



UPPER TAY COVID-19 CHURCH OF SCOTLAND COMMUNITY NEWSLETTER

APRIL 2020 - DIGITAL EDITION

A note from Neil Glover...

Dear friends,

Welcome to the first edition of the **Upper Tay Community Newsletter**. This is a first attempt at sharing stories, pictures, information about services, and ideas for us to support each other through these unique times.

The beginnings of this idea came from a group of folk from local Churches but it is hoped that this will belong to our whole community. I'm delighted that we have had the encouragement of Dull & Weem, Aberfeldy and



Self-isolating, or when the hen-house gets too crowded! Sent in from Strathtay.

Mid-Atholl, Strathtay and Ballinluig Community Councils. We also are aware of similar newsletters around Kenmore and in Ballinluig.

At two community engagement days in 2018 and 2019 in Aberfeldy Church, participants from many different parts of our community talked about the need for us to be better at sharing what is going on. There are so many incredible initiatives happening in our area, but often we don't know about them. Hopefully this newsletter will be one part of us spreading the word.

There is an ancient Jewish word, Shalom, which is often translated as "Peace". It's very similar to the Arabic word "Salaam". Both words have the idea that peace happens, not just when there isn't war, but above all when people are connected to each other, in good relationships. Even though we are socially distanced, I hope that this newsletter alongside countless other acts of neighbourliness, will build up the friendships between us all, that we will be a community whose peace runs deep.

With every good wish,
Neil Glover, *Minister*

You can visit each parish church's website for the latest sermons shared online:

Aberfeldy: www.aberfeldyparishchurch.org
Dull and Weem: www.dullandweemparish.org
Grantully, Logierait & Strathtay: www.glschurchofscotland.org

LOCAL SERVICES:



Breadalbane Bakery

are happy to deliver fresh bread, cakes, vegetables and dry goods. They will also

collect goods from the Co-op for you.

Telephone: 01887 820 481



Macdonald Brothers:

Butchers based in Pitlochry & Aberfeldy, are happy to help out with a delivery of meat, veg, fish etc. If you

phone the shop to place your order, they will deliver to your door.

Telephone: 01887 820 310



ERRICHEL

WHAT DOES CELEBRATE CHURCH PARK SHOP

Thyme - delivered to your door. Boxes of fresh fruit, vegetables, salad, frozen meals, milk, butter, cheeses, toilet rolls and more.

Delivering on Tues and Fridays, to Pitlochry, Fearnan and everything in between. *Telephone: 01887 820850*

Email: enquiries@errichel.co.uk



Taymouth Courtyard

Shop are now providing a local home delivery service, and a new drive-up collection service.

Place your order by calling 01887 830756 and pay over the phone.

When you come to collect, give them a phone, a wave through the window, or a peep of your horn and they will put it straight into your car boot.

They have a large car park and daily deliveries of fresh bread, milk, veg, meat & other store cupboard staples.

Strathtay Stores: Delivery of groceries, collecting medicines, lift to the doctors. *Telephone: 01887 84020*

DELIVERIES, LIFTS



Beyond Adventure:

Shopping deliveries and dog walking.

Telephone: 01887 829202

Highland Safaris: Delivering food or emergency transport.

Telephone: 01887 820071



Feldy-Roo is a food delivery service based at The Fountain Bar & Restaurant in Aberfeldy, offering free delivery to over 70s and to the most vulnerable living in self-isolation. The Co-op are supplying a free dessert with the delivery every night.

Chillies Aberfeldy and Three Lemons are cooking the meals one night per week which are then picked up and delivered by the #Feldy-Roo drivers. The Watermill Bookshop, Cafe & Gallery, Aberfeldy are providing daily morning coffee and cake again dropped off by the Feldy-Roo drivers. The over 70s on the delivery route are also receiving a free morning paper as a result of generous financial support from various local groups and businesses.

