|  |  |  |  |
| --- | --- | --- | --- |
| **Tain** | **Portmahomack** | **Seaboard Villages** | **Fearn** |
| **Wells Chemist**  5-9 High Street – open 10am – 1pm and 2 – 5pm.  23-24 High Street – open 10am – 12pm and 1 – 5pm.  **Tain Co-op**  Reduced opening hours 7am – 8 pm.  **Munro Fruit Merchants**  Order via telephone - 01862 893131  Online orders for delivery /no-contact collection - [www.munrotain.co.uk](http://www.munrotain.co.uk)  **Munro Butchers**  Open 9am – 5pm.  Telephone 01862 892230  **Bannermans Shop**  Open 9am – 5.30 pm.  Telephone - 01862 892322  **Tain Post office**  Mon-Fri 9-12.30 13.30-17.00.  **Supermarkets**  **ASDA** – Open daily from 8am – 8pm.  **Home Bargains** – Open daily from 8am – 8pm.  **Lidl** – Open daily from 8am – 8pm.  **Tesco** – Open Mon – Sat – 7am – 10 pm and Sun – NHS workers 9a.m- 10am– 10 p.m.  **Health Centre**  Tain & District – 01862 892203  Tain & Fearn – 01862 892759  Telephone appointments only.  **Tain Dental Care**  Telephone - 01862 890065  Emergency appointments only 9 – 5pm. | **Port Stores**  **Subject to change**  Mon – Fri 7 a.m. – 8.30 p.m.  Sat – 8 a.m. – 8.30 p.m.  Sun – 10 a.m. – 4 p.m. | **Spar**  Mon – Sun 8 a.m. – 9 p.m.  Deliveries Tues/Thurs/Sat – will be closed briefly to unload.  **Post Office**  Mon – Fri 9 a.m. – 5 p.m.  Sat + Sun 9 a.m. – 12 noon  **Chemist**  Mon – Sat - 10 a.m. – 1 p.m. &  2 p.m. – 5 p.m. | **Village Shop**  **Now**  Mon – Fri 7 a.m. – 5.30 p.m.  Sat – 7 a.m. – 12.30 p.m.  **Week commencing 30/3/2020**  Mon – Sat 7 a.m. – 12 noon.  Deliveries p.m.  Please phone your orders for shopping into **01862 832061** |
| **Edderton** | **Highland Council Free Helpline Number for the Vulnerable**  **0300 303 1362 -** | |
| **Bogrow Farm – Butcher**  Contactless Home delivery – phone your order 07783 995229 or order via their website Bogrowfarm.com |
| **NHS Helpline 111 – only if you cannot get online https://111.nhs.uk/**  A screenshot of a cell phone  Description automatically generatedA screenshot of a cell phone  Description automatically generated | | |

2nd April 2020

Hello,

Day eleven of LOCKDOWN and the covid19 or corona virus has certainly impacted on all our lives – it does not discriminate! Being connected, being kind and helping each other is never so important than it is now.

This has been demonstrated across the district of Tain or ward 7, where we have witnessed people, groups and agencies coming together and supporting each other in these strange times, which will go on for months to come.

We are working with the authorities to coordinate support to the vulnerable members of our community. If you are classed as a vulnerable person, if you require business support or information about school closures please call the free Highland Council number 0300 303 1362.

Not on Facebook but want to keep up to date with what’s happening in the area then please check out our website on www.tainddtrust.com, call us on 07851958823 or email us on [info@tainddtrust.com](mailto:info@tainddtrust.com).

Lastly, please keep your mind busy and stay in touch with people. Phone a friend or family member; a kindly word; How is everyone? Do you need anything? Do you know of anyone who might need help? - easy questions but so worthwhile. If someone needs help give them the helpline **0300 303 1362** this number will filter down to volunteers in your community.

Take care and stay safe but stay connected.