

Special Edition in association with  Lend A Hand Kintore



## Highlights

*Message from Minister*  
*Lend A Hand Kintore*  
*Local Medical Services*  
*NHS Guide to Services*

*Page 2*  
*Page 3*  
*Page 5*  
*Page 6*

*Support your local businesses*  
*Aberdeenshire North Food Bank*  
*Donview Vets FAQ*

*Page 6*  
*Page 11*  
*Page 12*



## An Answer from Above – and Below

*“Why do the nations rage and the peoples plot in vain?” – Psalm 2*

Dear friends,

War, famine and natural disaster; pain, pestilence and pandemic. In times of such crises we invariably begin to ask the ultimate questions of life and meaning and God – and the greatest of these questions is Why? Why this virus? Why us? Why now? Why this level of suffering?

The second song in the Book of Psalms begins with the question: Why? The Psalms are addressed to God. What or who is God if not the One to whom we can address such ultimate questions? If God has no answers for us in a time such as this coronavirus pandemic, then where shall we turn? Perhaps you’ve got some questions for God and perhaps, if they’re anything like mine, they aren’t all polite questions. How long, O Lord? Why have you forsaken us? Will you forget me forever? Are you deaf? Those are just some of the questions the Psalmist asks God.

In the face of our questions God is not silent. Yet God doesn’t answer our questions about suffering with a neat set of reasons or excuses. As Steven Croft, Bishop of Oxford, puts it, “God’s answer to the question Why? is not a set of propositions but a person.” In Psalm 2 the Lord answers, “As for me, I have set my King on Zion.” God’s answer to our suffering is to promise a king and a kingdom. For Christians Jesus is that king and his values of love, compassion and grace are the constitution of that kingdom.

This is an answer from above – God comes down to be with people in their suffering. But it is also an answer from below – Jesus shows us how to be a healing presence for one another.

Is this not exactly what you have seen in the past couple of months? Neighbours looking out for each other; volunteers and volunteer groups like Lend-a-Hand Kintore popping up to meet practical community needs; kindness across garden fences; clapping together for the NHS; 100-year-olds walking for charity. Love. Compassion. Grace. Embodied in the faces and hands of neighbours.

There may never be neat and easy answers to the questions of suffering. Yet my prayer is that we will not forget the answers we have learnt during lockdown too quickly. For neighbours nearby the aftermath of this lockdown will continue for months, even years, as the psychological and financial impact lingers. They will continue to need our love, compassion and grace – embodied in patient listening and acts of kindness. For other neighbours (often further away) a return to “normal” means a return to war, poverty, abuse or hunger. They will continue to need our love, compassion and grace – embodied in charity and political action.

I have never been prouder to be a member of the compassionate community of Kintore.  
May God grant us the courage and humility to continue.

**Rev Neil Meyer**

## KINTORE'S LOCKDOWN ARTWORK



### Pause Netflix? Try Alpha Online.

With everyone so isolated at the moment, we thought it would be good to connect with others in our Kintore community to explore the big questions of life and the Christian faith.

#### What do you think? ✨

If you'd like to join us here in Kintore via Zoom from the comfort of your own home, please let us know by May 28. Simply send us a message at [info@kintore.cc](mailto:info@kintore.cc) and we'll be in touch as we prepare to start in the next few weeks.





# Lend A Hand Kintore

## Contact details

**Telephone:** 07590 856444

**Email:** lendahandkintore@gmail.com

### Who are we?

Lend a Hand Kintore was formed in March 2020. The COVID-19 situation led a number of community organisations and individuals to come together with the aim of supporting people in the community who were isolating or in need. The group is made up of representatives of the Kintore Parish and Community Churches, the Kintore District and Community Council and other individuals from the Kintore community.

As a community assistance organisation, Lend a Hand Kintore registered with the Grampian Coronavirus Assistance Hub to make sure as many people in need as possible were connected with the Kintore volunteers ready to provide assistance and support. We plan to continue to operate for as long as we are needed, which we anticipate will be for much longer than the current period of lockdown (at time of writing).

### What assistance can we provide?

As a group, Lend a Hand is here to provide assistance in a variety of ways:

- Top up or weekly shopping
- Click and collect shopping
- Prescription pick up and delivery
- Top up of gas or electricity
- Pet walking or assistance
- Letter posting
- Newspaper delivery

Most importantly, we recognise that as the weeks progress, loneliness and isolation may be growing. We have volunteers who can check in regularly as a friendly voice at the end of the phone. We have a number of experienced counsellors and listeners on hand if you or someone you know are needing a little support. It can be difficult to ask for help, particularly this kind. Please be reassured that we would love to have the opportunity to check in with you and it really is no bother. Our volunteers have been amazing and, as it stands, there are far more volunteers than requests for help.

