

The Bridge

www.dunkeldandbirnamnews.co.uk

Free

Special Edition 3

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

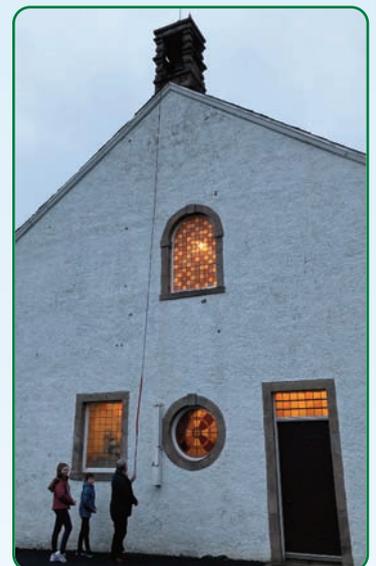
Coronavirus Emergency – The Community Responds – Our Food Bank is launched; A Friendly Phone Call Group established and our Appeal reaches £3,840



PH8 Community Food Bank launched. Stuart Paton, Chair of Dunkeld and Birnam Community Council and member of the PH8 Community Team places the first items of food into the new PH8 Community Food Bank. The coronavirus emergency has left many of us unexpectedly short of cash – if a food parcel delivered to your door would help you manage things during these difficult times please get in contact. See page 2.

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Sean Hanafin is ringing the bell at Little Dunkeld Kirk at 8pm every Thursday as part of the 'Clap for Our Carers' initiative.

Go to:

www.dunkeldandbirnamnews.co.uk to see the video of him ringing the bell and seeing his children Nerys and Cameron clapping along.

Please join in every Thursday evening to say thank you to all our carers wherever you are.

Happy 110th Birthday to Jessie Sinclair



Jessie Sinclair, the second oldest woman in Scotland, celebrates her 110th birthday at Servite with her daughter Iris Taylor.

Ahead of the date Scheme Manager Briony McDonald (left) put out a message to the PH8 Community that she was after a musician who would be able to perform (loudly!) in the car park at Servite House on April 6th as Jessie couldn't have family and friends come into Servite because of the lock down.

Step forward Torquil Le-Roy Lewis from Trochry with his pipes! Suitably socially distanced he serenaded Jessie with a rendition of Happy Birthday as well as some well know Scottish tunes.

Many Congratulations Jessie from the whole community. (Picture ©The Courier)

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

Editorial

Easter is my favourite festival of the year. Three things I love most about Easter are the point of the year in which it falls; the opportunity to gather with friends and family and the food - the highlight of which for us is roast lamb .. locally sourced if possible.

I remember one year all three things combining in the most hilarious of ways. The Shedden's had kindly invited us for Easter Day drinks. So, Andrew tenderly prepared the lamb, put the oven on low and off we went on the long, hard, thirty yard stroll up the hill. As we went up the track we noticed the trees bursting into leaf, the daffodils dancing in the breeze and spring generally springing away. Tiffy had prepared some delicious snacks and Colin's measures of the drinks definitely included the angel's share. After a while, probably quite a while, we said our farewells and started rolling down the hill. Halfway down Duncan Fraser called to us - why didn't we stop in with them for a glass of wine? "Well - thank you - just a quick one would be lovely." It turned out that Duncan's wine pouring habits were very similar to Colin's with a share for a veritable throng of angels. After a while, well let's face, by this point we had no idea which 'while' it was, it suddenly dawned on us. The Lamb! We rolled at speed down the hill to find the lamb ... how can one put this...well done. Never mind - it was still delicious.

Sadly, this year it will be very different - however we can at least enjoy the season and fortunately we have got lamb for Easter lunch. However we will be on our own and Mum will be on her own and Andrew's dad will be on his own and all our neighbours will be on their own. (Maybe they are very thankful for this!) However Her Majesty has told us we will all meet again - so Sláinte to that. Here's hoping that by next Easter, like those eggs, we will once again be rolling down the hill. Stay safe everyone and sending you all very best Easter Greetings at this difficult time.

