Shop 01750 62318 free delivery and collection from Cash & Carry to local area

The Fleece, 01750 725501 email info@thefleecebarandkitchen.co.uk food deliveries available

Selkirk Distillers 01750 725300 email: info@selkirkdistillery deliveries available

Taylor's Family Butchers 01750 21550 email. taylorfamilybutcher.co.uk meat deliveries available

Three Hills Coffee contact 01750 22322 e-mail www.threehillscoffee.com Fresh brewed local coffee Delivery to Selkirk and surrounding area also taking deliveries for other suppliers when required.

R L Taxis 01750 663160/07930004132 Food, prescriptions delivered and collected

Robbie Pringle "Butcher" 01450 372523/ robbiepringle@hotmail.co.uk price list and menu available

Taste of spice 01750 720210 Indian Takeaway open Thur-Sun 14.30-21.00 Indian Takeaway delivered

Tonys' Tower 01750 20272 email tonystowerselkirk.com carry out food delivery available

JA Waters Butcher: 01750 20242

7. MELROSE & ST BOSWELLS

Newtown St Boswells & Eildon Resilience Community 0800 009 6941 (Lines open 9am to 5pm) email: newtowncommunityhelp@gmail.com

Newstead Village Community email. protectnewstead@gmail.com

Rev'd Philip Blackledge Tel: 01896 822626/07977 330 074 info for shopping & prescriptions collection

Food Order/Local info/Deliveries availability

Wm Anderson "Fishmonger" Tel. 01896 822162 Quality fish & shellfish delivery available when spend £10.

Dalgety Bakers Tel. 01896 752508 Fresh bakery & pies etc free delivery available when you spend £10.

Eildon Pharmacy Newtown Tel. 01835 823732 prescription deliveries and collection

Hunters Stables St. Boswells Tel. 01835 822710 email. gaidemartino@gmail.com freshly prepared hot & cold food delivered

Iain Frame Newsagents: Newtown St Boswells 01835 824834 deliver daily perishables 36 hours' notice required.

Istanbul Takeaway Tel. 01896 208435 Fish n Chips and lots perishables available delivery available

Martin Baird Butcher: 01896 822016 free home deliveries when you spend £20.

J M Quality Meats St Boswells Tel: 01835 822061 Meats and Meals delivered.

Lawries Service Station St Boswells Tel: 01835 826431 Free home delivery in St Boswells, Bowden & Maxton.

Maid by Marion Tel. 01896 820350 home cooked meals & cakes home delivery available

Main Street Trading Tel. 01835 824087 email. info@mainstreetbooks.co.uk bespoke range of books, weekly deli packs and selected home items

Melrose Rugby Ltd 01896 822993 e-mail office@melroserugby.org If you are self-isolating or a vulnerable group, players collect your shopping, meds etc.

Milestone Garden & Leisure Tel: 01835 825959 from tools to seeds free local delivery with £10.00 spend

Monte Cassino Tel. 01896 820082 Take away meals incudes, Pizza and Pasta delivery available

Premier Store Tweed Road Tel. 01896 668302 email richard@adampurves.com Mon-Sat.6am-9pm Sun.7am-8pm

Purple Plum Tel. 01896 823469 Fresh fruit and veg. collection and delivery by arrangement

Rak Thai Takeaway Tel. 01896 822401 Thai cuisine home delivery available

Rhymers Fayre and Abbey Wines Tel. 01896 823224 wines beer and takeaway meals delivery available

Spar Tel. 01896 823408 All Foodstuffs can be delivered by arrangement

The Bakehouse Tel. 01896 822888 bread, rolls and savouries home delivery available

8. JEDBURGH, CRAILING & ANCRUM

Ancrum Community Resilience contact: ancrumemergency@gmail.com

Jedburgh Resilience Community contact: 07943 262 460 email JedResilience@btinternet.com also facebook @Jed Resilience

Food Order/Local info/Deliveries availability

Abbey View Café Jedburgh Tel. 07412 106 745 soups, sandwiches & hot snacks available with delivery

Belters Bar Jedburgh Tel: 01835 862380 email: theforrestersrestaurantsb.com hot takeaways delivered

Capon Tree Jedburgh Tel: 01896 869596 email @thecapontree.com Hot meals Thu-Sun. free delivery

Co-op Jedburgh Tel 01835 863209 deliveries can be arranged

Coffee Corner Jedburgh Tel 07818 039 669 hot & cold food take-away also ice creams delivery available