### Thank you to our volunteers

The volunteer response has been incredible and we are very proud to be part of this supportive community. Requests either go out anonymously on the Facebook page to take advantage of trips that are already planned or targeted to volunteers that are geographically close. Every time we post a request or make a call for help it's answered within seconds. So a huge thank you to everyone who has, and continues to, volunteer as part of Lend a Hand Kintore.

# Grampian Coronavirus (COVID-19) Assistance Hub

**Website:** [www.gcah.org.uk](http://www.gcah.org.uk)

This website is a focal point for information and assistance for anyone affected by coronavirus anywhere in Grampian. Find the services you need or links to information from across the area.

- Make a request for assistance
- Register as a volunteer
- Register a community group
- Register your business

**Telephone:** 0808 196 3384

Free phone with lines open 8am to 8pm, 7 days a week. The National Assistance Helpline 0800 111 4000 (Open office hours Monday to Friday) will get you through to the same switchboard if you follow the options to Grampian Region. *Please remember this helpline is dedicated to helping those who cannot leave their home and who cannot get help online.*

## New Scots

Aberdeenshire New Scots community began to produce scrub bags for Health and Social Care officers to carry home and wash their scrubs in.

The Syrian families shared on the New Scots WhatsApp group that they wanted to support NHS and other health partners by making bags for care workers. Immediately, there were keen responses with sewing machines, thread and cloth (in the way of duvet covers) being sourced. The first delivery was to Inverurie Health Centre and Care Hub, within days over 1000 scrub bags had been made in Inverurie, Ellon and Kintore.

During Ramadan the families continue to contribute, now making face coverings to be distributed locally. The NHS and Social Care Services are well respected by the New Scots families, as many arrived here with serious health issues. They are grateful to everyone who has supported them and this is a small act of kindness as a way of saying Thank You and giving something back to their new community.



# Grampian Psychological Resilience Hub

Our role at the Hub is to offer a support mechanism for who may feel overwhelmed, upset or personally affected by the current situation with Covid-19. This is totally understandable. As we all go through this abnormal and unknown situation due to Covid-19 it is normal to experience abnormal or upsetting emotions. The Hub has been set up to offer you some extra support and advice to manage at this time if you are affected by Covid-19 in any way. This includes:

- Any member of public from anywhere in Grampian or Orkney
- All staff from Health & Social Care Partnerships in Aberdeen, Aberdeenshire or Moray
- All NHS staff in Grampian who are not based in Acute covid wards at ARI (a separate service exists for them)
- All Scottish Ambulance Staff (SAS) from Grampian, Highland, Orkney, Shetland and Western Isles
- All Care Home staff, nursing home staff, community support staff, and home-carers
- All staff that work in the 3rd Sector or private care providers

You can self-refer in to the Hub and will receive up to three sessions of support based on the principles of psychological first aid. This can be seen here:

## Section 2: The Seven Components of Psychological First Aid



The service is open 7 days a week from 8am to 8pm. A professional will call you back on the phone or offer a virtual appointment within a few days of you contacting the Hub.

To access the Psychological Resilience Hub for information go to:

<https://covid19.nhsgrampian.org/mental-health-support/>

For anyone who may have difficulty accessing the Psychological Resilience Hub online, assistance can be provided by calling the following number: **Telephone: 01224 550200 (Mon-Fri 8am-5pm)**



## Storehouse Foodbank

For the last 5 years, Catalyst has operated its foodbank, Storehouse, every Sunday morning from Inverurie Academy providing food parcels, toiletries, and hot meals to those in need. Since the 23rd of March, we have moved Storehouse into our van collecting food throughout the week from the ends of people's driveways and also from our collection points.

Right now we need more donations than ever to meet the needs in our communities. If you want to add your donations – simply come to any of our collection points and look out for the Catalyst van!

### Collection Points

**Sun 1:30-2pm @ Keystore Carpark, Old Meldrum**

**Sun 2:30-3pm @ Inverurie Academy Carpark**

**Sun 3:30-4pm @ Kintore Primary School Carpark**

If you are in need, please don't hesitate to get in touch. Or let us know of neighbours you are aware of who are in need. Simply go to [hello.catalyst.vin](mailto:hello.catalyst.vin). We are here to help.

Inverurie Medical Group would like to thank all of our patients for their continued support during this challenging time for the Health Service.

