

The Bridge

Free

May 1st 2020
Special Edition 4

www.dunkeldandbirnamnews.co.uk

Local News, Events and Information for the Dunkeld & Birnam Area

Coronavirus Emergency – The Community Responds – The Great PH8 Sewing Bee leaps into action; PH'ate' Local Food Initiative launched and our Appeal reaches £6,280



The Great PH8 Sewing Bee leaps into action to make scrubs and bags for our carers. Also featured here Jack McNeill playing his trumpet as part of the Perth Road community's Clap for Carers. Here he is pictured playing "Somewhere Over the Rainbow".

The Great PH8 Sewing Bee

During this time of social isolation, we have heard of lots of people spending the lockdown tending to their gardens or maybe finally clearing out that drawer that hasn't been touched for the last decade.

Not so if you have amazing practical skills! An incredible team of seamstresses have been working steadily for weeks. It started with masks for care staff. Then the community volunteer network received a call from a local nurse in PRI who requested cloth bags for scrubs that could be put in a hot wash after a shift. A few calls later and our completely incredible community kicked into action washing pillowcases and sheets, leaving them all out to be collected and delivered to our team of seamstresses. Within 36 hours (!) we were able to deliver our first 100 scrub bags. Within a week Dunkeld and Birnam community had produced and delivered over 200 scrub bags. Quite simply an incredible achievement. Thank you so much to everyone for quickly providing the material! Special thanks must go to our seamstresses - Hazel Ward, Joan Cameron, Alison Irvine, Judy Hills, Rhona Lightbody, Anne Colley and Gillian Kellet. Last but not least (!) to the seamstresses up at Kindallachan, especially Christine Campbell who drew blood for the cause after sticking a needle through her thumb! No rest for them either or time to nurse any sewing injuries for the next project is making scrubs...above you can see the make ready with Ann McCartney busy pattern cutting and Ann Lindsay fabric cutting, ready to go out to an increased group of 16 volunteers. When the time comes when we can all spend time together again, we will make you a lot of cake.

Karen Kelman

Editorial

I have to say that I am rather partial to rhubarb crumble ... there is just something about the sourness of the fruit that works so perfectly with the sweetness of crumble. I realise we could argue long into the night about whether it is better served with custard, cream or ice cream ... however my vote goes to a nice thick, creamy custard served hot enough to burn your mouth. So it turns out my luck is in with the initiative PH'ate' which asks us to show our support to our local producers and retailers by making our Thursday night meal out of ingredients that have been made, sourced or bought locally. I am already putting my menu together starting at the bottom with the trusty RC and then upwards to Jean's chicken dish which sounds very tasty indeed ...and I would be over the moon if I could, maybe, find some early asparagus. I hope you enjoy planning and eating your PH'ate' meal. (see page 2)

As we make our way day by day through this lockdown our community continues to prove its strength, kindness and willingness to go further. Far from losing willpower our response has been one of people continuing to come forward with offers of help whether they are able to get out or are at home self-isolating – see every page of this fourth special edition for evidence of that. Whatever the next few weeks and months hold I have confidence that we will get through this crisis together bound by our community spirit and ...of course ... rhubarb crumble and custard. Take care all.

Sally Robertson

The 'normal' Bridge is being temporarily replaced by these smaller, more regular 'Bridge Specials' during the Coronavirus Emergency. **Advertising payments made in advance of the March Bridge are being kept safe and rolled forward and will be applied when the 'Normal Bridge' starts back-up again.**

Keep up to date with the community's response to the coronavirus at:
www.dunkeldandbirnamnews.co.uk

Community Lockdown News

Launching PH'ate'

On Thursday evenings, alongside clapping for all our carers at 8pm, we are encouraging everyone to make their evening meal from as many locally sourced ingredients as possible. This is one way of saying thank you to all our local farmers, producers and shop owners for keeping us so well supplied during the coronavirus pandemic. You could make a Spanish omelette using eggs from Rotmell Farm and vegetables bought at the Post Office. Or mince and tatties with mince bought from Dunkeld Butchers and the tatties from the Co-op. How about a bacon sarnie with bacon bought at the Best One and bread from the Deli? Maybe you have even grown some veg you can use – maybe some kale or spring greens? How about a rhubarb crumble and custard for pudding – yum!

If you are self-isolating or vulnerable, please use our volunteer network to get you the ingredients you need. (see back page for all the details).

Send us your favourite recipe for PH'ate' to PH8community@gmail.com and we will share that with the wider community. To start us off here is one of the most popular recipes from our Tuesday lunch club – perfected over twenty years by our very own Jean Dickson.

