

COVID-19 Information

for the latest advice and information please visit www.gov.scot/coronavirus-covid-19/
www.nhsinform.scot

Medical Help

www.nhs24.scot

NHS non-emergency: 111 emergency: 999
Tighnabruaich Surgery: 01700 811207
Strachur Surgery: 01369 860224
Dunoon Community Hospital: 01369 704341

Supporting Local Providers

Shellfield Farm2Fork Ready Meals are available now from 01369 820208 or hello@shellfieldfarm.co.uk

Colintraive Hotel Friday Takeaway ring 01700 841207 or www.colintraivehotel.com

Fynest Fish order at www.fynestfish.com or fynestfish@btinternet.com for deliveries on Tuesdays

Co-op are making deliveries mid-week to Colintraive & Glendaruel, with their service available through www.coop.co.uk

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

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REMAIN SAFE

We should all have heard and read Scottish Government and NHS Scotland advice on how to remain safe during the Coronavirus/ COVID-19 Pandemic.

As a Community we would like to remind you of the following principles:

- + Maintain Social Distancing
- + Wash your hands regularly
- + Use hand-sanitiser
- + Use face-coverings
- + Take litter & belongings home

If you or anyone in your household experiences any COVID-19 symptoms you must isolate and arrange a test. Please ALSO let your hosts know on the phone number below that you are showing symptoms as soon as possible.



Keeping OUR community SAFE means we will be able to welcome YOU back again as often as you'd like to return!

HAVE A LOVELY HOLIDAY!!

Covid-19 / Coronavirus ++ INFORMATION ++

Staying Safe Colintraive + Glendaruel

As an **Isolated Rural** Community with a high proportion of *vulnerable* residents we are asking that *all* visitors help everyone to remain safe during the ongoing **COVID-19 pandemic**.

HOW TO REMAIN SAFE
WHERE TO FIND SUPPLIES
EMERGENCY DETAILS
USEFUL LINKS
LOCAL NOTES

LOCAL NOTES

The Village shop and Post Office at Colintrave has **hand sanitiser** available for customers to use, especially if you are having to key in a credit card number. The shop is small and has a protocol of only **one person** entering at a time.

Where possible the community is supporting our **local food producers**. When planning your visit you can contact the local food suppliers (see list over page) in advance of your visit and place a food order which you can collect when you arrive.

The shops and local businesses have worked very hard to make everything as safe as possible for you and we would ask that you follow the guidelines that are displayed for your safety at various places.

If a visitor attraction, shop, service or accommodation provider display signage saying that they are closed, please respect their signage.

PLEASE NOTE: Food stores have been set up in the community which are for the exclusive use of residents. Please do not use these reserves as a holidaymaker.

FERRIES

The ferry to Bute is operating on a reduced timetable, with reduced ticket office opening hours, so please check what the current timetable is at www.calmac.co.uk

GLENDARUEL PLAYPARK

The play park in Glendaruel has re-opened and we would ask that everyone using the play park uses the hand sanitiser provided when entering and leaving the play park.

STRONAFIAN COMMUNITY FOREST

You are welcome to visit the community forest to walk and explore our archaeological past. There are a small network of paths, beginning on the A886 by the Clachan.

LOCH LOMOND & COWAL WAY

The way is open to walkers, with our ranger, Charlie providing information and support via charlie@cgdt.org. In all cases, please ensure you follow our 'Advice for Walkers', leave as you have found, and respect the work and lives of the farms and people you encounter. Follow the Scottish Outdoor Access Code, available here: www.outdooraccess-scotland.scot

ADVICE FOR WALKERS

+ Please be kind and respectful to others, including local communities.

+ Please keep to day trips which do not involve camping or other overnight stays unless you are using accommodation in line with Scottish Government guidance.

+ Plan ahead – remember that facilities like cafes, toilets and car parks may still be closed.

+ Be prepared to go somewhere else if your destination is too crowded.

+ Try to avoid popular paths or places at busy times.

+ Be prepared to slow down or stop if needed to help maintain the necessary distance from others

+ avoid touching surfaces like gates as much as possible.

+ if you have a dog, keep it on a lead or close at heel on farmland. Dogs from self-isolating households should be kept on a lead at all times.

+ avoid fields with young calves or lambs

+ avoid fields with growing crops

+ The police have a responsibility to enforce special measures during the coronavirus outbreak and have powers to warn and fine people who are not following them.