

Caithness Community Connections – Lybster

CCC provide food to Lybster on a regular basis. This gets distributed to families in need, identified by staff and volunteers or school and recently to those isolating.

They also have a recipe pack that they can deliver.

Included in the packs

The ingredients for a meal

The recipe

The instructions

CCC has found that some people like the idea of reducing food waste and others take the pack as it supplements food in the home.

Head over to their website for further information or email
caithnesscommunityconnections@gmail.com

Caithness Citizens Advice – Caithness wide

CCAB are currently providing telephone and email advice. Appointments are available when further support is required.

They are working on a wide range of campaigns to support the community

- Big Energy Saving Month
- Money Advice Matters
- Debt Happens – You're not alone

CCAB can help by

- Helping you identify grants or benefits that you may be entitled to but don't know about.
- Talking to your energy supplier on your behalf, to re-structure any debts you may have and see if there's any way they can help.
- advising you on ways that you can cut energy use in your home, which could help with your bills.
- Advise you on how to use your prepayment meter, or what to do if your energy supplier has gone out of business.

They also can provide support and advice to individuals facing financial hardship.
Visit their website or telephone 01847 894243

Dunbeath Centre – Dunbeath

The Dunbeath Centre offers a range of activities such as walking groups, themed sit in lunches and takeaways at very affordable prices.

They also have a Sharing Shack available stocked with free tinned and dried goods.

The Dunbeath Centre can offer a wide range of support for its community members.

Telephone: 01593 731335

Email: dunbeathanddistrictcentre@btconnect.com

Home Energy Scotland – Caithness wide

HES are able to offer advice on reducing energy costs and support on making warm homes.

You can contact the Scottish Government-funded, impartial home energy advice service on freephone **0808 808 2282** or visit the website.

Ormlie Community Association – Ormlie Thurso

Ormlie Community Association offer a wider range of groups such as

Fun Young and Involved – It runs sessions for primary aged school children and young people. Come along and join in our fun, interactive and exciting activities, like pool, foosball, arts and crafts, swimming, outings, treasure hunts, games consoles, cooking, baking, games nights and much more.

Teen Scene – run sessions for young people from S1 to 17 years old. Come along or drop in and join in with our activities, including photography, football, tennis, squash, dance competitions, pool, outings, games consoles and much more.

Silver Citizens – run on a Wednesday in the Ormlie Centre. Come along and participate in a range of activities such as gift bag making, cross-stitch, candle making, macramé, paper crafts, clay crafts and much, much more.

Get it – Digital Access – provides support to individuals who need help to build a CV, access online benefits, job search, set up email accounts, or check out comparison websites for cheaper utilities.

Mums Groups – the aim is to help mums learn new skills, identify what they would like to do in the future and build a support network. We have support staff in place to help and support the mums with any eventuality.

They also offer advice and support around times of hardship.

Visit their website, Telephone **01847 891789** or email admin@ormlie.org

Pultney Town Peoples Project – Wick

PPP provide support through NHS and CJS contracts and in recent years developed brand new care at home service, they also continue to provide childcare (all registered with the Care Inspectorate).

They provide a very successful training facility with SQA approval. The Pulteney Centre houses a well-used community café and office, meeting and recreational spaces.

They often run projects to support community members with hardship and have donations of clothing and food available at their centre.

Visit their website or telephone **01955 608530**

Thurso Development Trust – Thurso

TCDT offer a wide range of support within Thurso such as

Thurso Eats
The Sharing Shed
Community Meals
Community Support
Wellbeing

The Sharing Shed is there for people to help themselves to free dry and tinned goods which are supplied free by local supermarkets and CFine/Fairshare Scotland.

In the Shed you will find:

Tinned Goods
Dried Goods
Toiletries & Sanitary Products
Sometimes fresh food items

It is a great way of resolving issues such as food waste and helping towards reducing our global footprint. Keeping food out of landfills not only conserves limited landfill space but also helps to reduce greenhouse gas emissions.

telephone **01847 867050**

CAITHNESS SUPPORT: FOOD MAPPING

WE HAVE CREATED A MAP OF COMMUNITY GARDENS, LARDERS AND OTHER FOOD-RELATED GROUPS IN CAITHNESS. FOLLOW THE LINK TO VIEW IN GREATER DETAIL:

[HTTPS://TINYURL.COM/3KB3NMW3](https://tinyurl.com/3KB3NMW3)