Chicken Dijon, Serves 4-5

4-5 Chicken breasts cut into strips

1/2 onions sliced

1-2 garlic cloves crushed

1/4-pint Bouillon or chicken stock

1 heaped teaspoon Dijon or smooth French mustard

1 heaped teaspoon whole grain mustard

1 heaped teaspoon dried tarragon

1/2 tub creme fraiche

Oil

Salt and pepper

Soften onions and garlic in a large sauté/frying pan. Remove from pan, add more oil if needed and seal the chicken strips.

Add onions etc. back into pan with mustards, tarragon and stock.

Simmer in open pan for about 20 mins until chicken cooked and stock reduced.

Add creme fraiche, check seasoning and bring up to heat creme fraiche. Enjoy!

Good with rice/new potatoes and peas. You could use boneless/skinned chicken thighs to reduce cost – however you will need to increase the number of thighs.

Spreading some Sunshine

Gill McGregor from Amulree is encouraging us all to plant a pot of sunflowers on our doorsteps or in our gardens. She says "Sunflowers are known to be happy plants and cheer folks up." If you would like to take part and would like Gill to send you sunflower seeds please contact Gill McGregor gill@groombothy.co.uk or text to 07584 993968.

The Horty Society are also spreading sunshine through sharing photos of horticultural pots of sunshine on line at www.dunkeldandbirnamnews.co.uk If you would like to share a picture of your pot of joy please e-mail it to Ann Lindsay ann.lindsay1@btopenworld.com

Something a little bit different from the Royal Scottish Geographical Society



The RSGS has just produced a special edition of their magazine designed specifically to entertain people during lockdown. Lindsey Gibb who was part of the team involved in producing this says "There's everything from an interview with Mollie Hughes about her recent solo expedition to the South Pole (extreme self isolation!) to gardening tips from Beechgrove Garden presenter Brian Cunningham plus cloud spotting and pilates, also quizzes, puzzles, a fiendishly difficult cryptic crossword and a crafting competition. The magazine is free and is our way of helping out."

If you would like a free copy posted to you please let Annie know on PH8Community@gmail.com or any of the volunteers.

Thank You

As I sit here at my computer, settling into the routine of this new lifestyle of staying at home, I find myself reflecting on the routines of the week and the important priorities in life.

Wednesday is the day during which I think about what is in my cupboards and what we will need for the next week. I've just turned a loaf of bread out of the bread tin, and checked my supply of flour. My work colleagues are amazed that I have the things I need for baking, but then they don't live in the Birnam and Dunkeld community. Focusing on shopping locally has opened my eyes about how lucky we are here with our local shops, who are working so hard to keep us all supplied. I have been able to find everything I need here in our local community.

And so, today is the day of the week that I start thinking about what I need to order from the Coop, the butcher and the other stores in Birnam and Dunkeld.

The PH8 Community Support group has been our lifeline as we focus on staying safe at home. Early on in April, I was struggling with the question of how to get my prescriptions and shopping when I received the information about the volunteers running the group. My initial reaction was that I didn't want to be a bother to others and that I should be able to do all of this on my own. While I took the first step of calling Anne and Graham Rees to pick up my prescriptions for me, it took a good friend of mine saying that the PH8 Community Support Group needs people using and valuing this volunteer service for the network to blossom. Since that conversation, I started using all of our community volunteer and delivery businesses, and my own level of anxiety dropped as I found that I could indeed stay at home safely.

My reflections as I sit here at my computer are not just on the importance of role of the PH8 Community Support Group in my weekly shopping routine, though. The idea of the community support group is much more important than this - it is about establishing a community network of helping relationships through family, friends, neighbours and our broader community and society.

It is our network of relationships that keep us strong throughout this crisis. For me, a part of accepting the help of the PH8 Community Support Group is directly tied to looking for the ways that I can help others, from neighbours down the road to the broader community. When I order from the butcher, I now check to see if a neighbour needs anything that I can get for her. Our lives have become dependent on looking out for each other, and directly asking how we can support our neighbours and friends. This crisis magnifies the ways in which we are all connected. As we move forward, it will be essential that this focus on how we both accept support and reach out to others moves forward with us.

Thanks to all the volunteers! *Laura Freeman, Craighush Cottage*

Thank You

Just when I had resigned myself to self isolation from friends and family to celebrate my 88th birthday. The gates of human kindness burst open in the shape of my Perth Road neighbours. Collectively they gathered at their front gates clapping, singing and playing instruments. Also a cake and cards were placed at my front door.