Telephone: 01887 820418

Kenmore Bakery: Fresh bread and rolls delivered on Tuesday & Friday: Lawers Hotel car-park (10am) Fearnan Village Hall car-park (10.30) Forthingall Village Hall (11) Keltneyburn monument (11.30). The Bakery Van will have a good stock, but orders would be ideal.

Telephone: 01887 830556 or email: kenmorebakery@hotmail.com

Aberfeldy Breadalbane Premier

Free delivery service for elderly in Aberfeldy area. *Telephone:*

01887 829494 or 01887 820400

AND COLLECTIONS!

Breadalbane Community Larder:

Operating from the 'Breathe Lounge' (the Old Library Building) and offering a home delivery service on Tuesday, Thursday, and Saturday, 11-12:30pm.

Volunteers needed to staff larder and deliver food parcels. The Community Larder are a Co-op FoodShare charity partner, and other food retailers will support with donated goods. However, if you're able to purchase one - two extra items when you shop to donate to the Larder, they would be gratefully received. Cash donations also welcome. For more information, or to volunteer: *Email: breadalbanecommunitylarder@btinternet.com*
Telephone: 07513 652597.



Fonab Farm Foods delivers on a weekly basis throughout Highland Perthshire direct to your front

door. Soups, mains, vegetable dishes and puddings all available.
Telephone: 07565 297501
www.eventboxesltd.com



Rainbow above Fearnan - a promising sign!



Signs of spring showing along The Tay, Aberfeldy.



Handam - Refill Station CIC provides dry food products by weight. They are offering a home

delivery service in Aberfeldy and Pitlochry for pasta, rice, beans, pulses, snacks, herbs, spices and many more. All products will be packed in paper bags (or recycled glass jars) and dropped off at your door, or in a safe place if requested. They can also collect empty containers and fill them up for you. To place an order, view their products list at www.handam.co.uk. Then email handam@gmail.com with your order info: products and weights, your contact details and delivery address.

You can find more on local initiatives in the 'Community Support Aberfeldy, Glen Lyon & Kinloch Rannoch' PDF download on the **Perth & Kinross Council website: www.pkc.gov.uk/coronavirus/communitysupport**.

There's also a new website for information, advice and assistance regarding Covid-19, for residents of Angus, Dundee and Perth and Kinross: www.taysidecares.co.uk.

NOTICES

Tay Valley Timebank and The Birks Cinema Trust are coordinating support in the PH15 postcode area, for people who will be self-isolating over the next few months. They are offering to help with shopping, prescription collection, etc.

If you would like to volunteer your time, email your contact details to tayvalleytimebank@gmail.com (Name, Address, E-mail Address, Phone number) or text 07990834092. Volunteers need to have no underlying medical conditions which they feel could put them at greater risk.

If you need practical help, ring 07507479555. You will be linked with a volunteer who can help you.

Scottish Welfare Fund - Crisis Grants

At this time, there may be people who have reduced income or no income due to the current crisis. The Scottish Welfare Fund is a crisis grant to tide people over until their next wage or payment.

Applications can be made online: www.pkc.gov.uk/scottishwelfarefund or via telephone: 01738 476900

QUIZ NUMBER 1

Answers to be revealed next edition! Send us the ones you figure out.



Highland and Strathclyde Stronger Communities Team are also building a list of community resources that are in place to respond to various issues of isolation, helping to publicise local information, speaking to local community organisations and identifying issues around resources and information that are limiting local networks.

Aberfeldy, Grandtully, Strathclyde, Kinloch Rannoch, Kenmore & Glen Lyon areas representative:
Audra Webster | 07896280852
Healthy Communities
audrawebster@nhs.net

There may well be initiatives or funds we've missed. If so, please let us know for our next edition via our email, found on the final page.

Scottish Welfare Fund

Apply for crisis grants online:

www.pkc.gov.uk/scottishwelfarefund

Apply for crisis grants via telephone: **01738 476900**



Here are some lovely words, sent in from Aberfeldy:

'And the people stayed home. And read books and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listening more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.'

