

Updated 02/06/2020



Community Support Groups Inverurie

Group	Offering	Contact/Link
Inverurie Helping Hands	Group of volunteers offering assistance to those in need.	https://www.facebook.com/groups/216029873138737/
The Garioch Community Kitchen	Providing food parcels for families in Inverurie	https://www.facebook.com/GariochCommunityKitchen
Catalyst Vineyard Church	Collecting and delivering food parcels in Inverurie	https://www.facebook.com/catalystinverurie/
Aberdeenshire North Foodbank		4 St James Place, Inverurie 07967 364 600
The Trussell Trust Foodbank		Harlaw Road, Inverurie 07967 364 600

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Because Everyone Counts BECS		info@becscentre.co.uk 07745 605 297
Health Walks and Buggy Walks		01467 643 461
Uryside SCIO		
Inverurie Business Provision	List of Businesses operating in Inverurie and their services	Click Here
Grampian Opportunities	Community support. The office is not open but we continue to provide a range of support at a distance Information and advice, wellbeing support and some practical support within guidelines	Linda Singer Development Worker Tel: 01467 629675

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<p>The Treatment Room, 49D Market Place, Inverurie</p>	<p>Therapists at The Treatment Room are available for online sessions in all therapies that don't involve physical contact.</p>	<p>Please contact Deborah Armstrong on 07764 848623 for details.</p>
<p>Step into Wellness</p>	<p>Some Funded sessions through Steps Into Wellness are also available online</p>	<p>please contact stepsintowellness@outlook.com to enquire.</p>
<p>Fly Cup Catering</p>	<p>Fly Cup Catering are open for business and offering freshly produced food and bakery products delivered directly to customer's door steps.</p>	<p>Orders and payment can be made by phoning 07778513852 or by emailing manager@flycup.org.</p>
<p>Deaf Action Aberdeenshire</p>	<p>Hearing Aid Maintenance Drop-Ins: We usually run monthly drop ins to help people maintain their NHS hearing aids. We help to clean them, retube them and provide batteries – free of charge. Our regular drop-ins at Banchory, Banff, Ellon, Fraserburgh, Huntly, Inverurie, Peterhead & Stonehaven have been cancelled until further notice. However, if you require assistance, please contact us using the details below and we can arrange a non-contact visit, if required.</p>	<p>Sam Reid: 07772 105 015 Rosemary Mitchell: 07772 104 700 Email: aberdeenshire@deafaction.org</p>

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	<p>Specialist Equipment: We will maintain this service for our most vulnerable existing clients. Repairs can be done if the client lives alone, for the purposes of:</p> <ul style="list-style-type: none">• maintaining access to information (TV headphones or loops)• allowing access to your property (doorbells) – access for carers, deliveries of medication etc.• amplified phones	
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What a fantastic response from our communities. We are proud to be part of Garioch

Remember, help can also be accessed through the Grampian COVID19 Assistance Hub <http://www.gcch.org.uk/> or phone 0808 196 3384

TGP are unable to quality assure the activities listed so we remind you to take reasonable precautions when seeking assistance; for example, do not give anyone your payment card and PIN number or give cash to someone you do not know and trust without receiving goods. Stay safe.