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)**

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.

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.

### THE LOCAL SITUATION

**Coronavirus Affecting Cumbernauld**

The local situation in relation to coronavirus is rapidly evolving by the day as the number of cases, deaths and community response changes.

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%.

### THE LOCAL RESPONSE

**Community Resilience in Cumbernauld**

Renowned for its community resilience, Cumbernauld’s initial response to the pandemic has been one of action and togetherness.

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.

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.

Initial objectives are to limit the spread of the virus through restricting public movement and activity, and treating those who have contracted the virus.

Ultimately, the town of Cumbernauld seeks to first control and secondly eradicate coronavirus from the local and wider area.

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

<table>
<thead>
<tr>
<th>Ref No</th>
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| 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 | PHYSICAL HEALTH | 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 | MENTAL HEALTH  
PRACTICAL SUPPORT  
FINANCIAL SUPPORT  
SOCIAL CONTACT  
LEARNING SUPPORT  
EMERGENCY HELP  
ADVICE AND INFO | 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 | MENTAL HEALTH  
PRACTICAL SUPPORT  
FINANCIAL SUPPORT  
SOCIAL CONTACT  
LEARNING SUPPORT  
EMERGENCY HELP  
ADVICE AND INFO | 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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| 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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| 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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| 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: adviceline@chss.org.uk  
Facebook: @CHSScotland  
Twitter: @CHSScotland  
Instagram: @CHSScotland  
YouTube: @CHSScotland  
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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| 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 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-11  
115523821823/ |
| 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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</table>
| 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 | Physical Health, Mental Health, Practical Support, Social Contact | 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 | Physical Health, Mental Health, Practical Support, Financial Support, Learning Support, Emergency Help | 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  | Physical Health, Mental Health, Practical Support, Financial 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 | Physical Health | 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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<tr>
<td>034</td>
<td>CUMBERNAULD FAMILY HUB</td>
<td>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</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>Covering: Cumbernauld wide Lead Contact: Karen Lawson Telephone: 07940 569527 Email: <a href="mailto:familyhub@cornerstone-house.org.uk">familyhub@cornerstone-house.org.uk</a> Facebook: @CornerstoneCHC Twitter: @CornerstoneCHC Instagram: @Cornerstone.CHC Online resource: <a href="http://www.cornerstone-house.org.uk/services/#family-services">www.cornerstone-house.org.uk/services/#family-services</a></td>
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<tr>
<td>035</td>
<td>CUMBERNAULD FM</td>
<td>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</td>
<td>✓ ✓</td>
<td>Covering: Cumbernauld wide Lead Contact: Steven Murray Telephone: 07742 697175 Email: <a href="mailto:studio@cumbernauldfm.co.uk">studio@cumbernauldfm.co.uk</a> Radio: 106.8FM Facebook: @CumbernauldFM Twitter: @CumbernauldFM Instagram: @CumbernauldFM Online resource: <a href="http://www.cumbernauldfm.co.uk">www.cumbernauldfm.co.uk</a></td>
</tr>
<tr>
<td>036</td>
<td>CUMBERNAULD NEWS AND KILSYTH CHRONICLE</td>
<td>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</td>
<td>✓</td>
<td>Covering: Cumbernauld wide Telephone: 01236 862200 Email: <a href="mailto:editorial@cumbernauld-news.co.uk">editorial@cumbernauld-news.co.uk</a> Facebook: @NewsAndChronicle Twitter: @NewsAndChron Online resource: <a href="http://www.cumbernauld-news.org.uk">www.cumbernauld-news.org.uk</a></td>
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| 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@cumbernauldy.org.uk  
Facebook: @Cumbernauld.YMCA  
Twitter: @CumbernauldYMCA  
Instagram: @CumbernauldYMCA  
Online resource: www.cumbernauldy.org.uk |
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| 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