Jed Food Bank Tel. 01835 863302 donation point Jed Co-op

A Learmonth Butcher Jedburgh Tel 01835 869593 email rbiggsLtd@icloud.com meals and meat deliveries available

Michelles little cake shop Tel 07412106745 Hot meals delivery can be arranged

The Ancrum Pantry 01835 830258 open 7 days check facebook page for times deliveries available

Spar Jedburgh Tel: 01835 862944 Deliveries can be arranged

Simply Scottish Tel. 07768 653 017 Email. vegboxes@simplyscottish.co.uk fruit and veg pick -up see facebook for box contents & prices

Stewarts Bistro Jedburgh Tel: 01835 268302 email stewartsbistro.co.uk Hot meals deliver

9. HAWICK, DENHOLM & NEWCASTLETON

Hawick Resilience Group:- Gordon and Marion Short over50s@tiscali.co.uk M: 07566 733 135. We are continuing to recruit volunteers daily, we now have representatives from Newmill, Roberton & Stobs, if any info is needed for these rural communities please call the number above

Denholm & District Resilience Group Lynn; 01450 870593/07950 000813

Burnfoot Resilience Group Zoe: 01450 390 434/ 07921 450 709

Newcastleton Resilience Group Pauline Elliot Tel: 07800 978 016 pauline.m.elliott1969@gmail.com
foodbank@newcastletoncommunitytrust.co.uk

Food Order/Local info/Deliveries availability

Borders Pharmacy Tel 01450 373300 / 01450 379793 email hawick@borderspharmacy.co.uk free prescription and delivery service

Burnfoot Hub Hawick Tel. 01450 390410 ready made food parcels Free of charge collection & delivery open Mon-Fri. 11am -1pm

Campbells Newsagents Tel. 01450 372707 Newspapers delivered

Copshaw Kitchen Newcastleton Tel. 013873 75250 Fresh cooked meal delivery available

Costcutter (Groceries) Newcastleton Tel 013873 75253 deliveries available

Deborah Brown Tel. 07825 587 132 email. debroadbcatering@icloud.com home cooked meals delivered to you

Denholm Meat Supplies Tel. 01450 372707 Mobile. 07768 850910

T Elliot Butchers Newcastleton 013873 75256 Fresh meat will deliver

G Harrow, Bakers: 01450 375819 Orders taken and delivery can be organised

Going Native Heritage Meats: 01450 363331

Grapes Hotel Newcastleton Tel. 013873 75245 home made meals delivery available

Huttons, Butchers: 01450 372817 Fresh Meat & Ready meals delivered

Kats Corner Store: 07522 165572 bakery, meats and newsagency local delivery available

Liddlesdale Hotel Newcastleton Tel. 013873 75255 home made meals delivery available

Land O' Tastes Tel. 07982 710 028 landotastes.co.uk Fruit and Veg delivery available

Robbie Pringle, Butcher: 01450 372523/email robbiepringle@hotmail.co.uk ready meals or 6 for £22.50 or 12 for £45.00

McColls Tel. **01450 375709** email mccolls.co.uk Open 7 days 06:00-22:00

Morrisons: Tel: **01450 371611** Open 7 days 08:00-20:00 Priority 08:00-09:00 email morrison.com

Olive Tree Café Newcastleton Tel. 013873 75479 Take away menu with fresh bakery products

Sainsburys: Tel. 01450 552100 Open 7 days 8am – 20.00 email stores.sainsburys.co.uk/2240/hawick

Spar Store Dickson St, 01450 363996 Orders taken

Spar Newcastleton Tel. 013873 75361 fresh groceries etc., delivery available

10. INNERLEITHEN & WALKERBURN

Innerleithen Coronavirus Mutual Assistance 01896 888081/email innerleithen.org.uk/inner SCC@gmail.com

Walkerburn Resilience (Virtual Kindness) Group Tel. Heather Martin 01896 870579/emailmarheather@gmail.com

Walkerburn FOOD HUGS Tel. 01896 870200/07580 676 271 email. hanks_denise@yahoo.co.uk

Food Order/Deliveries availability

John Adam Bakery Innerleithen Tel: 01896 830 338/ 07845 266 516 email: johnadambakery@outlook.com

Deliveries are available

Osso Restaurant Peebles Tel.01721 724 477 email. allymcgrath@icloud.com Take away meals Deliveries available

