

All information is available on the Community Council Website.

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

West Coast Motors are making Wednesday deliveries from Dae It Yersel (01369702514), Boots Chemist (01369704034), Right Medicine Pharmacy (01369702157), Eco Health (01369705106), Wrights Hardware (01369702942 - please order Saturday for Weds delivery), Walkers (01369 704003) and Cowal & Bute Vets (01369702532). Let the Resilience Group know which shop you have ordered from and we will coordinate pick-ups and delivery.

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 or ask your phone volunteer for help doing so! This is a cash only service

Fynest Fish order at www.fynestfish.com or fynestfish@btinternet.com

Loch Fyne for deliveries email shop@lochfyne.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.



Highlands and Islands Enterprise
Iomairt na Gàidhealtachd 's nan Eilean



The Scottish Government

About the Resilience Group

Set up by the Community Council four years ago, the Resilience Group has delivered resilience plans and funding to the community since then, in association with both the Community Council and the Development Trust.

Since the beginning of the Covid-19 / Coronavirus, the group, led by Community Council Chair, Cathleen Russell has been working to provide support across the community.

The group has coordinated volunteers to deliver prescriptions and reach out to every household in the community, as well as ensure deliveries of food and household goods has not been interrupted. The group has helped organise deliveries from Dunoon, and ensured the Colintrave Shop has been supported in its efforts to supply the community.

If you wish to volunteer or help in any way with the Resilience Group, please call one of our coordinators: Danuta Steedman (01700 841329), Davie Munro (01369 820199) or Cathleen Russell (01369 820319)

Our Funding

The Resilience Group has been working with the Development Trust to access funding for the community, and thanks to applications made by Trust General Manager Amber Llovat and chair, Charles Dixon-Spain we now have funding until mid-July to disburse to the households needing support.

The funding is being overseen by Highlands and Islands Enterprise and is from the Scottish Government's Supporting Communities Fund.

Amber is administering the fund to the community and if you would like support please contact her through the numbers given overleaf - or speak to your volunteer phone contact.

Covid-19 / Coronavirus Lockdown

ColGlen Resilience News

Issue No. 1

HAVE A CUP OF TEA WITH US

The Resilience Group have, through the Development Trust, received funding to help us all through the Covid-19 crisis. Through this newsletter and our food packages, we hope everyone will weather this storm a little more comfortably. So, while you read about what we are doing and how we can help, put your feet up and have a brew.

In this Issue:

**Food & Resilience boxes
available for all households**

**How to get your food box • About the
Resilience Group • Our Funding • Pre-
scription Deliveries • Food Deliveries •
Other help on offer**

www.colglencommunitycouncil.org.uk/

What support is available?

The funding we have obtained for the community is primarily for food and essentials boxes to be delivered through the Colintrave Shop. The budget per box is around £15 and boxes will be delivered every Friday.

Who qualifies for the support?

Everyone. The support is allocated for households and families living in the area covered by the community council of ColGlen. We know that every household is different, and that we all need help at times. This help is mandated by the Scottish Government to help all of us affected by Covid-19. If you are furloughed, but not received your pay; or if you are self-employed, and have no income; or if you are retired and food prices are making it difficult to get what you need; or if you have teenagers at home who are not working; or if you are just struggling a wee bit - everyone is able to access this offer.

How will I get my box?

Amber will make your order with the Colintrave Shop, and your box will be picked up on Friday by our delivery driver who will then bring it to you. Other than Amber and Charlie, our delivery driver, no-one need know that you have ordered a Resilience Group Box. If you prefer to pick-up the box from the shop yourself while you shop for other items, then we can arrange that.

What can my box include?

Any item that the Colintrave Shop can supply, plus some special items. Mostly we think that folks will want to order fresh food, dried staples - the essentials. But we also recognise that there will be food of a specialist nature, such as Gluten Free and Soya products which can also be ordered. You can ask for a fruit & veg box or a box of essentials.

Can I remain anonymous?

We will supply any resident in ColGlen with a food box, and only Amber, a CGDT employee, based in Dunoon, will know that you have made an order. Amber and Charlie, our delivery driver, are both subject to strict confidentiality. Neither the shop nor the Resilience Group will know who have received boxes, only that a box has gone out. However, if you prefer, you can speak in confidence to Cathleen, Danuta or David who will also be able to take your order.

How do I access the support?

Accessing support is simple. Call Amber on 01369 510015 between 10.30-5pm any weekday and she will take your order for your food box to the amount of £15.

When do I need to order?

Ring Amber or a member of the resilience group the week before the Friday you wish to receive your box. We need the weekend to collate everyone's orders and get them to the shop.

What details do I need to give?

The details you will need to give Amber are your name, the name of your house or number and street, your phone number, your postcode, your order - to the value of £15

Call 01369 510015

or email amber.llovet@gmail.com

Food Exchange

We will also be providing dried and tinned food in boxes at each village hall for any resident in need to pick up at anytime. Contributions will also be welcome to each box, although they will be stocked with basics. *Nothing perishable please!*

from the Resilience Group

In these days of lockdown, we are all struggling to keep our minds in a healthy positive place. It is now more important than ever to be able to discuss our feelings and our struggles.

We may not be able to meet in person, but nobody should feel alone at this time in this community. If you do then please lift your phone and talk to somebody – your neighbour, one of our volunteers or one of our coordinators.

If you do not feel you can discuss your feelings with somebody local, we can put you in touch with the right people to help you.

Stay Safe