



# Reliable Sources List



Local & national helpline numbers and information sources to cut out and keep

## Local Numbers

**Food For Thought** - 01389 734514.  
Emergency food aid referral line.

**West Dunbartonshire Community Foodshare** 01389 764135 - emergency food aid delivery

**Dumbarton District Women's Aid** - 01389 751036

**WDC 'No Homes for Domestic Abuse'** - 01389 738510

**Clydebank Women's Aid** - 0141 952 8118

**Dumbarton Area Council on Alcohol (DACA)** - 01389 731456 or 0141 9520881

**WD Citizens Advice Bureau** - information on benefits, welfare rights, employment rights and general well-being  
Alexandria - 01389 752727  
Clydebank - 0141 435 7590  
Dumbarton - 01389 744 690

**Independent Resource Centre** - benefits advice 0141 9514040

**WD Housing & Homeless** 01389 738282 or Freephone 0800 197 1004 (option 5)

**Clydebank Community Addiction Team** - 0141 562 2311

**Dumbarton Joint Hospital** - 01389 812018

**Stepping Stones** - 0141 941 2929 - mental health charity providing telephone support in WD

**Big Disability Group** - 0141 237 4560  
thebigdisabilitygroup@gmail.com and on Facebook - support and information to people living with disabilities

**Big White Wall** - online mental health support 24/7 for anyone in WD aged 16 - 24

**WDC Additional Support** - [www.west-dunbarton.gov.uk/coronavirus/additional-support](http://www.west-dunbarton.gov.uk/coronavirus/additional-support)

## National Helplines & Websites

**NHS 24** - 111 for urgent health advice if GP or dentist is closed [www.nhs.uk](http://www.nhs.uk)

**Coronavirus helpline** - 0800 028 2816 - information on COVID-19

**Breathing Space Scotland** - 0800 83 85 87  
[www.breathingspace.scot](http://www.breathingspace.scot) Mental Health helpline

**Age Scotland** - 0800 12 44 222 - advice, help or simply a friendly voice of support  
[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

**Chest, Heart & Stroke Scotland Nurses Advice Line** - 0808 801 0899. Specialist nurses answering questions, provide advice, and information to anyone with a chest or heart problem.

**Scotland's Domestic Abuse & Forced Marriage Helpline** - 0800 027 1234.  
Available 24/7 [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

**Rape Crisis Helpline** - 0808 8000014

**Samaritans Helpline** - 116 123 anytime or email [jo@samaritans.org](mailto:jo@samaritans.org) (response time 24hrs)

**Alcoholics Anonymous** - national helpline 0800 9177650  
[www.alcoholicsanonymous.org.uk](http://www.alcoholicsanonymous.org.uk)

**Gov.uk** - Government guidance on all aspects related to impact from COVID-19  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**World Health Organisation** -  
[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

**Young Scot** - Information and advice for young people  
[www.young.scot/campaigns/national/coronavirus](http://www.young.scot/campaigns/national/coronavirus)

**Parent Club** [www.parentclub.scot](http://www.parentclub.scot)



# Food Delivery Services List

For all those self isolating or wanting to avoid supermarkets we've compiled a list of local businesses and independent traders providing deliveries in WD.

All businesses are on Facebook.

- Greedy G's meat deliveries (min order £10 C'bank & £20 D'ton)
- Jackie & the Beanstalk Organic Veg - locally grown veg - collection with contactless payment
- Lomond Fishmongers, specialist grocery - fish, meat, bread etc - free delivery for £15+ orders in Dumbarton, Vale, Helensburgh
- Homefresh Foods - fruit, veg and basic groceries. free delivery -[www.homefresh.online/](http://www.homefresh.online/)
- Elliots Fruit and Veg - veg boxes - email orders [elliotsfruitveg@btinternet.com](mailto:elliotsfruitveg@btinternet.com)
- Cedar Cottage Country Foods - meat & veg packs
- Mclays Foods - meat, veg and grocery packs - [www.mclaysfoods.co.uk](http://www.mclaysfoods.co.uk)
- Rodgers Butchers - meat deliveries £25 min order
- Pure Roasters - monthly coffee subscriptions [www.pureroasters.com](http://www.pureroasters.com)
- Made Guid - specialist grocery & gift shop; dried wholefoods, cleaning products, teas, coffees.
- Kilbowie Cafe 01389 800118
- Fallone's Chip Shop 4.30 -9pm 01389 875 892
- McMonagle's Boat Fish and Chips. 12-7pm 0141 9512444
- Perfect Catch -[Theperfectcatchfishandchips.com](http://Theperfectcatchfishandchips.com)
- The Hungry Bite in Dalmuir 0141 563 2663
- Lennox Brewery - handcrafted beer, free local deliveries in Dumbarton & Helensburgh
- Wild Highlands Coffee - local handcrafted coffee [www.wild-highlands.com](http://www.wild-highlands.com)
- Moore's Milk - milk, orange and apple juice deliveries - 25% discount for two months [www.mooresmilk.co.uk](http://www.mooresmilk.co.uk)
- Middle Way - naturally brewed soft drinks [www.middle-way.co.uk](http://www.middle-way.co.uk)



# Positive News & Feel Good Resources

Keeping a balanced news diet is seriously tough right now so here's a list of our favourite sources of good news and feel good websites to visit - and there is plenty out there.

**Positive News Magazine** -

[www.positive.news](http://www.positive.news)

**Mind Waves** - [www.mindwavesnews.com](http://www.mindwavesnews.com)

**Action for Happiness** -

[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Good News Network**

[www.goodnewsnetwork.org](http://www.goodnewsnetwork.org)

**Blurt** - [www.blurtitout.org](http://www.blurtitout.org)

**The Wildlife Trusts**

[www.wildlifetrusts.org](http://www.wildlifetrusts.org)

**Radio Garden** app - tune in to 17,000

local radio stations from around the world

## Stay Connected

Wondering how to stay connected with friends and family? Here's are some free video call apps to help stay in touch, just make sure you have antivirus software on your PC/tablet/phone first.

### DID YOU KNOW?

There are several free video call apps you can use to keep in touch with family and friends



KEEP CONNECTED WITH CLYDESIDER  
#CLYDESIDERCOVID