I feel very humbled and words cannot explain my gratitude. To each and every one can I say a big "THANK YOU" from the bottom of my heart for making it a day I will never forget. *JACK McNeill*



Birnam Highland Games

Birnam Highland Games are delighted to play a small part in the local Covid 19 community effort by donating £1,000 to the Dunkeld and Birnam Community Hardship Fund. Bob Lindsay, treasurer of the Highland Games, said that "for over 150 years local people have supported our Games and we are extremely grateful for the opportunity to give something back to the community during this unprecedented time."

PH8 Community Coronavirus Fund

A local Coronavirus Fund has been set up through a combination of crowdfunding, extremely generous donations from individuals and groups (including the Highland Games Committee and the local Lodge), a grant from Tesco's and money from the SSE Griffin & Calliacher Community Fund.

The purpose of the fund is to provide direct help, care, support and fellowship in the local PH8 community during the current emergency. Maximum awards for projects are likely to be around £1,000.

With this purpose in mind, if you have an idea of a project, want to start up a new group or have any other ideas we would love to hear from you. In the first instance, please send an email to PH8community@gmail.com or phone 01350 700017 briefly describing your idea, how it fits with the purpose and how much money you require. We will get back to you promptly to discuss your idea.

If you have an idea for a larger project, the main SSE Griffin & Calliacher Community Fund is still available with a short-term focus on funding projects dealing with the coronavirus emergency. Details of the fund can be found at <https://sse.com/communities/fundlocations/griffinandcalliacher/> or email PH8community@gmail.com or phone 01350 700017 for more information.



Lock-down Fund-raiser for Birnam Arts

Please sponsor me to raise money for Birnam Arts when it reopens.

Find me - Katharine Melville - on Just Giving.

<https://www.justgiving.com/crowdfunding/katharine-melville-run-a-mile-a-day-in-may>

Encourage me to RUN A MILE A DAY IN MAY

Much of this will be around my own garden, to allow me

still to go out once a day for other exercise!

To run every day for a whole month will be a record for me!

I would like to give the money direct to Birnam Arts, but time is short, so I haven't got this set up yet.

I love Birnam Arts both for its top-notch Arts programme and because it is so important as a focal point for our community.

I have set my target low for the present, but I hope that generous local support will surpass all expectations!

PS Do join in my challenge and raise money for your own causes.

All you have to do is RUN [at least] A MILE A DAY IN MAY

Are you sitting comfortably? Then I will begin ...

Lindsey Gibb is a professional storyteller who lives in Dunkeld. All her stories are on her facebook page Lindsey Storyteller which can be listened to at any time.

There's a mix of tales in there for adults and children and the age group is clearly marked so we don't traumatise anyone!

<https://www.facebook.com/Lindsey-Storyteller-106228014346370/>

She also has a weekly story going out in conjunction with the Cateran EcoMuseum in East Perthshire.

We're here to Help

Davidsons Chemist

Phew! We've had a very busy few weeks here at Davidson's Chemist! Things are settling down a bit now though, so we're back to our normal opening hours of 9am - 5.30pm Monday to Friday and 9am-5pm on Saturday. We will, however, continue to close from 1pm-2pm for the team to get a well deserved lunch break and time to catch up. These hours may need to be adjusted again if there are staff shortages caused by COVID-19, although we hope that won't happen. If this does need to occur, there will be signage outside the shop to tell you about any amendments. Our Facebook page is also regularly updated with any developments, and there's heaps of good advice on there too.

You will have noticed we've got the doors open again. We still have social distancing measures in place to keep everyone healthy, with only one customer at a time in the pharmacy, so if you're asked to wait or step back to allow for that, please do so. The team will also be sporting Personal Protective Equipment too, but don't let that put you off - it's all for everyone's safety. We're calling it the new pharmacy superheroes outfit!

We have also launched a number of new ways to access our services if you're at home just now too. Please take a look at our bright, new and updated website at www.wdavidson.co.uk to try them out. There are links for stopping smoking, an online shopping list for click & collect purchases, and options to request a remote consultation with a pharmacist, or to check if your prescription is ready to collect. You can also sign up to our SMS text service so we can let you know once your prescription is on the shelf too. Don't forget, our team are here in the pharmacy too, ready to give you advice and support in person.

We hope all of this helps you and your family stay healthy throughout this current crisis.

We are here for you, as we always have been!

How are we changing things?

To make sure that we can provide you with the great range of services you expect from Davidsons, while keeping you and our teams safe, we have made another few changes to how we are operating.

* We are still limiting the number of customers we have in our branches at any one time, but we are very much open for business.