Kitty O'Mera



Loch Tay from Kenmore, taken at sunset.

And a fantastic poem from Tenandry:

Tae a virus

Twa months ago, we didna ken,
yer name or ocht about ye
But lots of things have changed since
then,
I really must salute ye

Yer spreading rate is quite intense,
yer feeding like a gannet
Disruption caused, is so immense,
ye've shaken oor wee planet.

Corona used tae be a beer,
they garnished it wae limes
But noo it's filled us awe wae fear
These days, are scary times.

Nae shakin hawns, or peckin lips,
it's whit they awe advise
But scrub them weel, richt tae the tips
that's how we'll awe survive

Just stay inside, the hoose, ye bide
Nae sneakin oot for strolls
Just check the lavvy every hour
And stock-take your loo rolls

Our holidays have been pit aff
Noo that's the Jet2 patter
Pit oan yer thermals, have a laugh
And paddle 'doon the waater'

Canary isles, no for a while
Nae need for suntan cream
And awe because o this wee bug
We ken tae be...19

The boredom surely will set in
But have a read, or doodle
Or plan yer menu for the month
Wi 95 pot noodles.

When these run oot, just look about
A change, it would be nice
We've beans and pasta by the ton
and twenty stane o rice.

So dinny think ye'll wipe us oot
Aye true, a few have died
Bubonic, bird flu, and TB
They came, they left, they tried

Ye might be gallus noo ma freen
As ye jump fae cup tae cup
But when we get oor vaccine made
Yer number will be up.

A brilliant verse sent in from Dull and Weem:

SONG OF THE RECOVERING TECHNOPHOBES

"Remember, parents, keep in touch."
But I don't do this 'techno' much.
A simple phone call never fails,
I can do WhatsApp and emails.
But Facebook, YouTube, even Twitter
They really make my brain cells jitter;
My fingers fumble on the keys,
My mind goes numb, as do my
knees.

So when our son a message sent:
"We'll video call you both from Kent,
I'll call you, Mum, with what to do,
Don't worry, though,
I'll talk you through."
I wondered, will I really cope,
I have no skill, I have no hope.
So there I sat before the screen,
Mobile and landline, me between...

Forgot my password... get a code.....
Repeat the password... overload.....
Accept... allow..... no, start again.
It's all too much for my poor brain.

But then by magic it is done,
For on the screen appears our son.
And so, now I have got it right,
We'll 'meet' for drinks on Friday night.
2nd April 2020

JIGSAW SWAP...

A message from Rene Miller:

"Apparently a lot of the jigsaw makers are sold out, and they are very expensive anyway. Can we start a jigsaw swap? I have several used 500 piece ones I could swap, and two new 1000 piece ones I would sell as I haven't got room to do them."

Email us if you're interested in
Rene's jigsaws - or have your own
you'd like to swap!

Easter 'hare-ball' photographed near Acharn!



And another marvellous poem, from Strathtay...

INHERITANCE

When Bert was very near to death he
called his three sons in,

To tell them what he'd leave to his
beloved kith and kin;

'You, Charlie, will get all four flats in
sunny Morningside,

The ones in which for nearly twenty
years I've had such pride.

Bert Junior, you'll inherit number 15
Charlotte Square;

I trust you to look after it, treat it with
special care.

Young John, you get the office block
behind the Usher Hall,

And boys, I wish I'd left you more, but
sadly that's it all.'

His nurse who'd cared for him so well
had heard what Bert had said,

And after only 15 minutes poor old
Bert was dead.

'I know it's not my business but I'd no
idea your dad

Was quite so wealthy, owning all that
property he had.'

'No, no' said Charlie, 'Nurse you
have misunderstood his meaning,
He didn't own these buildings, he just
did the window-cleaning!'

QUIZ NUMBER 2

Our second quiz comes from Aberfeldy. Like before, we'll reveal the answers next edition. In the meantime, send us the ones you figure out!