| 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: lrn@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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| 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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| 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 affecting 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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| 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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<td>058</td>
<td>MacMILLAN CANCER SUPPORT</td>
<td>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</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>Covering: Lanarkshire wide Telephone: 01698 332631 Email: <a href="mailto:macmillan@culturenl.co.uk">macmillan@culturenl.co.uk</a> Facebook: @MacmillanLan Twitter: @MacmillanLan Instagram: @MacmillanCancer YouTube: @MacmillanCancer Online resource: <a href="http://www.culturenl.co.uk/macmillan">www.culturenl.co.uk/macmillan</a></td>
</tr>
<tr>
<td>059</td>
<td>MAKING LIFE EASIER</td>
<td>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</td>
<td>✓ ✓ ✓ ✓</td>
<td>Covering: North Lanarkshire wide Telephone: 01698 274460 Email: <a href="mailto:makinglifeeasier@northlan.gov.uk">makinglifeeasier@northlan.gov.uk</a> Online resource: <a href="http://www.makinglifeeasier.org.uk">www.makinglifeeasier.org.uk</a></td>
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<tr>
<td>060</td>
<td>NEW COLLEGE LANARKSHIRE (CUMBERNAULD CAMPUS)</td>
<td>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</td>
<td>✓ ✓ ✓ ✓</td>
<td>Covering: North Lanarkshire wide Email: <a href="mailto:coronavirus@nclan.ac.uk">coronavirus@nclan.ac.uk</a> Facebook: @NCLanarkshire Twitter: @NCLanarkshire Instagram: @NCLanarkshire YouTube: @NCLanarkshire Online resource: <a href="http://www.nclanarkshire.ac.uk/coronavirus">www.nclanarkshire.ac.uk/coronavirus</a></td>
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<tr>
<td>061</td>
<td>NHS 24 (NHS INFORM)</td>
<td>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</td>
<td>✓ ✓ ✓ ✓</td>
<td>Covering: Scotland wide Telephone: 111 Facebook: @NHS24 Twitter: @NHS24 Twitter: @NHSinform Instagram: @NHS24.scot YouTube: @NHSinform Online resource: <a href="http://www.nhs24.scot">www.nhs24.scot</a> Online resource: <a href="http://www.nhsinform.scot">www.nhsinform.scot</a></td>
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| 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 | | | Checking: 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 | | | Checking: 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 | | | Checking: Lanarkshire wide  
  Telephone: 01698 687567  
  Facebook: @NHSLanarkshire  
  Twitter: @NHSLanarkshire  
  Instagram: @NHSLanarkshire  
  YouTube: @NHSLanarkshire  
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| 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@carerstogether.org  
Facebook: @NLCarersTogether  
Twitter: @NLCT_carers  
Online resource: www.carerstogether.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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<td>068</td>
<td>NORTH LANARKSHIRE DISABILITY FORUM</td>
<td>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</td>
<td>PHYSICAL HEALTH  MENTAL HEALTH  PRACTICAL SUPPORT  SOCIAL SUPPORT  LEARNING SUPPORT  EMERGENCY HELP  ADVICE AND INFO</td>
<td>Covering: North Lanarkshire wide Lead Contact: Bryony Lang Telephone: 07427 645077 Email: <a href="mailto:info@nldforum.org.uk">info@nldforum.org.uk</a> Facebook: @NLDisabilityForum Twitter: @NLDForum Instagram: @MacmillanCancer Online resource: <a href="http://www.nldforum.org.uk">www.nldforum.org.uk</a></td>
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<tr>
<td>069</td>
<td>NORTH LANARKSHIRE WOMEN'S AID</td>
<td>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</td>
<td>PHYSICAL HEALTH  MENTAL HEALTH  PRACTICAL SUPPORT  SOCIAL SUPPORT  LEARNING SUPPORT  EMERGENCY HELP  ADVICE AND INFO</td>
<td>Covering: Cumbernauld wide Telephone: 01236 730992 Email: <a href="mailto:info@nlwaid.com">info@nlwaid.com</a> / <a href="mailto:nlwaid@aol.com">nlwaid@aol.com</a> Facebook: @NLWaid Twitter: @NLWomensAid YouTube: @WomensAid Online resource: <a href="http://www.nlwaid.com">www.nlwaid.com</a></td>
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<td>070</td>
<td>NORTHERN CORRIDOR COMMUNITY VOLUNTEERS</td>
<td>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</td>
<td>PRACTICAL SUPPORT  EMERGENCY HELP  ADVICE AND INFO</td>
<td>Covering: Northern Corridor Lead Contact: Claire Williams Telephone: 07905 909797 Email: <a href="mailto:nccvols@outlook.com">nccvols@outlook.com</a> Facebook: @Groups/NCCVols Twitter: @NorthernCorrid1 YouTube: @channel/UC26_7FDk94g0OnP0dLVzoAg</td>
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<td>071</td>
<td>ONE PARENT FAMILIES SCOTLAND</td>
<td>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</td>
<td>PHYSICAL HEALTH</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>072</td>
<td>PARENT CLUB</td>
<td>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</td>
<td>✓ ✓ ✓ ✓</td>