This is so that safe social distancing of 2 metres can be maintained. This protects you, your family and our teams. We have had police visits to many of our branches to check that we're doing what we should to ensure safe social distancing, and they have been very happy with what they've seen.

* We are wearing Personal Protective Equipment (PPE).

This might look a bit scary, but it's all in the name of keeping everyone well. Our teams need to be protected so that they and their families stay well - that way they can continue to do their jobs and look after you and your family.

* We will fetch your goods for you.

If you wish to buy products from us, you will see that we have restricted your ability to browse our products. This is to minimise the number of times the products are handled, and therefore reduce the likelihood of virus transmission. You can still buy them though - our teams will act as your 'personal shopper' and pick them from the shelves for you!

* We have had to limit some of our services recently, but we're finding new ways to deliver them to you safely.

We will be offering remote consultations if you cannot get to the branch, or if you need a longer, more in-depth discussion with the pharmacist. We are adding an online shopping list to our website so that we can prepare your goods in advance of your visit or prescription delivery, so you just need to pay! We have a new smoking cessation service online registration form. We will keep you up to date with these exciting new ideas as we launch them.

New C-19 APP



Do you want to help urgent medical research on COVID-19?

There has been a huge, unanticipated surge of interest in a new free app called C-19. Currently nearly 2.5 million people in the UK are involved in helping the scientists learn more about coronavirus by using this app.

It is called COVID Symptom Tracker and has been developed by a small, not for profit team, of doctors and scientists at King's College London and Zoe Global Limited a health technology company. No information you share is used for commercial purposes.

How does it work? The app collects basic information about you. You then report about how you are feeling each day even if you are feeling well. It only takes 1 minute of your time each day.

Why do this? You can find out: how fast the virus is spreading in your area, the high-risk areas in the UK; who is most at risk by better understanding symptoms linked to underlying health conditions

It is thought that this information will in turn help to slow the spread of COVID-19 and assist in health planning, and for coming out of 'lockdown' although that decision is ultimately made by the politicians. It is a huge amount of data and probably the largest collection of data about COVID-19 in the world at present. The University of Edinburgh is collaborating in this research and analyzing the data. If you would like to find out more see: covid.joinzoe.com.

Dr Philip Rutledge (Retired Public Health Doctor, Trochry)

PH8 Financial Support Fund

The PH8 Financial Support Fund is available to help individuals and families in the local community who need immediate financial support of up to £150.

The current situation has meant that many people are struggling financially for a whole variety of reasons: for example change in work circumstances, benefits being delayed, extra commitments due to supporting family, specific needs that have arisen due to the coronavirus emergency. The PH8 Financial Support Fund is here to provide direct financial support for such circumstances.

If you, or someone you know, needs financial support please contact Fraser Penny, the local Church of Scotland Minister, who will quickly handle the request. Any contact will be dealt with on an entirely confidential basis. Fraser can be contacted on 01350 727249 or by email on r.fraserpenny@gmail.com.

The Fund is there to be used and we encourage you to ask for support.

PH8 Food Bank

Say the words Food Bank and it probably conjures up powerful feelings for us all. However, given the current national emergency when most assumptions of daily living have been turned on their head it is probably useful to look upon the PH8 Foodbank as not only a safety net but as another way for the Community to come together in support of everyone within it.

We would not be able to do this without Community support and we have been incredibly humbled by the generosity so far from the Community and local businesses, not least Munar and Brigita from Dunkeld Butchers. Further thanks are due to those businesses who host a donation box: Birnam Stores, Coop, Corbenic and the Scottish Deli.

It is also important to note some key differences between the PH8 Food Bank and what most folk understand to be a Food Bank. There is no need for a referral to our Food Bank, simply contact us via one of the methods below. We are also able to be more flexible in our approach and, if available, include some non-food essential items. Or, we can offer packs of different sizes. And we will do our best to accommodate dietary requirements.

It can be hard asking for help and can be hard taking the first step but given what we are all going through I would urge anyone who is struggling to contact us. Even if you just need a few items to tide you over please get in touch.

The process is completely confidential, and we have already responded to requests.

Email: PH8foodbank@gmail.com

Telephone or text: 01350 700018

Dalguise Meditation Group



Is this your opportunity to dip your toe in the water? Being confined to barracks as we are at present, the Meditation Group can't meet face to face. So, we are having virtual meetings, which are every Wednesday (instead of fortnightly). But nothing techy, just a round robin email with some topics to ponder, chosen to help us in these uncharted and troubling times.

