

**Please only use the services below if you are self isolating or in a vulnerable group due to age or pre-existing health conditions**

### **PRESCRIPTION DELIVERIES**

#### **DUNBAR PRACTISES**

- 1 Ask Practise to fulfil prescription through Aitken's Chemist in High St Dunbar.
- 2 Call Dunbar Sorting Office (posties) on 01368 865224 and ask that medicines be picked up and delivered to you with your post.

#### **COLDINGHAM SURGERY**

- 1 Call Coldingham Surgery and tell them that you need a repeat prescription 01890 771291 and require it to be delivered.
- 2 They have a worker able to deliver, but if need rise too much, one of our volunteers will assist.

### **Other needs**

Please either call Rev Suzie Fletcher on 07562 523 904 or email secretaryccc@live.co.uk with your needs. Suzie will arrange for a co-ordinator and volunteer to assist you.

### **Community Assistance Hub – Scottish Borders Council**

Should you have needs not met by the above, please contact the Community Assistance Hub on 0300 100 1800

### **Buses**

There are currently no bus services to Cockburnspath either north or south from usual provider. Please call 01835 826753 for the on demand bus service. The line will be open between the hours of 8.45am-4pm. This only applies to journeys in Scottish Borders Council regions, not to Dunbar. This service is only for essential workers, or essential travel to work or for shopping, pharmacy, hospital visits etc.

### **Supermarkets**

Many are now allocating delivery slots for vulnerable people. Sainsbury's are doing this now, so please phone 0800 953 4988 if you are vulnerable and need home delivery.