We have had to adapt rapidly to try and make our service as safe as we can for patients and staff alike. We have adopted various innovations such as video consultations and GPs manning phones in reception, known as GP First. There will be further innovations to come to cope with this dynamic shift in service provision. In the last few days we are all aware there have been increasing media reports of an imminent relaxation in the lockdown restrictions. Should this prove to be the case we would still have to have on-going precautions for accessing health care.

Some specific services have been suspended temporarily by NHS Grampian. These include minor surgery, cervical smears and spirometry. Please remember the Health and Social Care Partnership also stopped our Orthopaedic and Dermatology Clinics prior to Covid-19. This means that although we can still discuss and assess Orthopaedic and Dermatology issues, we need to refer on any issues that require specialist input.

Chronic disease clinics, such as hypertension, asthma, cardiac and diabetes are being carefully managed by our chronic disease nurse team. This involves postponing reviews in stable, well patients, doing telephone reviews for others, and in a minority of cases some may still be asked to come to Inverurie Health Centre when they have been risk assessed.

We require patients not to access our Health Centres without having made prior contact by telephone. This is so we might be able to manage things remotely, consulting with you by telephone or video, or directing you to attend a more appropriate setting, by-passing the Health Centre.

We expect the requirement for this initial telephone assessment to continue for the foreseeable future.

Kintore Health Centre is currently being utilised exclusively for the lowest risk work of baby immunisations and midwifery appointments which require to be continued during this time and for the foreseeable future. For this reason we cannot allow patients to walk in to the Health Centre and for the time being all other services are being undertaken at Inverurie Health Centre following telephone screening by a GP.

We cannot accept samples at Kintore unless requested by your GP at which time you will be given instructions on how to provide these to us. For any other queries we require all patients to phone as we must limit footfall. For this please call 01467 633000.

The Practice remains available to our patients to deal with other health issues that you may have but we require you to contact us by phone in the first instance, on 0345 337 9911.

Please do not put off contacting the Practice if you are concerned about any symptoms.

In an emergency call 999.

If you have symptoms consistent with Covid-19 please call 111.

We do understand that it may be inconvenient for Kintore patients to come to Inverurie however we would like to thank you for your on-going co-operation with this. We wish you and your families all the very best at this difficult time. We are still here for you.

The Partners at Inverurie Medical Group.



## Kintore Dental Practice

Dear Dental Patients,

At present, under current Covid-19 Guidelines, dental practices are unable to provide routine dental services. In lieu of this, dentists, including those at Kintore Dental Practice, are providing emergency advice services during normal practice hours and are available to help answer your dental queries via phone or email. Most practices will be offering the same service.

If you are in pain or need dental advice, during normal practice hours, please get in contact with your dental practice. Kintore Dental Practice number is 01467 530575. If it is an evening or a weekend, please call: NHS 111

NHS Grampian has issued a useful "Self Help Guide - Managing Dental Problems at Home" to many common ailments which may help for any simple concerns, available at:

**[www.nhsgrampian.org](http://www.nhsgrampian.org) > service and clinics > dental services**

In the meantime, more than ever, it is important to look after your teeth to avoid unnecessary risk of decay and gum disease.

It is important to brush your teeth and gums 2 times daily for 2 minutes with a toothpaste that contains fluoride. If you have dentures, make sure you are removing these overnight and soaking in water after cleaning with a soft brush or cloth under warm (not hot) running water.

During lockdown it is easy to snack more often but it is best to avoid sugary snacks between meals, as this can increase the chances of tooth decay.

Useful tips can be found by visiting: [www.child-smile.org.uk](http://www.child-smile.org.uk).

This was developed with children in mind but the information can be used for all of the family.

We want to reassure you that the whole dental team is keen to return to seeing patients as soon as we are advised as to how we can do this safely, and we will be working closely with Grampian Health board adhering to the Scottish Government guidelines towards a return to providing a more comprehensive dental service.

Thank You to all the NHS staff and Keyworkers who are keeping the country going.

Keep safe folks

# Guide to Services

Because of COVID -19 (coronavirus) getting help from  
If you need help, remember your NHS is open and



- 1 Latest information and guidance about coronavirus
- 2 Advice about illnesses and conditions, including symptom checkers.
- 3 Find local services and opening times

**NHS  
inform**



With **physical distancing** measures in place:

- 1 Provide repeat prescription request/collection service
- 2 Dispense your prescription
- 3 Help if you run out of your repeat prescription
- 4 Give advice about medicines and treating many minor complaints

**Pharmacist**



A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues. Most practices are offering telephone consultations if appropriate.