<td>Covering: Scotland wide&lt;br&gt;Email: <a href="mailto:parentclub@gov.scot">parentclub@gov.scot</a>&lt;br&gt;Facebook: @ParentClubScotland&lt;br&gt;Twitter: @ParentClubScot&lt;br&gt;Instagram: @ParentClubScotland&lt;br&gt;Online resource: <a href="http://www.parentclub.scot">www.parentclub.scot</a></td>
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<tr>
<td>073</td>
<td>POLICE SCOTLAND</td>
<td>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</td>
<td>✓ ✓</td>
<td>Covering: Scotland wide&lt;br&gt;Telephone: 01236 503939&lt;br&gt;Email: Via <a href="http://www.scotland.police.uk/contact-us">www.scotland.police.uk/contact-us</a>&lt;br&gt;Facebook: @PoliceScotland&lt;br&gt;Twitter: @PoliceScotland&lt;br&gt;Instagram: @PoliceScotlandOfficial&lt;br&gt;Online resource: <a href="http://www.scotland.police.uk">www.scotland.police.uk</a></td>
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<td>074</td>
<td>READY SCOTLAND</td>
<td>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</td>
<td>✓ ✓</td>
<td>Covering: Scotland wide&lt;br&gt;Telephone: 0300 244 4000&lt;br&gt;Facebook: @ReadyScotland&lt;br&gt;Twitter: @ReadyScotland&lt;br&gt;Online resource: <a href="http://www.readyscotland.org">www.readyscotland.org</a>&lt;br&gt;Online resource: <a href="http://www.readyscotland.org/coronavirus">www.readyscotland.org/coronavirus</a></td>
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| 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.rowlandspharmacy.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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| 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: @SCVOfv  
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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| 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-42112411428223  
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 |
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| 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 | Physical Health: ✓, Mental Health: ✓, Practical Support: ✓, Financial Support: ✓, Social Contact: ✓, Learning Support: ✓, Emergency Help: ✓, Advice and Info: ✓ | Covering: North Lanarkshire wide  
Lead Contact: Ayeshah 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 | Mental Health: ✓ | Covering: UK wide  
Telephone: 0800 470 8090  
Email: info@thesilverline.org.uk  
Facebook: @TheSilverLineUK  
Twitter: @TheSilverLinkUK  
YouTube: @channel/UCcRvrC3VPjOVSui88rzSZ8g  
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 | Mental Health: ✓ | 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 | Mental Health: ✓ | Covering: Cumbernauld wide  
Address: 2-4 Clyde Walk, Cumbernauld, G67 1DA  
Telephone: 01236 724440 |
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| 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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| 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 | PHYSICAL HEALTH: ✓, MENTAL HEALTH: ✓, PRACTICAL SUPPORT: ✓, FINANCIAL SUPPORT: ✓, SOCIAL CONTACT: ✓, LEARNING SUPPORT: ✓, EMERGENCY HELP: ✓, ADVICE AND INFO: ✓ | 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 | PHYSICAL HEALTH: ✓ | 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 | MENTAL HEALTH: ✓ | Covering: North Lanarkshire wide  
Lead Contact: David Miller  
Telephone: 07711 389101  
Email: well-informed@samh.org.uk  
Facebook: @SAMH Mental Health  
Twitter: @SAMHTweets  
Instagram: @SAMHScotland  
YouTube: @SAHMFilms  
Online resource: www.nldforum.org.uk |
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<td>097</td>
<td>WHATSAPP</td>
<td>Website and smartphone app which provides a multi-person instant cross-platform messaging service, suitable for facilitating individual online chats and group chats</td>
<td>✓</td>
<td>Covering: UK wide Online resource: <a href="http://www.whatsapp.com">www.whatsapp.com</a></td>
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<tr>
<td>098</td>
<td>YOUNG SCOT</td>
<td>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</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>Covering: Scotland wide Telephone: 0808 801 0338 Email: <a href="mailto:info@young.scot">info@young.scot</a> Facebook: @YoungScot Twitter: @YoungScot Instagram: @YoungScot YouTube: @channel/UCHlm2-pMq4v3f1ttGzo_9g Online resource: <a href="http://www.young.scot">www.young.scot</a> Online resource: <a href="http://www.young.scot/coronavirus">www.young.scot/coronavirus</a> Online resource: <a href="http://www.young.scot/north-lanarkshire">www.young.scot/north-lanarkshire</a></td>
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<td>099</td>
<td>YOUTUBE</td>
<td>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</td>
<td>✓</td>
<td>Covering: UK wide Online resource: <a href="http://www.youtube.com">www.youtube.com</a></td>
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<tr>
<td>100</td>
<td>ZOOM</td>
<td>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</td>
<td>✓</td>
<td>Covering: UK wide Online resource: <a href="http://www.zoom.com">www.zoom.com</a></td>
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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. SC393997), with a registered office at 1 Esk Walk, Cumbernauld, G67 1BZ.