

## 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](mailto:hello@shellfieldfarm.co.uk) Co-op are making deliveries as well. Email your order to [shop.4890@coop.co.uk](mailto: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.**

Fynest Fish order at [www.fynestfish.com](http://www.fynestfish.com) or [fynestfish@btinternet.com](mailto:fynestfish@btinternet.com) **Food boxes now also available – contact Amber as overleaf**

Loch Fyne for deliveries email [shop@lochfyne.com](mailto:shop@lochfyne.com) or call 01499 600484 or 600483 Mon to Fri between 09:00 and 17:00

**FREE Venison mince packs** from Anton, let your volunteer or Amber know!

*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, 180 food boxes and made three or four prescription runs per week to both the Tighnabruaich and Strachur Surgeries.*

This Tuesday, the 16th June, Highlands and Islands Enterprise has agreed to extend the funding for the Resilience Group until the 30th September, which means we will be able to continue to support this newsletter, our volunteers, the Food Boxes, the stores at the Village Halls and Community PPE supplies until then. We are presently discussing changes to our budgets to increase the supply of food boxes and PPE, and your volunteers will let you know when more supplies of both are available.

The Resilience Group is focussing on Employment in the community in this issue, but we are also concerned to ensure that our collective mental health is supported. If you are or someone you know is struggling with the effects of lockdown, particularly feelings of loneliness, anxiety or depression, please, please reach out. The group coordinators as well as Amber, our development officer, will be only too happy to help. Everyone struggles at times like these, and we all understand how tough it can be to talk about it – we're all with you.

Remember, if you run short of essentials, we are still stocking the food stores at the village halls, and, lastly, we have the offer of **free venison mince** for the households of ColGlen from Anton, the gamekeeper at Ardtaraig. If you would like a pack please let your lovely volunteer know!

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. 3

## SUPPORTING COLGLEN'S LOCAL ECONOMY

As the Lockdown extends into late June and looks like continuing until Autumn, the Resilience Group is looking at ways of supporting the local economy, particularly for those who are self-employed or dependent on the tourism industry.

*In this Issue:*

**Jobs Exchange • ColGlen Quiz Night • Venison available for all households**

**How to get your food box • Update from the Resilience Group • Prescription Deliveries • Bin Collections • Food Deliveries • Other help on offer**

[www.colglencommunitycouncil.org.uk/](http://www.colglencommunitycouncil.org.uk/)

## FREE LOCAL VENISON

Anton, Gamekeeper at Ardtaraig has been so impressed by the community spirit and help he wanted to give something back.

Anton is providing the venison and Winston Churchill is very kindly packing it into 500g units of minced venison vacuum-packed fresh or frozen.

**This offer is available to all households in ColGlen on request to Amber or your volunteer.**

THANK YOU ANTON!

## ON RESILIENCE

After the first goodie-bag, Andy White sent the Resilience Group a very welcome message, part of which we quote here:

*“As an Old-Timer, I have found Resilience to be one of the most important Life-Skills. It must be coached within families and taught by schools. Resilience is a deliberate attitude and involves Positive Thinking: the ‘Glass half-Full’ philosophy. Of course, we must be aware of the negatives but should avoid focussing on them – that just generates disabling anxiety. ‘Glass half-Full people’ are likely to be happier, more successful and more attractive. Worth a try then!”*

## BIN COLLECTIONS Back to 3-weekly cycle

The council is taking its first step to going back to the normal cycles of bin and recycling collections – three weekly for general domestic waste and two weekly for blue bin/bag recycling **from the week beginning 22 June**

You will be able to check what date your bins go out, on the website: <https://www.argyll-bute.gov.uk/planning-and-environment/bin-collection>, from 19 June. Or phone 01546 605514.

## SUPPORTING THE LOCAL ECONOMY

The Colglen Resilience Group are looking at ways to support the local economy and keep unnecessary travel down to a minimum.

We hope to set up an employment exchange, to put local people looking for paid work or offering specialised skills in touch with local people who need them.

The list is open to everyone from those with established trades or businesses, skilled professionals, or those able to offer home maintenance, painting or gardening or any other service.

The confidential record of people available will be kept by the CGDT administrator, Amber, who will then be able to put those in the market for work in contact with anyone who needs them.

If you can offer a service, whether that is a few hours work or a professional contract, and would like to be included on the list, please contact Amber on 01369 510015 or email [amber.llovet@gmail.com](mailto:amber.llovet@gmail.com)

If you have work you would like done, in a safe, socially-distanced manner, and you are willing to offer it locally, please contact Amber on the same number / email. If no-one is immediately available, Amber can hold your details until a supplier comes forward.

## COLGLEN ZOOM QUIZ #2

On Thursday, the 25th June at 7.30pm, and after a successful first go, Danuta Steedman will be holding the second ColGlen Quiz for the community via Zoom Chat & telephone.  
Meeting ID: **838 7198 9306** Password: **540715**  
Tel no: **0131 460 1196** or **0203 481 5237**

## 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](mailto: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.