Some members of the group like to meditate on their own at the time the meeting would normally have been held. Some who are on the mailing list have never been able to attend a meeting in person but have expressed their appreciation for being offered in this way the wise

words of meditation teachers from around the world.

So even if you have never tried meditation before, you might like to go onto the mailing list to receive these short pieces that suggest how we can better cope in difficult circumstances, staying calm with a peaceful mind. If you are new to meditation, we could also send you an individual email if you like, with suggestions for how – and why – you might want to begin a practice.

Contact faithanstej@gmail.com

Are you worried about how Coronavirus will impact your care?

Would you like to connect with others navigating care services & community support at this time?

**JOIN OUR ONLINE
PEER SUPPORT
SESSIONS
VIA ZOOM**

Contact us to get more info / participation link:

01350 729130 /

supportchoices@otbds.org

www.supportchoices.co.uk



Community Update

Greetings to our "twin" community in Dunkeld and Birnam!

While my initial ideas for this column from Asheville, North Carolina were about literary connections, inquiring about the Birnam Book Festival (fingers crossed that it will happen in May, as scheduled), and educational insights, alas we are all staying at home and refraining from congregating with our communities to help "flatten the curve".

As an educator, we have scrambled to transition to online/remote teaching, with families competing for use of the computer or internet data to continue instruction. This means more of our lives are being lived online, which can make quarantining even more isolating for the most vulnerable. There is more "family bonding time" for some, and more isolation and loneliness for others. I have been reading *The Bridge* and find it heartwarming to read of volunteers offering to run errands and support those most vulnerable in Dunkeld and Birnam.

More than ever before, local businesses need the support of the community to have the option of re-opening when this is "over". What will be the new normal for our small towns, dependent on tourism and the relationships built for years? The word "community" comes up a lot here, too. These are uncertain times.

While our local independent bookstore, Malaprop's, is closed, they are looking into subscription options, virtual book clubs, and offering curb-side delivery. What is getting us through this uncertain time, for us all? BOOKS?! I asked my friends what books, if any, are helping them get through this quarantine, and this is what they shared:

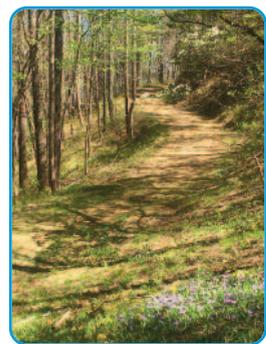
"I am reading Wiley Cash's *The Last Ballard*, a comfort to read that others have survived difficult times." David Sedaris' *When You Are Engulfed in Flames* or *Calypso*. "Just damn funny" Laura Ingalls Wilder books, for "reminders of how people lived off the land with sustenance from community and family" Louise Dean *The Old Romantic*, "so truthful about tough marriages- I hated it at first and loved it by the end". Isabel Allende *A Long Petal of the Sea*, "an immigration story, an important theme in today's world".

I also received this response, "Nothing but glued to COVID19 news, can't get into a book right now".

What else? Puzzles, socially distanced walks nearby, lots of phone calls to connect, virtual "happy hours" or family chats, sharing music from one's porch or sharing playlists of favorite tunes, garden planning, finding odd jobs to help pay the bills, volunteering to bring supplies to elderly neighbors, binge watching movies, prayers, breathing exercises to stay calm...

While we are miles apart, we are connected...so whether you read dystopian novels or find refuge in a story from another, we should remember what Victor Frankl, Holocaust survivor wrote in *Man's Search for Meaning*, "The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way."

Be well! *Kelly McEnany and the Asheville Sister Cities community*



Joint Online Church Service for Dunkeld And Asheville

On Sunday 10th May, Dunkeld and Birnam connects with our twinned community of Asheville, North Carolina, USA in an online church service: "Uniting in Worship". Rev. Fraser Penny will co-present the service via YouTube with Rev. Steve Runholt, Pastor of Warren Wilson Presbyterian Church, near Asheville. Fraser and Steve exchanged pulpits in the summer of 2018 and became familiar with the connected congregations and their wider communities. This exchange is one of the success stories of the twinning with Asheville, formalised by joint proclamation in 2017.

The shared service will feature music from Hazel Murch (Dunkeld) and Joel Rogers (Asheville) with views of the landscapes around the two churches and exchanged greetings between Dunkeld and Birnam Friends of Asheville, and Asheville Sister Cities. It will be based around Psalm 23, 'The Lord's my Shepherd', a passage greatly loved in Scotland and the USA

Join with our friends in North Carolina and beyond by watching together online via the YouTube channel: "Dunkeld Cathedral Online", Sunday 10th May 2020 at 3:00pm (10:00am Asheville time). The video will also be available on-demand on YouTube after the service, along with other recent "Weekly Worship" videos.