Guess the illness from the emojis



- Q1: 🖤💀
Q2: 🖐️💋
Q3: ☕🐝
Q4: 🐷🦋
Q5: 🟡😓
Q6: 💊🚫🅐
Q7: 🐔🅑🐕
Q8: 🍺🦠
Q9: 🇹🇭🍷🅔😓
Q10: 🐕🔔🅐
Bonus: 🍑

A STATEMENT FROM ABERFELDY COMMUNITY COUNCIL

"I think this Newsletter could become a really useful and welcome initiative in the months ahead. This current situation is all new to us at the moment, and people are reacting well and coming together, but it may become the case that the reality of isolation and possible financial worries will start to bite in the days and weeks ahead, and people will appreciate something like this. It is easy to believe that we all know what is going on through social media or whatever, but, of course, that is not the case, and people will need other ways as well to access important information. This feels to me like a really creative time, and I am sure you will get plenty of material."

*This is a time to be slow
Lie low to the wall
Until the bitter weather
passes.
Try as best you can, not
to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.
If you remain generous
Time will come good
And you will find your feet
Again on fresh pastures of
promise
Where the air will be kind
And blushed with beginning.*

John O'Donohue



Recipe of the week, sent in from Aberfeldy!

EASTER BREAD AND BUTTER PUDDING

4 hot cross buns Butter
2 eggs 500ml milk
3 tbsp. Cointreau 40g sugar

Slice buns and spread generously with butter.
Cut into thick slices and layer in oven-proof dish.
Sprinkle over ½ sugar.
Beat eggs, milk, remaining sugar and Cointreau and pour over buns. Leave to stand.
Bake at 180° (fan 160°) for 45-60 minutes.

Enjoy - Happy Easter!



A short message from the editors:

We want to say a huge thank you to everyone who has sent in something to this new community newsletter, which we hope to deliver as long as it's needed.

We're also hugely grateful to the incredible new initiatives, funds and companies included in this letter, who are working tirelessly to support Upper Tay residents. As we said on pg. 4, there may be initiatives or funds we've missed, and please let us know if so.

Now we need your help! We need your stories, jokes, poems, quizzes, photos and more, for our next edition. Send them in via our email, at the bottom of the page. Stay safe and Happy Easter!



We'll leave you with a final verse, from Strathtay!

CAN'T COMPLAIN

Last Thursday on our village street
Mrs McGrandle I did meet.
I'd known her since we both were young
when in the village choir we'd sung,
Since then I fear, it must be said,
in mid-life she's begun to spread.
"Good day" I said 'how are you, Jane?'
She smiled, and said 'I can't complain,
Apart from spasms in my pins,
my feet and ankles and my shins,
I'm sure you know I'm not a wimp,
but you'll have noticed that I limp-
It's my verruca getting worse.
I'm on my way to see the nurse.'
Now Jane was getting in her stride:
'I'm sagging too, below, inside.'
This news from Mrs Jane McGrandle
was rather more than I could handle.
I tipped my hat, began to say
'I must be getting on my way.'
But Jane had caught me by the sleeve,
determined that I shouldn't leave.
You'll guess I wasn't overjoyed
to hear about her haemorrhoid,
'I'm also crippled with the colic,
at times it's really diabolic,
And constipation makes it worse.
At times I think I must be cursed,
My hernia's got worse of late,
I'm frightened it will strangulate.
I'm hardly ever free of pain.
But as I say "I can't complain."
If I had been a ruder man
I might have said 'By Jove, you can!'
Instead I smiled and said 'Goodbye,
Is that the time? I'll have to fly.'
And next time I encounter Jane
I'll simply say "It looks like rain."

UpperTayCoSCommunityNewsletter@Gmail.com | 07836 565 528

This newsletter has been created by a small group from Aberfeldy, Dull and Weem, and Grantully, Logierait and Strathtay Parish Churches. Paper copies, printed by the Breadalbane Quair, will be distributed through the shops and delivery services mentioned and through other key businesses in the area, including the surgery. Future paper editions will be included inside the Breadalbane Quair.