Sally Robertson

The Bridge: The regular Bridge is suspended during the current Coronavirus Emergency. It will be temporarily replaced by these smaller, more regular, Bridge Specials. **Advertising payments in advance beyond the March Bridge issue are being rolled forward and will be applied when the Bridge starts up again.** We look forward to getting back to normal as soon as possible. In the meantime, stay safe and stay well.

Community Update

Dunkeld and Birnam Community Response to the Coronavirus Emergency PH8community@gmail.com

The Organising Group:

Stuart Paton, *Chair of Dunkeld and Birnam Community Council*
Rev Fraser Penny, *Minister of the Church of Scotland*
John Gilruth, *Coordinator, Gien a Haund*
Sally Robertson, *Editor of The Bridge*
Annie Le-Roy Lewis, *Community Volunteer*
Brendy Roddy, *Community Volunteer*
Dr Philip Rutledge, *Retired Public Health Doctor*

Already 149 people in our community have volunteered to help out during the coronavirus emergency. If you are prepared to join in please e-mail Annie Le-Roy Lewis on PH8Community@gmail.com with your name, address and phone number. If you are 70 or over or have underlying health conditions please let her know as we will only offer you voluntary activities that are safe for you to do. Thank you

Community Fund Update

I am delighted to let you know the total received into the Community Fund so far is £3,840 (£1,095 directly into our account and £2,745 through the on-line crowdfunder appeal.)

Donations will be gratefully received either by bank transfer to:
Bank of Scotland Sort Code 80 06 57
Account 00723706

Or by cheque to the treasurer:
John Gray, Highfield, Brae Street, Dunkeld, PH8 0BA

Or can be made on-line through our crowdfunder appeal:
<https://www.crowdfunder.co.uk/ph8-community-response>

Thank you to everyone who has made such generous donations,
John Gray, Treasurer

PH8 Community Food Bank

If household cash is short and a food parcel would help you manage during the coronavirus emergency please contact our friendly, confidential PH8 Food Bank on 01350 700 018 or e-mail us at PH8foodbank@gmail.com and we will do our best to get a food parcel delivered to your door.

Please support our Community Food Bank either through donating money to our Community Fund (see details on this page) or by donating non-perishable food and household items at one of the following collection points:

The Duchess Anne (box at door)
The Co-op
The Best One

Useful items include:

Cereal; Soup (can/packet); Beans/spaghetti in sauce; Tomatoes/pasta sauce; Vegetables (tinned); Fish (tinned); Fruit (tinned); rice pudding; biscuits; sugar; pasta; rice; noodles; tea; coffee; milk UHT/powder; sauces; chocolate.

Thank you!

Reflection from Fraser Penny

Watching the news the other night there was a picture of a shop window somewhere in Scotland with numerous signs in it to explain what they were doing while the shop was closed. One sign, shown very briefly, said:

No Loo Roll
Soap
Money
Kept in these premises overnight.

What a perfect illustration of how this current crisis has turned all our values upside down! It is quite something when money comes third after loo roll and soap.

What really matters most in life? Maybe, before all this, we justified our existence by being frantically busy and left no time for people around us. Maybe we valued peace and quiet, time to ourselves, and had no time for volunteering. Now that there is too much time on our hands we realise community is important! Maybe mind-boggling choice of food was all that mattered and now we care more about food waste and using up what we have in the cupboard. Maybe we thought status was important and we never noticed some people. Now we value shelf stackers, shop staff, refuse collectors, couriers, the NHS of course from cleaners to consultants. We now notice people we never used to. Disaster can make us rethink what really matters.

In his lifetime Jesus turned the accepted values of the world upside down by affirming the value of people, noticing those who were excluded, drawing in the isolated, serving rather than being served. He commended building up treasure in heaven rather than treasure on earth. The tragedy of his death must have made the disciples question all that. If that way leads to execution, where's the point? But the resurrection is his vindication. The love that serves is stronger than anything.

That gives hope and without hope we are done for. Imagine if there were no end to this situation - it would drive us all round the bend. What keeps us going is the knowledge that one day this will be over. In the broader picture, in Christian terms, the hope of the resurrection tackles the despair we might feel at life. If this is all there is, what hope do we have? St. Paul once asked. But because Christ was raised, we have the hope of life to come.