Greetings from the New Rector of St Mary's Birnam



Hello to you. My name is Lesley-ann Craddock and I am the new part time rector of St Mary's Episcopal Church. I was appointed just a week before isolation began and licenced with a silent signature on a document my bishop had on his desk. What would usually be a good reason for dressing up and celebrating my arrival has been paired back to its legal necessities, and to be honest I quite like it. I haven't met many of the congregation in person but have had wonderful and informative conversations on the telephone with most of them. There seems to be a deeper and much gentler integration with my new ministry than the usual 'hit the ground kneeling' approach. I quite like that too. My time at present is spent at my cottage in Ault na Goire, which is on the correct side of Loch Ness! However if you happen to ask the other side of the water they will state that they are on the correct side. I have been a vicar in the south of England, a priest in Glasgow, a minister here in the diocese of Moray Ross and Caithness, and now a rector with you- So many titles for same ministry. I look forward to being in Birnam and Dunkeld and shall divide my time between my cottage and the rectory. My husband is looking forward to exploring the area and being part of the community with me at St Marys. I hope to develop and share my passion for the more quiet contemplative ways in which to worship, and create a place to slow the pace within the church building and the

grounds, for any who wish to come and simply be. Time after isolation will take a while to reflect on, to get used to the new way of living in the world. There will definitely be traumas and muddles, concerns and questions for us all. We at St Marys will be journeying alongside you; we are all entering a new future together. I don't feel alone in exploring what that might look like. When I do finally have a celebration of arrival you are all invited. We shall have a great start together. God bless you, stay safe and stay indoors.

Reverend Lesley-ann

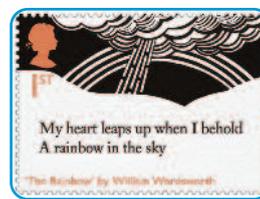
Lesley is working Thursdays Fridays and Sundays. Contact her by e-mail on lesley.craddock@btinternet.com or on 01456486663 / 07903020509



Big Book Weekend

Birnam Book Festival is proud to be part of the **Big Book Weekend**, a three-day virtual festival 8th-10th May that brings together the best of the British literary fests, cancelled due to coronavirus. Our event at 5:00pm on 8th May features the renowned author, historian and television presenter Kate Williams, discussing her latest book *Rival Queens: The Betrayal of Mary Queen of Scots* – a "great rivalry reimagined for the #MeToo generation" – interviewed by biographer, poet and fiction writer Jenni Calder. Browse the full programme here, sign up (it's free) to watch and don't miss our session! <https://bigbookweekend.com>

Special Stamps issued to celebrate the 250th Anniversary of the birth of William Wordsworth



Local artist Linda Farquharson has helped produce the most beautiful set of 10 first class stamps using her professional linocutting expertise. The stamps celebrate the 19th Century romantic poets and feature stamps with lines from many of the major Romantic poets including Keats; Shelley; Mary Robinson and Letitia Elizabeth Landon. They are available now at www.royalmail.com/romanticpoets and by phone on 03457 641 641. The full set of 10 stamps retail at £8.50.

Linda says 'I am delighted to be part of this collaboration with the Royal Mail and I sincerely hope you enjoy looking at this limited edition of "linocut" stamps and perhaps using them to write a card or a letter to a friend or loved one who can't be visited just now!'

From the perspective of a vulnerable elderly person in self isolation

First, how blessed we are to live in such a caring, supportive community in beautiful surroundings. We are so grateful for the fantastic organisation of your huge volunteer group and the wonderful support from all the shops, which couldn't be more helpful, with deliveries and sourcing products not normally stocked. I hope we will continue to shop locally when this is over.

But we have a contribution to make too - we have to recognise that this crisis is aiming to protect us, the most vulnerable, from this unprecedented disease. To achieve this many people are making sacrifices - all the health service staff and carers who are risking illness at best, and tragic deaths at worst. Also the many patients whose treatment has been delayed to accommodate the Covid provisions in hospital.

There are other people who have lost their income through no fault of their own - self-employed tradesmen, cleaners, casual staff employed in tourism, to name a few I am aware of, but there will be many others, who find the benefit system impenetrable and inaccessible or just too slow to pay their rent and food bills. They are having to do this for us too while self-educating their children with no support. Most of us have secure incomes in comparison, and the least we can do is keep paying the people who used to depend on us for their income and encourage them to use our local hardship fund and food bank.