**GP Practice**



General information about coronavirus when you are well **0800 028 2816**

Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support

Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111

**NHS 24**

If you're not sure where to

For a health concern is different.  
NHS is there for you.



For urgent dental care during the day telephone your usual dental practice.

If you are not registered, visit [www.nhsinform.scot](http://www.nhsinform.scot) to access your Health Board's Dental Advice Line telephone number.

Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111

**Dentist**



If you're concerned about your vision or have problems with your glasses or contact lenses, call a local optometry practice (opticians).

Outside normal working hours, if you have an emergency eye problem call NHS 24 on 111.

**Optometrist**



For tips on looking after your mental wellbeing during these uncertain times:

[www.clearyourhead.scot](http://www.clearyourhead.scot)

Information about mental health services visit [NHS inform/wellbeing](http://NHSinform/wellbeing) or call Breathing Space on **0800 83 85 87**

**Mental Well-being**



- Severe injury
- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

**A&E or 999**

Go or who to see visit: **NHSinform.scot**

# Support your local businesses

The Coronavirus restrictions are a hammer blow for many local businesses. With this special issue of Kintore Konnect we want to highlight how you can help our business community during this difficult time.

The important thing now – and when the lockdown is lifted – is that local businesses are part of our community. They provide employment, pay wages and generate value for the local economy. This Coronavirus emergency may teach us that local businesses are here to support us and, in return, we should support them.

We have focussed here on businesses that supply residents in Kintore, rather than our many larger businesses supplying national and international markets.

The following are the businesses that answered our request. This information was supplied by them between May 1 and 7. The Coronavirus response is a changing situation, so it is inevitable that some details may change.

## Blooming Cupcakes

24 Melrose Place, Kintore

Contact: Facebook Page

Current opening hours: Mon-Sat 9am-6pm

Products/services: Cakes, cupcakes and treats.



## Chalmers Mackay Music School

Forest Road, Kintore

Contact: 01467 629637 Email: chalmac@btconnect.com

Products/services: Anyone wanting to brighten their lockdown days learning an instrument they've taken out of the cupboard or wanting to sing - we can help.

Lessons are delivered via Skype/Zoom /FaceTime / What's App and are relaxed and informative.



## Crabb Electrical

Tel: 07714 989643 Email: crabbelectrical@outlook.com.

Current opening hours: Available from 8.30 am

Products/services: Any essential electrical works.



## The Crafty Cafe

1 Deans Court, Kintore, AB51 0RY

Contact: Tel 01467 631020 or on our FB page thecraftycafekintore

Current opening hours: Saturday 11am-2pm for take-away only

Products/services: Takeaway specialist coffee, tea, snacks and crafts

Delivery: yes, a limited delivery service



## Debz Hair Studio

1A Northern Road, Kintore

Contact: Debz Hair Studio on Facebook and Instagram.

Closed during Coronavirus lockdown.

You can buy gift vouchers for use after lockdown ends.



## Inverurie Chartered Physiotherapy Clinic

Midmill Business Park, Tumulus Way, Kintore AB51 0TG

Current opening hours: Contact the clinic.

Contact: Book online at [www.physio-therapy.co.uk/make-a-booking](http://www.physio-therapy.co.uk/make-a-booking), or contact us by phone on 01467 633444 or email us at [info@physio-therapy.co.uk](mailto:info@physio-therapy.co.uk). Book Pilates classes and Mindfulness Workshops and meditations online at [www.physio-therapy.co.uk/book-classes](http://www.physio-therapy.co.uk/book-classes).

Products/services: Online Physiotherapy consultations.

Podiatry team are continuing to offer face to face appointments on a needs assessed basis. Online Pilates classes at a range of levels from Beginners, Gentle, Easy and Harder classes. Online Dietary Consultations. Online Mindfulness Workshops and free 15 minute Meditation.



## i-Protech Technology Ltd

Craigearn Business Park

Current opening hours: Mon-Fri 8am-5pm

Contact: Website and Facebook

Delivery: No

Products/services: Electrical and security



## J&G Dossett Family Butchers

The Square, Kintore.

Current opening hours: Mon-Tues, Thurs-Fri 10-1 then 2-4pm, Saturday 8-1pm. At the moment closed all day Wednesday.

Contact: Please order through Facebook or call 01467 632221.

Delivery: Yes

Products/services: Locally sourced Beef, Chicken, Lamb and Pork. Shop cured as well as Piggery Smokery Bacon from Alford. Ready to cook products such as Chicken Olives, Beef Olives and Steak Truffles.

