

Prescriptions

There are a number of volunteers from Colintraive 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 continue to make 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 Davie, Danuta or Cathleen know what you have ordered by **Monday evening** 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 by Tuesdays at 4pm or ask your phone volunteer for help doing so! **Customers can now pay over the phone by card. Delivery is also FREE again! Many thanks to Ryan and the team!**

Fynest Fish order at www.fynestfish.com or fynestfish@btinternet.com **Food boxes now also available – contact Amber as overleaf**
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.

The Resilience Group Update

By the end of this week our hardy group of volunteers will have distributed over 400 goodie bags, 90 food boxes and made three or four prescription runs per week to both the Tighnabruaich and Strachur Surgeries – these runs are also opportunities to get odds and ends for residents if needed.

We have also set up food boxes of dried goods at each of the Village Halls for ColGlen residents to dip into as and when needed. These boxes contain dried and tinned goods and are checked every day and refilled as necessary.

We continue to coordinate with the wider rural Covid-19 response through Cathleen Russell's membership of the Scottish Rural Association, as well as liaise with other local Community Councils. We are also in touch with all the food suppliers in our community looking for opportunities to support both their businesses and you.

Charles Dixon-Spain and CGDT's General Manager, Amber Llovet, continue to apply for funding to support the Resilience Group, as well as administer the grant from HIE/Scottish Government coordinating deliveries of food boxes.

At our Monday Morning ColGlen Volunteer Coffee we have discussed how Covid-19 has affected us all, and we agreed that our biggest morale boost was to distribute the goodie bags two weeks ago. To talk to our fellow residents, albeit at 2 metres distance, was the highlight of Lockdown so far, so thank you all for being so happy to see us!

If you wish to volunteer (and join the Monday Morning Volunteer Coffee) 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).

Covid-19 / Coronavirus Lockdown

ColGlen Resilience News

Issue No. 2

HAND SANITISER, CHOCOLATE

After the success of our previous 'Goodie Bag' the Resilience Group decided that a delivery of hand sanitiser would be an appropriate second goodie bag to the households of the community during the lockdown. We added the chocolate to sweeten the package! **There are also bags for the youngsters of the community too!**

In this Issue:

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www.colglencommunitycouncil.org.uk/

COLGLEN ZOOM QUIZ

Using Zoom App or Landline Telephone

On Thursday, the 4th June at 7.30pm, the Resilience Group will be holding a ColGlen Quiz for the community via Zoom Chat. Danuta Steedman will be setting the questions and there will be prizes (we're not sure what the prizes will be, but they are sure to include chocolate!).

If you want to join in (and win chocolate) then you have two options: you can join by using the Zoom app on PC or device, or ring in to the following number on your landline. When you join there will be a pause while your Zoom host checks you in, and then you'll be welcomed on.

Meeting ID: **838 7198 9306** Password: **540715**
Tel no: **0131 460 1196** or **0203 481 5237**

Quizzing ColGlen

As a warm up Kirsty McLuckie has posed some ColGlen-specific questions for your entertainment. None of the volunteers was able to answer all of them – let us know if you do!

1. In which decade were the Seven Sisters houses built?
2. What were the “sea-pigs” which could be spotted (or not!) in Loch Striven in 1942?
3. Which pair of criminals was reputed to have visited Glendaruel House shortly before it was destroyed by fire in 1970?
4. What is the surname of Colin, celebrated mathematician and friend of Sir Isaac Newton, who was born in Kilmodan Manse in 1698?
5. For which feat, taking 40 days and 19 and a half hours, did Colonel Burnley-Campbell of Ormidale hold the world record from 1907 to 1914?
6. What foodstuff proved the most popular in ColGlen during the Lockdown in 2020?

FOOD BOX INFORMATION

What support is available? Food and essentials boxes are delivered through the Colintraive Shop and Fynest Fish Van. The budget per box is £15 and boxes will be delivered by Charlie Collins from CGDT or Robert from Fynest Fish.

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.

Call 01369 510015
or email amber.llovet@gmail.com

How will I get my box? Amber will make your order with our suppliers. If you have ordered a box from the Colintraive Shop, your box will be picked up by our delivery driver who will then bring it to you. **Orders to Fynest Fish will be delivered by Robert on his normal run – you can order additional items via web or phone.**

Can I remain anonymous? We will supply any resident in ColGlen with a food box, and only Amber, CGDT employee, will know that you have made an order. 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 9-4pm any weekday and she will take your order for your food box to the amount of £15.

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.

Community COVID-19 Response

THE SCRUBBERS

Could I thank all the people who volunteered to help me make scrubs (trousers and tops) for Dunoon Hospital. Over a two week period Suzy, Davie, Helena, Petra, Annie, Laureen, Irene, Louise, Mandy and Grace helped me to cut out and sew 20 sets of small and extra large scrubs for our hard working and dedicated health workers. Everyone willingly gave their time and quality of the work was excellent. *Cathleen*

COLGLEN CHORUS

If anyone would like to join the ColGlen Chorus in their 'virtual choir' sessions, please email Alana at thecolglensorus@gmail.com. Everyone is welcome!! No need to read music, and no previous choir experience necessary, just a willingness to get together and have a sing-song!

for ColGlen's Youngsters

Danuta's Excellent Anagrams can be found in the *Youngster's Goodie Bags!*

www.ZippedyZoom.club New online activity club and resource for children of all ages has been launched this week. The site is from the Walking Theatre Co. team, and will be featuring performances from locals Sadie Dixon-Spain & Rebecca Bloom. Pre-school to Primary school age range.

Wilderness Walks & Activities Resource Sian McGhee has created a Glendaruel-based forest and heritage activity booklet, available for download on the Community Council website. Primary school appropriate tasks and learning.

(1) The 1900s (1907) (2) mini submarines (3) the Kray twins (4) MacLaurin (5) the fastest journey around the world. (6) Chocolate!