

Rogart Resilience

With the threat of Covid 19 becoming a reality, the Rogart Community is already mobilising to ensure everyone self-isolating does not feel alone and has access to both food and medicines.

Rogart PO Stores Delivery Service

The PO Stores (Tel 01408 641200) currently operates a Delivery Service.

- Folk can ring in with an order before 9.30 a.m. if they want groceries to be delivered by the postie. A small fee is payable to Royal Mail for this service.
- After 9.30 a.m. orders phoned in will be delivered by volunteers as soon as a volunteer is available.
- All financial arrangements will be dealt with by PO Stores.
- The PO Stores also has some over the counter medicines available including cough medicines, throat lozenges and paracetamol.

Rogart Prescription Delivery Service

Golspie Pharmacy (Tel 01408 633217)

- Following a GP telephone appointment, any prescription issued will automatically be sent to the Golspie Pharmacy. This includes repeat prescriptions.
- A self-isolating person wishing to use the Rogart Prescription Delivery Service, should contact the Golspie Pharmacy.
- Volunteers will collect prescriptions from the Golspie Pharmacy and take them to P.O. Stores for delivery by the posties/ volunteers to the patient's house.

Lairg Pharmacy (Tel 01549 402374)

- Following a GP telephone appointment any prescription issued will automatically be sent to the Lairg Pharmacy. This includes repeat prescriptions.
- A self-isolating person wishing to use the Rogart Prescription Delivery Service, should contact the Lairg Pharmacy.
- Volunteers will collect prescriptions from the Lairg Pharmacy for delivery direct to the patient's house.

Please note the arrangement for existing customers will not change. However, due to the increased workload already occurring at the local pharmacies please allow at least 48 hours for repeat prescriptions. In addition, self-isolating people must not open the door to any delivery and all dogs must be kept under control.

Volunteer Service

We are seeking volunteers to:

- Look out for self-isolating folk by ringing/ texting them regularly.
- Deliver supplies and/or prescriptions.
- Collect prescriptions from Golspie Pharmacy and deliver them to PO Stores.
- Collect prescriptions from Lairg Pharmacy and deliver them directly to the patient's house.

Potential volunteers are asked to give their contact details to the PO Stores and indicate which volunteering duties they would be able to carry out.

Both the PO Stores Delivery Service and the Prescription Delivery Service will be co-ordinated by the shop.

Kate Roach (Tel 01408 641343 Mob 07833 641226) will act as a point of contact in addition to the PO Stores. Anyone who would like a friendly phonecall should contact Kate or the shop.

It must be stressed that the measures above are being put in place to supplement not replace the strong community spirit which already exists between friends, neighbours and families in Rogart. The services above are being offered during the Covid 19 situation and are purely voluntary relying on the goodwill of the community.

Stay safe. Always remember to wash your hands.

There is no doubt that the Rogart people, resilient by nature, will overcome this situation.