Shop-made burgers and sausages as well as GF. Homemade Mealies, Haggis & Black pudding. Homemade pies, ready meals and cold meats. Fresh bakery & fine pieces, Milk, yoghurt, canned goods, Honey & Jam. Fresh Vegetables including carrots, potatoes, peppers, onions and soup packs.

Business comment: "When ordering from us for the weekend, please try to allow as much notice as possible (ideally 2 days). Deliveries are available in the local area particularly for our elderly and isolating customers. As always we are very grateful for our kind, supportive and loyal community."



## Jasmine

Kintore, Inverurie AB51 0YL

Current opening hours: Tue-Sun 4.30-8.30 pm Cash only. Max 3 customers in shop.

Contact: Tel 01467 632727

Products/services: Chinese and Thai take-away food



## C&M McDonald

Bridgefield, Kintore, AB51 0XB

Current opening hours: Mon-Fri 8am-5pm

Contact: Email - [info@cmmcdonaldgarage.co.uk](mailto:info@cmmcdonaldgarage.co.uk) Tel 01467 634890 Website & Facebook

Products/services: Car repairs, servicing & MOTs

Delivery: Yes



### John Mullen Joinery

Glenview Leylodge Kintore Inverurie AB51 0XY

Current opening hours: Closed during lockdown

Contact: mullenthejoiner@btinternet.com Tel 01330 860140

Business comment: "As soon as lock down lifts I can start trading in the local area again."



### Kintore Post Office

1 Northern Road, Kintore AB51 0YL

Current opening hours: Mon/Wed/Thu/Fri 9am-5.30pm

Tue 9am-5pm Sat 9am-12.30pm

Contact: 01467 632201

Products and services: Post office services,



### Jim Reid Vehicle Sales & Service

Craigearn Business Park, Morrison Way, Kintore

Current opening hours: Monday to Friday 9am to 5pm

Contact: To book a service or view our stock www.

jimreidvehiclesales.co.uk. Or email service@

jimreidvehiclesales.co.uk or sales@jimreidvehiclesales.

co.uk Tel 01467634000

Collection/delivery: Yes

Products/services: Vehicle Servicing, Repairs & MOT's,

4 wheel alignments, Tyres, Air-Con services. Car &

Van Sales are currently available online only. Finance available.



### Kintore Tandoori

2 Northern Road, Kintore

Current opening hours: Wednesday to Monday 4.30-

10pm

Products/services: Take-aways. 10% discount on online orders.

Contact: www.kintoretandoori.com or Tel 01467 633311



### Kintore Co-op

Northern Road, Kintore AB51 0WL

Current opening hours: 7 days 7am-8pm Follow the one-way system and maintain social distancing. You may be asked to wait when the maximum number are in the store.

Contact: 01467 633221

Products/services: Food supermarket.



### Kinnons Garage

Leylodge Kintore AB510XY

Current opening hours: Mon-Friday 8am-5pm

Contact: Tel 01467 632588

Collection/delivery: Yes

Products/services: Vehicle recovery, punctures, tyres, servicing, MoT, batteries priority given to key workers.



### Kintore Fish Bar Ltd

13 Northern Road, Kintore AB51 0YL

Current opening hours: 7 days 4.30pm to 8pm.

Contact: phone orders only on 01467 632510 or on Facebook. Coronavirus regulations do not allow over-the-counter orders. Maximum 4 people in shop, must remain 2 metres apart.

Delivery: to Kintore, Inverurie, Kemnay, Blackburn, Hatton of Fintray. You can also contact by Facebook, search for "Kintore Fish Bar Ltd".

Products/services: Fish and chips, take-away food.



### Kintore Library

Castle Walk, Kintore.

Closed during Coronavirus Lockdown.

Contact: kintore.library@aberdeenshire.gov.uk or

message Kintore Library on Facebook

For those of you missing the library and other

LiveLifeAberdeenshire facilities we now have Live Life

@ Home - events and activities under one roof! Find all

sorts of activities, events and resources at. <https://bit.ly/LLAhome> You can share images or video of you taking

part in any of our Live Life @ Home activities with us on

social media, using the hashtag #LiveLifeAberdeenshire

on Twitter or by tagging @LiveLifeAberdeenshire on

Facebook. Website content will be updated weekly, so

please remember to check back. You can find video

content created by the Live Life Aberdeenshire team on

our YouTube channel <https://www.youtube.com/channel/UCBUinFBWg24V7NUqxmFKzg>

All of these, and more, are available free to library

members ebooks and magazines, music downloads and

streaming, news-papers. Not a member yet? If you are a

resident of Aberdeenshire or if you work or study in Aber-

deenshire and you are 16 years or over, you can now join

the library online and gain access to our Library Services.