McQueens Dairies Tel. 0330 555 5588 www.mcqueensdairies.co.uk Mon-Fri 8am-5pm

The allotment Fruit and Veg Shop Innerleithen Tel. 01896 830477 email check facebook Mon-Fri 10.00-13.00

11. PEEBLES

Peebles Resilient Community Paul Spense Tel: 0800 0096709/07501 1500656

Food Order/Local info/Deliveries availability

Boots Chemist Peebles 01721 720613 prescriptions delivered

Broughton Village Shop Tel: 01899 830465 Hours 9am-4pm Deliveries available

Food Foundation Peebles Tel: 01721 722421 email thefoodfoundation.scot meals on wheels Free service & delivery

Forsyths Butchers & Bakers email. forsythsofpeebles.com meats and meals delivered through Peebles & Cardrona Food pack cost £25.00 open 7am-1pm, on line shopping service for delivery and collection www.forsythsofpeebles.com

Gary Moore Tel. 07525 916 303 email. moorescateringservices.com catering/ carry out meal services. delivered

Horseshoe Inn Eddleston Tel: 01721 730225 email: horseshoeinnedleston meals delivered also butchery supplied by William Robertson & Sons Ltd Grocery: George Anderson & Sons

Neighbour Food www.neighbourfood.co.uk new online farmers market, for local producers and local people, includes a drop off from our local suppliers and a pick up from customers on Thursdays 5pm-7pm @Victoria Park, Peebles

McQueens Dairies Tel. 0330 555 5588 www.mcqueensdairies.co.uk Mon-Fri 8am-5pm

Osso Restaurant Peebles Tel.01721 724 477 email. allymcgrath@icloud.com Take away meals Deliveries available

Francos Italian Restaurant Tel. 01721 720510 open Fri-Sat. 5pm-9pm deliveries only

The Orange Shop Tel. 07922 170842 Open Mon-Fri. 9.00-2pm Fruit & Veg boxes made up and delivered

The Super store Tel. 01721 588081 email: superstorepeebles@gmail.com or message on facebook home deliveries available

Villeneuve Wines Tel. 01721 722500 Wines & Spirits ordered for home delivery

12. WEST LINTON

West Linton Resilience Group Contacts

David Drummond 07739 243859

Jackie Ledger 07905 011165

Deb McHaffie 07917 806293

Nikki Eatwell 07920 141427

Martha Caddell 01968 660973

Maggie King 07969 097899

Susie Compton 07939 042475

Blythe Bridge & Kirkurd

Margaret Currie 01721 752638

Romanno Bridge

Hannah Lawson 07866 615184

Food Order/Local info/Deliveries availability

Co-op Tel. 0800 029 4592 contact this number to arrange gift card purchase

Iain Frame Newsagent will deliver Milk, Eggs, Bread

St. Andrews Church Food Bank Tel.07943 509 906 email. emergencyfoodbank@standrews-westlinton.org

13. Kelso & District

Kelso Community Council Contact: 07385250507

Kelso Resilience Group for prescription collection & delivery enquiries Mon-Fri. 8am-5pm Tel. 07385250507
email: kelsoresiliencegroup@gmail.com

Kelso Shopping “information” Tel. 01573 450688

Heiton Good Neighbour Community: Tel. 01573-450688

Yetholm Resilience Group: Tel. 01573 420366/07904 167566 email: yetholmresiliencegroup@gmail.com

- **Shopping:** Tel. 07904 167682 Susan Stewart
- **Prescription pick up:** Tel. 07904 165240 Lizzie Grindall

Food Order/Local info/Deliveries availability

Beercraft Kelso Tel: 078080 66641 email. beercraftkelso@gmail.com deliveries available contact for opening times

Butcher & Deli delivery Service Kelso Tel: 01573 223322 Mob. 07585954967

Café U Kelso Tel: 01573 225177 email. hello@cafeu.co.uk health foods and flour contact us for availability and opening hours

China Red Tel. 01573 229026 Chinese Takeaway delivery available

Fillin Station: Takeaway and delivery. T. 01573-228888 carry out pizza, burgers etc.

