

## **CYRENIANS OPAL (West Lothian): DIRECTORY OF USEFUL SERVICES**

We have collated this directory of useful services to help you during the coronavirus outbreak. If you would like us to add anyone to this list, please call OPAL on 01506 815 815 or email [opal@cyrenians.scot](mailto:opal@cyrenians.scot)

### **HELP & ADVICE:**

NHS Helpline – 111

*You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. Call 999 in a medical emergency (when someone is seriously ill or injured and their life is at risk)*

Advice Shop Bathgate (financial advice run by West Lothian Council)

*The Advice Shop will not be undertaking any face to face appointments until further notice. The service is still available via telephone or email.*

01506 283 000 email: [advice.shop@westlothian.gov.uk](mailto:advice.shop@westlothian.gov.uk)

Age Scotland

0800 12 44 222

[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

Alzheimers Scotland

0808 808 3000 (24 hour helpline)

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

Breathing Space

Free confidential phone services for anyone experiencing low mood or anxiety

0800 83 85 87

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

Carers of West Lothian

Telephone and email support for carers and disabled adults.

01506 448000 email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)

[www.carers-westlothian.com](http://www.carers-westlothian.com)

Citizens Advice Bureau (West Lothian)

*The office is currently closed, but staff are answering calls from home*

01506 432 977

[www.cabwestlothian.org.uk](http://www.cabwestlothian.org.uk)

COVID-19 High Risk National Helpline:

*Assistance to those who don't have a network of support but who are at high risk of contracting COVID-19.*

0800 111 400 (9am-5pm)

The Food Train

Food deliveries to older people unable to manage independently

01506 413 013 email:westlothian@thefoodtrain.co.uk

[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)

Samaritans

116 123

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

Silver Line Helpline

0800 4 70 80 90

[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

West Lothian Council

*Please note that during the coronavirus outbreak, the council is dealing with emergency call-outs only (for example, emergency gas repairs). If you are unsure whether your situation is an emergency, please call to ask, or use [this link](#)*

01508 280000

latest updates: <https://www.westlothian.gov.uk/coronavirus>

*Domestic Abuse Support & Helplines:*

Hourglass Scotland (formerly Action on Elder Abuse)

0808 808 8141

[www.wearehourglass.scot/scotland](http://www.wearehourglass.scot/scotland)

West Lothian Women's Aid

01506 413 721

[www.wlwa.org.uk](http://www.wlwa.org.uk)

Rape Crisis Scotland Helpline

0808 801 03 02

[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

Shakti Women's Aid (Black, Asian and Ethnic Minorities Women)

0131 475 2399 / 24-hour domestic abuse helpline: 0800 027 1234

[www.shaktiediinburgh.co.uk](http://www.shaktiediinburgh.co.uk)

Abused Men in Scotland

0808 800 0024

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

Men's Advice Line

0808 8010327

[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

Scottish Women's Rights Centre

0808 010 789

[www.scottishwomensrightscentre.org.uk](http://www.scottishwomensrightscentre.org.uk)

Victim Support Scotland

0800 160 1985

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

## **WEST LOTHIAN SHOPS OFFERING FOOD DELIVERY:**

### **All areas:**

Morrisons Doorstep Delivery

*Service available to vulnerable and elderly members of the community, unable to go shopping in-store.*

Call 0345 611 6111 and select option 5 to place your order. Payment will be taken by contactless card by the delivery driver.

Visit this page for a list of available items: <https://my.morrisons.com/doorstep-deliveries/>

### **Armadale:**

Hugh Black & Sons (Butchers)

01501 731404

[www.facebook.com/HBSButchers](http://www.facebook.com/HBSButchers)

### **Bathgate:**

Hugh Black & Sons (Butchers)

01506 633009

[www.facebook.com/HBSButchers](http://www.facebook.com/HBSButchers)

David Stein (Butchers/Deli)

01506 652696

[www.facebook.com/davidsteinbutcher](http://www.facebook.com/davidsteinbutcher)

### **Broxburn/Uphall:**

Waz's (Grocer/local shop)

(for online orders: [bit.ly/WazsOnline](http://bit.ly/WazsOnline))

01506 855296

[www.facebook.com/GrocerOnlineBroxburn/](http://www.facebook.com/GrocerOnlineBroxburn/)

### **Linlithgow:**

TD Anderson (Butcher)

*(Linlithgow Delivery Service)*

01506 842140

Crannog Café (Delivering for vulnerable and elderly)

01506 843982 (or in evenings text: 07795325064)

[www.facebook.com/thecrannogcafe](http://www.facebook.com/thecrannogcafe)

Pardovan Feeds (Veg/Fruit/Dairy/Salad boxes delivered)

01506 830064

[www.facebook.com/Pardovanfeeds](http://www.facebook.com/Pardovanfeeds)

**Livingston:**

The **Larder Cook School** can deliver a hot meal to an older person on a daily basis. Please contact OPAL on 01506 815 815 or email [opal@cyrenians.scot](mailto:opal@cyrenians.scot) for further details.

**Whitburn:**

Hugh Black & Sons (Butchers)

01505 745 766

[www.facebook.com/HBSButchers](http://www.facebook.com/HBSButchers)

John Livingston & Son (Butchers)

01501 740343

[www.johnlivingstonandsons.co.uk](http://www.johnlivingstonandsons.co.uk)

Loughran's Bakery

01501 740 993

(N.B. for placing orders, if possible please text 07752194776)

[www.facebook.com/Loughransbakeryltd](http://www.facebook.com/Loughransbakeryltd)

## **ONLINE FOOD DELIVERY:**

Snappy Shopper

(delivery from local convenience stores and mini-supermarkets: enter your postcode on the website and participating shops will be displayed)

<https://www.snappysopper.co.uk/>

Parsley Box

Cupboard-stored ready meals delivered to your door.

0800 612 7225

<https://www.parsleybox.com/>

Wiltshire Farm Foods

Frozen ready meals delivered to your door. Card and cash payments accepted.

0800 077 3100

[www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

McQueen's Dairies

0330 555 5588

Regular delivery of milk, orange juice and eggs (payment by direct debit).

Alternatively order through the online shop: [www.mcqueensdairies.co.uk/shop/](http://www.mcqueensdairies.co.uk/shop/)

<https://www.mcqueensdairies.co.uk/>

Deliveroo / Just-Eat

(take-away food delivery: enter your postcode on the website and participating restaurants will be displayed)

<https://deliveroo.co.uk/>

<https://www.just-eat.co.uk/>