[bit.ly/LibOLreg](https://bit.ly/LibOLreg). Like the Facebook page Aberdeenshire

Library and Information service for more ideas.



### Mac Hypnotherapy, Hypno-Analysis & Coaching Kintore

Current opening hours: Mon-Fri 10am to 8pm

Contact: <https://www.facebook.com/addressingmentalhealth/>

Appointments available online.

Products/services: Free telephone service for

anyone struggling with mental health during lock

down. Specialising in. Anxiety, Depression, Trauma,

& Grief - I help adults, teenagers & children RESET

unwanted thoughts, feelings, behaviours & beliefs. Free

consultation - Appointments available online.



### Kintore Pharmacy

1 The Square, Kintore AB51 0UA

Current opening hours: Mon/Wed/Thu/Fri 9am-1pm 2pm-

4.30pm Tuesday 9 am-1pm 2pm-5pm Sat 9am-1pm Max

3 customers in shop.

Contact: 01467 632055

Products/services: Chemist and prescription service.

Please be aware that prescriptions may take slightly

longer to be ready and only order what is needed.



*Continued on Page 10...*

### Malcolm Allan Housebuilders Ltd



Castle Office, Kintore, AB51 0XR  
 Current opening hours: Mon-Fri 9am-5pm. Our team are still available, working remotely.  
 Contact: [www.mahousebuilders.com](http://www.mahousebuilders.com) Telephone: 01467 633505 [info@mahousebuilders.com](mailto:info@mahousebuilders.com)  
 Product/services: If you are a customer who had been considering moving home later this year, please get in touch with any questions you may have. Our Showhomes will remain closed to the public until further notice. For our customers already living in a Malcolm Allan Home, excellent customer service remains our priority. During these exceptional circumstances we may not be able to undertake periodic or planned maintenance of your home. As soon it is safe and permitted, work will resume and we encourage you to keep in touch with our team at this time. If you are due to move into your new home in the coming weeks, we are doing everything we can to fulfil our upcoming entry dates. Our Sales Advisers are available to support you during this time. They will be in touch with you as your entry date draws nearer to discuss your handover plan to ensure appropriate social distancing measures are followed.

### Monarch Developments



Bridgend 61 Northern Road Kintore  
 Current opening hours: Mon-Fri 7.30am-5pm.  
 Contact: [darren@monarchdevelopments.com](mailto:darren@monarchdevelopments.com) Tel 01467 513100 Tel 07786 510475  
 Products/services: Window and door quotations. Where you have existing Planning Permission. Drawings, we can quote for these. Any type of home improvements carried out from a replacement window, internal alterations, new kitchen, bathroom, to large house extension.  
 Business comment: "We offer a competitively priced drawing service for home extensions and interior works and we have been in business since 1996 with a recognised good quality service throughout from initial visit through to completion of works with a good quality back-up service once works have been completed."

### Sainsbury's Midmill Local



Midmill, Kintore AB51 0UQ  
 Current opening hours: 7 days 7am-10pm. Mon/Wed/Fri 8am-9am dedicated to elderly and disabled. Mon-Sat 7.30-8am NHS and Social Care workers with pass, or ID.  
 Contact: Tel 01467 632537  
 One adult per shopping excursion. You may be asked to wait when the maximum number are in store. Maintain 2m distance. Pay by card if possible.  
 Products/services: Food supermarket.

### Spey Fire Protection Ltd



1 Castlevie Place, Kintore.  
 Current opening hours: Open 7 days  
 Contact: Tel 07934 349618  
 Products/services: Service, supply and maintenance of fire extinguishers and fire hose reels.

### The Square Hotel



The Square, Kintore, AB51 0US  
 Current opening hours: Thursday-Saturday 4-8pm for take-away  
 Contact: Facebook messenger, Tel 01467 631379 or email [bookings@squarehotel.co.uk](mailto:bookings@squarehotel.co.uk)  
 Products/services: Our hotel rooms are open for essential workers only. We will be offering a Tastes Of Canada takeaway menu Thursday - Saturday along with takeaway craft beer from Fierce Beer.

This listing is based on the Information we received from businesses that responded to our request published on the [kintore.org.uk](http://kintore.org.uk) website, the Kintore Facebook page and Twitter, in addition to direct email and Facebook messaging.