Gill Orde Catering Tel: 01573 229150 quality meals prepared and delivered telephone for prices and deliveries

Granny Jeans Butchers Kelso Tel: 01573 226880 email: grannyjeans.co.uk Meals & Meats all delivered

Hunters at Home 01573 223322 home cooked meals delivery available

Julians Fruit & Veg. open 9am-5.30pm contact via facebook collection only

Kelso Post Office & Browns Newsagents Tel. 01573 224629 opening times all on facebook

Kelso Legion Tel. 01573 224506/ 07894 161 497 shopping & medication uplift delivery

Kelso Wholefoods Tel: 01573 225664 email. kelsowholefoods@outlook.com boxed foods to be collected by prior arrangement

Kwans Chinese Takeaway Tel. 01573 226656 orders taken please phone after 15.30

Lemon & Thyme: Restaurant takeaway and delivery within Kelso Fri & Sat. evenings Tel. 01573-348324

Mayfield Garden Centre Tel. 01573 224124 email. ordersmayfield@klondyke.co.uk home delivery available

Natures Way Tel. 01573 224080 open Mon-Fri. 10am-3pm Sat. 10am-2.30pm Natural foodstuffs, flours etc.,

The Planet Kelso open 11am-3pm Tel: 01573 228285 email ianrendallreid@cheviotyouth.co.uk Foods prepped and delivered also free food bags

Ozkans Grill Tel: 01573 229080 take aways collected & delivered

Paul Burtons Wholesale Tel: 01573 226007 email. paulburtondrinks.co.uk collection only by prior call

Queens Head Hotel Tel 01573 229003 email. queensheadhotelkelso.com deliveries

Rendevouz Tel. 01573 224467 Fish & Chips takeaway please pre-order

Rutherfords Micropub Tel: 07803 208460 email. rutherfordsmicropub.co.uk deliveries

Sainsbury's Kelso open 8am-10pm Tel: 01573 662120 email: stores.sainsbury's.co.uk/2255/kelso

The Town House Tel. 01573 226699 open Mon-Sun 4pm-10pm full take away menu available

Info from Bank of Scotland:

1. New dedicated phone number for over 70s to save them waiting in long queues when needing to speak to someone about their banking. This number is included in letters or emails depending what details the bank have that are sent out to their customers.
2. They have also set up a new service where vulnerable customers can nominate a trusted person for them, whether that be a friend, family member or a volunteer to access cash. The trusted person has to go in to the bank and show a form of ID, the bank will then phone the customer to ensure and verify that the trusted person has indeed been granted access to withdraw cash for the vulnerable individual, once the bank have suitable confirmation, the trusted person can withdraw up to £100 for this individual. This is only available for those who do not bank digitally at present.
3. The bank are currently trying to encourage people who don't have cheque books, to get one as this is a safer way to pay for bills.

14 Useful Contact Numbers

- **SBC** www.scotborders.gov.uk/coronavirus Tel 0300 100 1800 Help and Support
- Age UK: 0800 6781602 open 8am-7pm daily
- Age Scotland: 0800 124422 9am-5pm Mon-Fri.
- Alzheimer Scotland Borders: 01573 400324
- Borders Care and Repair: 01750 724895
- Borders Carers Centre: 01896 752431
- Borders Community Transport 0300 456 1985 email.bordersct@gmail.com
- Borders Dental Helpline 0845 300 0930
- Breathing Space: 0800 838587 Mon-Thurs 6pm-2am Fri. 6am - 6pm
- Chest Heart and Stroke Scotland: 0808 801 0899 Mon-Fri. 9.30 – 4pm
- Citizens Advice Scotland 0800 028 1456
- daren@firstclass deliveries: 01890 882950 fresh produce delivered
- Duns Social Work Office: 01361 886103
- Food train: 01896 751750

- Galashiels Social Work Office: 01896 664157
- Hawick Social Work Office: 01450 374545
- Kelso Social Work Office: 01573 223501/227977
- Macmillan Services: Kirsty Smith/Clare Irvine 01896 826835 (Cancer Information Support Service)
- NHS Inform. Scot / Coronavirus Tel: 0800 028 2816
- Peebles Social Work: 01721 726355
- Queens House: 01573 224886 / 07498799436
- RNIB: Alison Paton-Day 07771940387
- Samaritans: 24 hours call. 116 123
- Shout: 24 hours daily Text SHOUT to 85258
- Silverline 24 hours daily Tel. 0800 470 8090
- National Gas Emergency Number: 0800 111 999
- Central & Southern Scotland Scottish Power: 0800 092 9290
- National Power Cut: Tel.105
- Scottish Water: 0800 0778 778

Disclaimer All information on this calendar was gathered from the public domain and to the best of our knowledge is accurate at the date of distribution