

LOOKING IN THE MIRROR

Cathleen Russell, Convener of the Colintrave and Glendaruel Trust, writes:

I think this is a good time to reflect on all that has happened over the past few months and begin to think about how we move forward. Life has changed and we need to adjust to these changes. It has not been easy and it may not be easy in the future.

If someone had told me back in March that we would be locking down our communities in an attempt to try and stop this pandemic I would never have believed them and I would never have believed it would have been for so long. It has been a very strange time but a time when this community has pulled together and I feel as we move forward we are much more resilient.

At the start of lockdown Davie Munro, Danuta Steedman and I as members of the Community Council began to put in place our Resilience Plan. We put out a plea for volunteers and we were overwhelmed with the number of responses. We have had over 20 people helping us at different times and I have got to thank them all from the bottom of my heart for all their hard work. These volunteers became our Resilience Group. They have all worked very hard to help deliver newsletters, chat with you, help you get support if you asked for it, delivered goodie bags, prescriptions and shopping and so much more.

The prescription delivery, which is fairly time consuming, helps take a lot of the strain off the doctors' surgeries'. The prescription runs are often a 50/60 mile round trip and although it is supposed to be Glendaruel one day and then Colintrave the next, there are often emergency deliveries to be made in the completely opposite direction.

As our post code areas are so big the Community Council and Development Trust worked together to map the whole area and work out the what3words to enable anyone to find a property. The doctors use

Prescriptions

There are a number of volunteers from Colintrave and Glendaruel who will deliver your prescription to your house.

Volunteers are picking up prescriptions from the surgeries on this basis:

Tighnabruaich: Monday, Wednesday and Friday.

Strachur: Wednesday

Deliveries

Food Boxes remain available from Fynest Fish.

Please call Amber to order: 01369 510015 or

email amber.llovet@gmail.com

Shellfield Farm2Fork Ready Meals available now

from 01369 820208 or hello@shellfieldfarm.co.uk

Co-op are making deliveries as well. Email your

order to shop.4890@coop.co.uk by Tuesdays at

4pm or ask your phone volunteer for help doing

so! **Customers can pay by card.**

Fynest Fish order at www.fynestfish.com or

fynestfish@btinternet.com **Food boxes now also**

available – contact Amber

Loch Fyne for deliveries email [shop@loch-](mailto:shop@loch-fyne.com)

[fyne.com](mailto:shop@loch-fyne.com) or call 01499 600484 or 600483 Mon to

Fri between 09:00 and 17:00

Call your volunteer phone contact if you have any queries.

Covid-19 / Coronavirus Lockdown

ColGlen Resilience News

Issue No. 4

REFLECTIONS & THE FUTURE

Community Council Chair, Cathleen Russell reflects on the community response to COVID-19, how we have been helped by businesses and individuals alike, and what the next months hold for our community as we move into the colder months.

In this Issue:

**Update from the Resilience Group
Contact list • Prescription Deliveries
Food Deliveries • Other help on offer**

www.colglencommunitycouncil.org.uk/



Highlands and Islands Enterprise
Iomairt na Gàidhealtachd 's nan Eilean



The Scottish
Government

this list to write the what3words on the delivery sheet to help volunteers find the correct house.

Fairly early on in the pandemic the Development Trust was named by HIE as an anchor organisation and we were able to write applications to various funds to help support the activities of the Resilience Group. Over the past few months the Community Council, Development Trust and volunteers have worked very closely to try and support the community. Amber Llovat, General Manager, and Charlie Collins who work for the Development Trust have helped support many of the activities we have undertaken. Many in the community having benefitted from their kindness and help and as a community we owe them our thanks for all their hard work.

The Development Trust, in being successful in obtaining some grant money, has been able to set up the food boxes that many have accessed. We made a decision that these boxes would be available to anyone who requested them and Amber and Claire have worked very hard to develop a system to support people in obtaining them with Charlie doing the weekly delivery.

Claire and Joe, at the Colintrave Hotel, have worked extremely hard throughout this period. We managed to help them purchase a freezer which has enabled them to carry more stock. It is good to see that they have venison from Winston, frozen meals from Shellfield and much more. They have gone the extra mile for people. Their carry-out meals at the weekends became firm favourites with many ordering from them. Nothing has been too much trouble for them and they have gone out of their way to help people.

As time went on Robert, Fynest Fish, decided he would try and set up an order and delivery service. This has worked very well with his regular and new customers being able to order and pay on line and have fish delivered directly to their door. Once he started we were very quick to include him in our food box scheme. Over the weeks he has managed

to expand his stock and it is good to see that he is now selling items from ColGlen.

The Dunoon Co-op got organised and decided they would try and offer a delivery service to the area. They were unsure of delivering here because our postcode areas are so big, so we supported them in using what3words to find addresses. Morrisons have now caught up and they are offering a delivery service to the area. Hopefully these services will continue in the future.

Early on, West Coast Motors very generously offered a free delivery service from Dunoon. They couldn't include peoples weekly shopping but we managed to set up systems with the Health Food shop, Cowal and Bute Vets, Vintners, Hardware stores and Chemist shops. I am very grateful for the support these businesses gave us because it was extra work for them. I am especially grateful to Graham from West Coast Motors who each week went round Dunoon to collect our orders and bring them here to ColGlen.

Thanks also go to Anton for the venison packs he organised with Winston Churchill. We were delighted to distribute them, and would love to know how everyone cooked them.

We received a plea for help from Dunoon Hospital to make scrubs for their staff. I got 2 bales of material, patterns, threads etc and over a period of 2 weeks a team of volunteers cut, sewed and overlocked over 20 sets of scrubs.

Throughout this time we have tried very hard to keep in touch with you all through newsletters, phone calls and virtual meetings. Some of us even became phone befrienders and have supported isolated people in other parts of Argyll & Bute with regular phone calls supporting them.

I am sure to have missed some person or group in my reflections, if I have I apologise. If anything, this time has taught us that this community is very resilient and supportive.

We now have to look to the future and to going forward. We may in the future have to go into lock-

down, but we now have systems in place to help.

The resilience group has been meeting remotely throughout this period and we are continuing to meet, just not as often and in the evening. We have started to discuss some of the things we could do for the future and how we could help support the community:

- Covered outdoor space (no walls) – which could be used for farmers markets, bring and buy sales, meeting space, bbq area, games area, outdoor classroom etc, etc
- New poly-tunnels – could we set up a small business?
- Affordable housing – we would need to have a site, prove need etc.
- Apprenticeships – could some businesses in the area work in partnership to offer apprenticeships to young people? There would need to be work done with the college to be able to offer certificates on completion of courses.
- Transport – how do we help our community get to where they want to go – we have more people who are having to give up their cars. Can we find an affordable solution?
- Deer larder – a place for deer carcasses before being sent to a game dealer.

These and many others things have been discussed. Some would create jobs which could bring more people into the area or encourage some to stay. If you have any ideas / help / advice please get in touch or join in our discussions. The resilience group is keen to help support our community and to move forward.

I would like to thank each and everyone of you for your help and support over the past few months and hope you will get involved as we move forward. If you wish to join in the discussions please contact me at cathleen.russell@mac.com and I will send you a link to the next meeting on Monday 14th September for 7.30pm