## KINTORE'S LOCKDOWN ARTWORK

**TASTES OF Canada AT THE SQUARE**  
**TAKE AWAY MENU NOW AVAILABLE WED TO SUN 4PM-8PM**  
 CALL 01467 631379 TO PLACE YOUR ORDER. COLLECTION ONLY.  
 THE HOTEL IS OPEN FOR ESSENTIAL WORKERS ONLY  
 The Square, Kintore, Inverurie, AB51 0US | 01467 631379  
[bookings@squarehotel.co.uk](mailto:bookings@squarehotel.co.uk) | [accounts@squarehotel.co.uk](mailto:accounts@squarehotel.co.uk)  
[www.thesquarehotel.co.uk](http://www.thesquarehotel.co.uk)

WHY NOT ALSO HAVE A COLD BEER?  
**FIERCE BEER**  
 MOOSE MOISSER, FIERCE PILS, MAPLE PANCAKE



Aberdeenshire North's five Food Banks in Inverurie, Huntly, Ellon, Peterhead Fraserburgh continue to provide emergency food parcels for those who are in food poverty, although the present circumstances have forced some major changes on how we operate to keep both volunteers and clients safe. We have moved on to a paperless referral system. Parcels are then packed from our warehouse according to the individual requirements of family size, food allergies, need for pet food or other extras. The food boxes are then delivered on Mondays, Wednesdays and Fridays direct to the client's home. We have been hugely blessed by getting help with these deliveries from local members of the public who have volunteered, British Gas and Sky, who have made available manpower and vans to assist, and Aberdeenshire council who have given us access to the Unpaid Work Task Supervisors and their vans in all our areas. We are enormously grateful for all of these generous contributions.

The Trussell Trust food banks nationwide reported their busiest ever fortnight for the last two weeks in March with a soaring 81% increase in need for emergency food, compared to the same period in 2019 - and a 122% rise in the number of food parcels for children. The number of people who used our foodbank centres across North Aberdeenshire in the last two weeks of March also rose significantly. We saw over a 30% increase in the number of people we provided emergency food to across our whole Foodbank network with 100% increases in Inverurie and Ellon. Comparing the 2019 March and April figures with the same months this year, there was a 20% increase in the number of adults fed and a 59% increase in the number of children fed. Thankfully, thanks to the generosity of our local communities, donations of food received have also increased allowing us to cope with the increase in demand.

We still have our collection points at Tesco, Morrisons, Mcleish's, Poundland and the Royal Mail Sorting Office in Inverurie and at Sainsbury's and the Co-op in Kintore and the list of current shortages is displayed on each collection box so please do have a look to see what we need prior to starting your shopping. 500g quantities of dry pasta, dry rice and porridge oats are much more useful for making up emergency food parcels than 1kg bags (or bigger!). Items that are easily crushed (popcorn/crisps/etc) are not very user friendly and big boxes of biscuits & chocolates + supersized boxes of breakfast cereals we find more difficult to use. However, we continue to be very grateful for all donations received, whether of food or money (see our website [www.aberdeenshirenorth.foodbank.org.uk](http://www.aberdeenshirenorth.foodbank.org.uk) for how to make a cash donation).

If you need help from our foodbank, the most important step is to get in contact with one of our referral partners. Agencies we work with include Citizen's Advice, housing support officers, children's centres, health visitors, social services and some local charities. If you receive support from Social Work (Children & Families, Criminal Justice, Substance Misuse Services, Mental Health Services, Care Management), from Housing or Health Services, they may be able to help you and may already be aware of your

circumstances. If you receive support from a voluntary agency such as ones supporting those experiencing domestic violence and abuse, helping children and families etc. they may also be able to help you.

If you are not currently receiving support from an agency, then the Citizen's Advice Bureau may be able to help you. If you are still unsure who could help you, call or email our foodbank on 07967364600 or [info@aberdeenshirenorth.foodbank.org.uk](mailto:info@aberdeenshirenorth.foodbank.org.uk) and we can talk through your situation and put you in touch with a relevant local agency.

As ever, we remain hugely appreciative to our volunteers for all the hard work they are undertaking, particularly whilst we have had to make so many changes, and also to members of the public for offering such amazing support during this time.

