

# KIRKHILL COMMUNITY CENTRE

Dear Neighbour,

Everyone is having a hard time in these strange times with COVID-19. One of the hardest things is being separated from our friends and loved ones but it is so important to stay at home.

There is an amazing sense of caring and a real desire to help those in need, particularly in vulnerable/high-risk households within our community. The community is here to help you get through this crisis safely. Here are some examples:

- ❖ **Kirkhill Community Centre:**
  - Post Office on a Tuesday and Friday morning
  - Community Library – books, board games & jigsaw puzzles (donations welcome)
  - Community Cupboard (see overleaf for details)
- ❖ Volunteer 'postcard' - you should have already received one of these providing a name, address and phone number of a local volunteer, also see below
- ❖ Prescription Delivery Service from the chemist in Beauly or Muir of Ord can be delivered to your door – speak to one of the volunteers
- ❖ Join our Facebook group - *Community Kindness: Kirkhill, Kiltarlity, Beauly & Muir of Ord*. Lots of help, support and local information.

## LOCAL BUSINESSES now doing DELIVERIES

Some local businesses will deliver fresh fruit & veg, bread, meat, dairy products and other groceries to your door. The fish van is still visiting on Wednesday morning and Friday afternoon



Corner on the  
Square, Beauly  
Tel: 783000



The Storehouse  
Foulis Ferry  
Tel: 01349 830038



Spar  
Kinmylies  
Tel: 243608



John Munro  
Butcher, Beauly  
Tel: 782238

**VOLUNTEERS** – there are lots of people willing to help, here are just a few. Please phone or text

Julie 07730 889182	Brenda 07738 290509	Suzi 07813 890981
Cath 07740 507536	Alex 07712 162705	Tracey 07967 007046
Jenny 07713 747198	Margaret 07831 468593	Sharon 07765 825765
Chris 07402 694466	Aileen 07787 362386	

*None of the volunteers will come to your door unless you phone and ask us to, so please be very careful if you get an unexpected visitor.*

Kirkhill Community Centre is a Scottish Charitable Incorporated Organisation No: SC012797

# KIRKHILL COMMUNITY CENTRE

## Community Cupboard

The kitchen at the Community Centre is now a *Community Cupboard* – available to everyone to avoid travelling to Beauly or Inverness for shopping, especially those who are self-isolating, in a vulnerable group or finding finances a struggle. One of our volunteers can deliver to your door if you wish. Lots more being donated including from FareShare TESCO – so Mondays will have even more!

White bread (frozen)	Eggs Milk (frozen)	Tins: soup, veg, fruit, puddings, beans	Cooking sauces
Rice and couscous	Pasta	Tea	Coffee
Breakfast cereal	Toiletries	Jam	Biscuits

In the freezer HOME MADE MEALS produced by



Hearty Beef Stew	Mac & Cheese	Shepherds Pie
Beef Lasagne	Lamb Hot Pot	Chicken Stroganoff
Chicken Tikka Masala	Venison Stovies	Baked Haddock & Prawn Mornay

HOME BAKING – baked by local volunteers in their own kitchens. A list of ingredients on freezer door for your information



You might enjoy a tasty treat of:

Ginger Cake Pancakes Scones Date & Walnut Cake Fruit Cake

The Community Cupboard will be open

Monday 1.30pm – 3pm

Tuesday morning 9.30am – 12.30pm along with the Post Office

Wednesday afternoon 1.30pm – 3pm

Friday morning 10am - 1pm along with the Post Office

Donate what you can so we can buy more stock. If you cannot afford to pay – then it's a gift

*Let the community support you through this difficult time and stay safe*

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