

# HADDINGTON COMMUNITY RESPONSE

## CORONAVIRUS(COVID-19)

**The community is strong and resilient and there are simple things you can do to help.**

- **Only help if you are well** - First and foremost stay safe. If you are in a vulnerable group, you or household has shown symptoms then **STAY AT HOME**
- **Prioritise people who may need help** – Focus on those close to you such as neighbours, over 70's, and friends and family.
- **Connect with people** - Swap Text, Telephone, WhatsApp, Facebook. share details and make sure everyone is all right whilst **STAYING AT HOME**
- **Provide emotional support** - Calls, text messages and contact via social media. Make sure everyone is ok while you all **STAY AT HOME**
- **Provide practical help** – help people where they need it, do an online shop, get prescriptions, put their bins out.
- **Do all this safely** - If you are helping, the advice is to stay 2 metres – about 3 steps – away from people you are helping. If in doubt **STAY AT HOME**
- **Worried about someone's health?** encourage them to call their GP practice or NHS24 on 111 if the GP is closed.



Wash your hands.



Use a tissue for coughs and sneezes.



Avoid touching your face.

Haddington  
Community Council 

[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

[www.haddingtoncc.org.uk/coronavirus](http://www.haddingtoncc.org.uk/coronavirus)

**In the event of an emergency please call 999**

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### HELPFUL NUMBERS IF YOU NEED HELP

#### Police and Health

- Haddington Police, If it is not an emergency **01620 824101** or **101**
- Tyne Medical Practice, <https://tynemedicalpractice.co.uk> **01620 823 183**
- Orchard Medical Practice, <http://www.orchardmedprac.scot.nhs.uk/> **01620 825497**
- Lammermuir Medical, <https://www.lammermuirmedicalpractice.scot.nhs.uk/> **01620 825051**
- East Lothian Community Hospital, **0131 536 8300**
- NHS inform general information, <https://www.nhsinform.scot/> **0800 028 2816**

#### Utilities

Power Cut **105** or **0800 092 9290**, Gas Smell **0800 111 999**, Scottish Water **0845 601 8855**

#### Pharmacies

- Market Street Pharmacy **01620 823557** [romanespharmacy.co.uk](http://romanespharmacy.co.uk)
- Right Medicine **01620 822361** [rightmedicinepharmacy.co.uk](http://rightmedicinepharmacy.co.uk)
- BOOTS **01620 823349** [boots.com](http://boots.com)

#### Local Support & Advice Lines

- ELC Health & Social Care Partnership (H&SCP) and Property Maintenance 24/7 Contact Centre **01620 827827**
- East Lothian Council Social work Contact Centre on **01875 824 309** or **0800 731 6969**
- Haddington Community Council Resiliency assistance number **07592 003 386 (10-4)**
- St Marys Parish Kirk **01620 823109**
- West Parish Church **01620 822213**
- Holy Trinity Episcopal Church **01620 826667**
- ST Mary RC Church **01620 822138**
- Haddington Community Church **07545 316699**
- Athelstaneford Church **01620 880536**
- Haddington Citizens Advice Bureau **01620 824471**
- East Lothian Community Care Forum **01620 822 212**
- Carers of East Lothian **0131 665 0135**,
- Crossreach Counselling Lothians **01315528901**

#### National Support & Advice Lines

- Parentline **0800 028 22 33**
- Age Scotland **0800 12 44 222** (mon-fri 9-5)
- Samaritans - **0131 221 9999** or **116 123** free
- Breathing space - **0800 83 85 87** 6pm to 2am Mon to Fri and 6pm Sat to 6am Mon
- Mind Infoline - **0300 123 3393** Mon to Fri 9am to 6pm.
- Arthritis Care Scotland - **0141 954 7776**
- Chest Heart & Stroke Scotland - **0131 225 6963** or **0808 801 0899**
- Capability Scotland **0131 337 9876** or **01620 825 937**
- Royal Voluntary Service - **0330 555 0315**

**In the event of an emergency please call 999**