But the big thing I think we will have to do is to accept a prolonged period of isolation while the rest of the world goes back to school and to work. Hopefully some social contact will be restored with a few trusted friends and family and we will keep our spirits up by phone, technology and doorstep chats. It's hard - I miss my grandchildren too - but this has to be our contribution to coping with this deadly virus. We must do our best to stay out of hospital so that the NHS can return to caring for the normal illnesses which are still occurring.

Stay well, keep busy and enjoy the summer! *Dr Jan Silburn*



Doctors Surgery Craigvinean Surgery, Dunkeld Telephone 01350 727 269

Our door is locked and patient entry is by pre-arranged appointment only Outside service clinics (Midwifery, Childhood Immunisations and Podiatry) are still being held at the Surgery. Patients will be contacted directly by those services to explain the process to follow when they arrive at the Surgery.

Prescriptions- please give the Pharmacy five working days before collecting. Unless you have been advised by the Surgery that it will be sent for 'urgent' collection. Patients who feel they have COVID-19 symptoms should phone NHS24 on 111 in the first instance.

The Doctors Surgery are no longer able to provide hearing aid batteries. Patients can get batteries sent to their home by phoning - Rhona from VisionPK on 07387100693 or 01738 626969.

Are you self-isolating or vulnerable? Get help with your shopping or medical supplies.

Phone or text one of the numbers across between 10am and 4pm for help with every day items.

If there is no answer leave a message or send a text with your name and phone number. All the people involved with this scheme are local volunteers who are giving their time for free.

Please note volunteers will not take or receive cash from you.

Volunteers aim to only spread kindness.

They will be asked to wash their hands before and after helping you.

They will keep a safe distance from you, 2m.

They will not enter your house.

For help with shopping see below

Here you will find details of all the shops offering to help and step-by-step guidance as to how you can get your shopping ordered and delivered.

Please note these numbers should NOT be used for emergency or medical support.

For Emergency or medical support contact the Doctors Surgery or dial 111 (see page 2)

Amulree and Glen Quaich	07592 031665
Trochry, and down to the A9 junction	07752 271608
Inver	07592 031946
Dalguise	07759 091124
Little Dunkeld (including Willowbank and Stell Park)	07592 031974
Birnam (Post office side of the road)	07835 078836
Birnam (Birnam Arts side of the road)	07395 961218
Dunkeld (Brae Street, The Cross and High Street)	07592 031940
Dunkeld (Atholl Gardens & Blairgowrie Road)	07395 962350
Butterstone	07759 091139
The Boat Road out to Dungarhill	07835 078833
Dowally, Guay and Kindallachan	07592 040948
e-mail: PH8community@gmail.com for general enquiries	

Shopping Delivery Service for PH8 Area

This service is for people who :

1. Are self isolating because you or someone in your family have symptoms of Covid-19.
2. Are in a vulnerable group (anyone over 70, anyone under 70 with underlying health condition, if you are pregnant).
3. Have received a letter from NHS Scotland saying you must follow the Shielding Measures.
4. Are in the above groups but do not have family, friends or neighbours who can get food for you.

The following shops will provide deliveries on the following basis. In each case, **email orders are preferred** but telephone can be used if required.

Co-Op.

The shopping delivery service will run from Tuesday - Saturday initially. Orders for the Coop should be made to: PH8Communityorders@gmail.com if at all possible.

If it is impossible for you to access email, you may phone 07821 785381 on Monday, Wednesday and Friday or 07834 918385 on Tuesday and Thursday for telephone orders.

Orders must be made by 4.00pm for delivery mid to late morning the following day (ie for delivery on a Tuesday, orders should be placed by 4pm on Monday etc).

Payment for orders will be made in the shop, in the first instance by the Dunkeld and Birnam CIC. You should reimburse payment within 24 hours by either Bank Transfer (Internet or Phone Banking to Acc Number 65862830; Sort Code 089299) or cheque upon receipt of goods to Dunkeld and Birnam CIC.

We would ask you to be patient as we endeavour to bed the system in. All shopping will be delivered in Coop shopping bags.

Birnam Village Shop - Best One.

Open daily. Orders by email to birnavillageshop@gmail.com or telephone 01350 727395. Orders will be delivered late afternoon. Payment to be made over the phone.

Scottish Deli.

Open 10am-4pm Tuesday, Thursday & Saturday. Huge range of storecupboard essentials, cheeses, wines & gins. Also artisan fresh bread (Tues & Sat). Phone shopping available too. 01350 728028. info@scottish-deli.com

Chattan Tearooms and Post Office.