## Key Information

**Collection Points: Inverurie:** *Tesco, Morrisons, Mcleish's, Poundland and the Royal Mail* **Kintore:** *Sainsbury's and Co-op*

**Monthly Wish-lists available at Collection points and Facebook page (Aberdeenshire North Foodbank)**

## Contacts:

**Telephone:** 07967364600

**Email:** [info@aberdeenshirenorth.foodbank.org.uk](mailto:info@aberdeenshirenorth.foodbank.org.uk)

**Website:** [www.aberdeenshirenorth.foodbank.org.uk](http://www.aberdeenshirenorth.foodbank.org.uk)



Cybersafe Scotland ([www.cybersafescotland.org/](http://www.cybersafescotland.org/)) is focussed, through education, on empowering:

- Children to protect themselves online wherever possible
- Parents to get involved with their children's online safety in order to protect them in situations where they cannot protect themselves and
- Teachers to respond to the rapidly changing risks of online abuse and exploitation

With schools in Scotland unlikely to be returning any day soon, Cybersafe Scotland will be running Facebook live sessions over the coming weeks including one with Police Scotland and Mental Health Support. We will also be supporting you in helping your children learn about the 5 Rights before the summer holidays.

So please make sure you and your family follow CyberSafeScotland on Facebook (<https://www.facebook.com/cybersafescot/>) to make sure you don't miss any of these events.

**And remember – never hesitate to contact us ([info@cybersafescotland.org](mailto:info@cybersafescotland.org)), Police Scotland or both if you have any concerns over the way a child is being treated online at the moment.**



# Donview Vets

## Frequently Asked Questions about COVID-19 and your Pets

### Can I take my pet to the vets during the coronavirus crisis?

Of course, we have had to close our Kintore branch, this is because of staff shortages due to isolation and the schools being closed. We have a full team working at Inverurie. We are delaying some routine appointments to ensure any unwell animals can be cared for and our vets are still available 24 hours a day. Medications and food are available for collection from Inverurie, we would be grateful if you could order these so they are ready when you arrive.

### Do animals get coronaviruses?

Coronaviruses are very common in animals and there are many different strains (types) which are different from COVID-19. In general, they normally cause problems like coughing or diarrhoea that are relatively mild.

### Do animals get COVID-19?

There have been no confirmed COVID-19 infections in animals. Some coronaviruses are zoonotic which means they can jump from one species to another, for example human to animal or the reverse. There is some suggestion that COVID-19 originated from animals (bats) but this is not yet confirmed. COVID-19 seems to spread from human to human, not animals.

### How do animals contribute to the spread of COVID-19?

At the moment we don't think animals play a significant role in the spread of COVID-19. However, if a person with COVID-19 is in contact with an animal they could potentially spread the virus to another person via the virus being on the coat of the animal. In this situation the animal is a fomite (something that can transfer a virus from one person to another without them having to meet).

### Can I get COVID-19 from my pet?

No, but if they have been in touch with someone infected with COVID-19 then there is a slight risk. Make sure you wash your hands before and after feeding/playing with your pet and avoid kissing, licking or sharing food with them.

### Can animals be vaccinated?

No, we have some vaccines for other types of animal coronaviruses but they are not useful when thinking about COVID-19.

### Should cats be kept inside?

There was a news article saying all cats should be kept inside to prevent the spread of coronavirus. This was

following a misunderstanding of a quote by the president of the British Veterinary Centre. He said if a cat lives in a household whose members are positive for coronavirus they should be kept in. This is in case people stroke the cat and pick up the virus from their coat. Keeping cats inside in non infected households is not necessary and could become a welfare issue for any cats that aren't used to being kept inside.

### Can I take my pet to the vets during the coronavirus crisis?

Of course, we have had to close our Kintore branch, this is because of staff shortages due to isolation and the schools being closed. We have a full team working at Inverurie. We are delaying some routine appointments to ensure any unwell animals can be cared for and our vets are still available 24 hours a day. Medications and food are available for collection from Inverurie, we would be grateful if you could order these so they are ready when you arrive.

We are currently able to offer the following services during lockdown between 8:30-6pm Monday to Friday (genuine emergencies only outwith these times).

1. We are seeing emergency cases at our Inverurie practice.
2. We are undertaking phone consultations for non emergencies (The RCVS have temporarily changed our prescribing rules so that we can make diagnoses and prescribe medications without seeing an animal during the COVID crisis)
3. Medications can be collected or posted/delivered, please call to order.
4. Preventative medications such as wormer and parasite treatment are being dispensed, please call to order.
5. We're now booking vaccinations starting with the highest risk - puppies/kittens, and the most overdue

### Please do not visit the surgery unless you have an appointment or to collect urgent medications.

Online bookings have been temporarily suspended. Our Kintore branch is temporarily closed.

If you are self-isolating, please let us know. We can then ensure we give you the best advice, whilst keeping our teams safe.

**Contact telephone number: 01467 621429**



**KINTORE'S LOCKDOWN ARTWORK**