Pre order full cakes, cheesecake, crumbles and quiche.

Scones and cakes available for takeaway daily.

Fruit and vegetable boxes delivery days Monday Wednesday and Friday

New! Flowers from May 1st onward

Phone 01350 727342 Email chattantearoom@yahoo.com

And delivering to all residents in PH8

Dunkeld Butchers.

Open for business, also has various meat, veg and fruit packs that can be pre-ordered Phone 01350 727266

Dunkeld Whisky Box.

Order on-line or e-mail your order to drams@dunkeldwhiskybox.co.uk . Place your order by 2pm on Friday to catch the weekly delivery made Friday pm.

Would You Like Organic Free-Range Eggs Delivered to Your Door?

Why not join our egg run! £7.50 Per Tray or £3.20 Per Dozen Boxed.

We can deliver weekly or fortnightly.

Monday: Dunkeld & Birnam / Trochry / Murthly / Capeth / Bankfoot

Tuesday: Aberfeldy / Grandtully / Strathtay / Logierait / Dalguise

Friday: Ballinluig / Pitlochry / Blair Atholl / Killcrankie / Moulin

Please call or message us on social media to be added to our delivery run!

Liona: 07717659479 / Bryony: 07733898220

Langs Foods.

Delicious Ready Made Meals delivered Free of Charge.

Excellent Value, just like homemade, Individual Portions. Fresh & Frozen products. Microwave or Oven Cook. 01738 646 753 Monday-Friday 10am - 3pm email: langsfood@yahoo.com The Inveralmond Business Centre, Auld Bond Road, Perth, PH1 3FX

Other Shop / Restaurant Opening Hours

Corbenic Shop.

Open for wholefoods and Ecover refills only Tuesdays and Fridays 10am to 2pm

Darjeeling Restaurant.

Open for takeaway collection only. 5pm to 9pm every day apart from Tuesdays

Phone 01350 727427 or 727527

The Blue Magpie.

The shop is closed but Jacky is offering to post cards or small gifts out if you let her know your requirements.

Contact her on jackysbluemagpie@gmail.com

Other Services

Davidson's Chemist.

Back to normal working hours but closed for lunch between 1pm and 2pm

Bank of Scotland.

Open for essential banking on Mondays and Tuesdays between 10am and 2pm.

Bobs Mechanical Repairs.

Working for essential repairs and to keep the village going.

Phone - 01350 727276

Dunkeld Taxis.

Available for courier deliveries and essential transport requirements.

Phone 07419 115736 Email services@dunkeldcars.co.uk

Dunkeld Nurseries.

We are selling shrubs and compost and we offer a delivery service too.

We are also still selling and delivering bales of peat for open fires and stoves.

Mobile 07831290079

Email dunkeldnurseries@gmail.com

Amy Donnelly, Mortgage and Insurance Adviser.

Specialist in Home Purchases , Remortgages , Buy to Lets and Life and Critical Illness Insurance. Contact on 01350 727052, mob- 07881 634872 or amydonnelly@advantagehf.co.uk

Blairgowrie Physiotherapy and Sports Injury Clinic.

Revive Physiotherapy & Well-being is working with Blairgowrie Physiotherapy to provide online Physiotherapy. People can book an appointment through www.blairgowriephysiotherapy.co.uk

On-line Fitness, Music and Entertainment

Lindsey Storyteller.

Stories for all ages, for special occasions or simply something to enjoy. Can be pre recorded or live. Lindseystoryteller@gmail.com

Karys Watt.

I've still space for online fiddle and violin lessons for all ages and abilities. Contact; karyswatt@gmail.com 07885 568 153

Zumba Michella.

Online (Zoom) classes for Zumba and Stretch.

Email virtuallymichella@gmail.com

Help Section

Mental Health Services.

The Lighthouse for Perth - Tuesday & Wednesday 10am-4pm 0800 1214820 help@lighthouseforperth.org or Facebook messenger

Mental Health Support Aberfeldy 01887 822426

Andy's man club info@andysmanclub.co.uk

Young People Mental Health Support.

01738 564274 dawn.blyth@nhs.net On line Apps: Calm harm: Suicide? Help! : Stay alive

Violence against women/domestic abuse.

Helpline 01738 639043 10am - 2pm Mon - Fri Contactus@perthwomensaid.org 24hr National Helpline 0800 027 1234

Carers.

For carers finding it difficult in the current situation 0345 301120.

Care Package or your SDS SUPPORT.

supportchoices@otbds.org Tel: 01350 729130