His values are right after all, and in the power of his Spirit the disciples found new strength to live in the ways of his Kingdom. Maybe we wouldn't, yet, put loo rolls before money but perhaps, with the benefit of hindsight, we will look back on this difficult year and find that our values have been shaken up too.

Despite all that is happening I hope you have a peaceful, blessed and safe Easter.

Fraser Penny

Is there a need for the delivery of ready meals? Please can you fill in our survey?

Many older and vulnerable people in our area currently receive prepared food through a Perth & Kinross Council arrangement with Wiltshire Farms Foods. The current situation may mean that some people need more short term support. We want to find out if anybody needs prepared food supplied and isn't receiving it.

Some people generally eat with family or friends but self-isolation may mean that they struggle with cooking. We might be able to help with this.

If you or somebody you know needs a little help with this, please let us know and we'll look for some options.

Phone - 01350 700 019, ideally between 10am and 4pm, to take part in our phone survey or e-mail PH8readymeals@gmail.com and we will e-mail you our questionnaire.

Thanks for your help



Doctors Surgery
Craigvinean Surgery, Dunkeld
Drs Hewitt, Gunn, Charles and Jack
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.

Community Update



Good News! We have a pair of Ospreys on the nest at Loch of the Lowes. You can view the new, ringed (NCO) female and the unfolding drama of the osprey breeding season from our Live Webcam by visiting www.scottishwildlifetrust.org and clicking on Things To Do, Watch Wildlife Online. Many people who tune in to see the ospreys keep the sound on late into the night for the peaceful background calls of oystercatchers and owls. Or switch it on early in the morning to experience the echoing, hauntingly beautiful dawn chorus across the woodlands of the Perthshire glen. lochofthelowes@scottishwildlifetrust.org.uk

Friendly Phone Call

As well as food deliveries, the PH8 group has been thinking about how we can keep in touch with folk who are feeling isolated over the shut-down period. It would simply be a friendly call once a week, twice a week or perhaps every day simply for a chat and to check all is ok. If you would appreciate a friendly call now and then please get in touch and it can be arranged. You also might want to suggest to someone that they could use this service. Just call 01350 700 017 to chat to someone about what would help you

Church Information

Churches throughout the country remain closed but thanks to the internet it is possible to find many devotional and worship resources to encourage us when we can't meet together but if you want something more local, Fraser Penny is doing a short service each weekend which can be found at <http://bit.ly/dunkeldcathedral> If you can't access that (there have been some problems with certain devices) go to YouTube and search for Worship in Dunkeld. and you should find all the services. The Scottish Episcopal church has a service at: www.scotland.anglican.org/broadcast-sunday-worship and there are Roman Catholic Masses from many churches on TV and internet which people can access.

Accommodation for Key Workers

Jessie Macs

We are currently closed to regular accommodation enquiries, however, in the event that people need accommodation as part of the emergency response they should give us a ring. Examples might be emergency service providers or carers of vulnerable people.

You can contact us on 07849 632333 or at info@jessiemacs.co.uk

Dunkeld & Birnam Businesses

Is there a way that you can help the community and the volunteer network to deal with the Covid-19 emergency? You might have a van, space, beds, excess stock, who knows. Be creative! Please email any ideas to ph8business@gmail.com

Perth & Kinross Council

Perth and Kinross Council have a community support page on the PKC website.

www.pkc.gov.uk/coronavirus/communitysupport

Information includes:

What we can all do to help with the situation? What you can do to help in your community? What the Council is doing? What are third sector organisations doing?

Help and support for those self-isolating. Financial support for communities. Community Investment Fund (CIF)



Davidsons Chemist

We would like to remind you all that we will remain open during these unprecedented times.

In order to remain open and keep our staff and the wider public healthy, it's highly important that you do not enter or queue outside our pharmacies if you or anyone in your household has a temperature over 37.8 degrees and/or a new and continuous cough.

Please stay at home.

If you are a regular delivery patient, we will continue to deliver to you. If you can't collect your prescription as you or your household are self-isolating, we suggest that you ask a family member, friend or volunteer to collect on your behalf.

We ask that you give a sensible amount of time for us to process your prescriptions once sent from your surgery. Turnaround times are slower than normal due to the enormous increase in workload. We suggest that you sign up for our text messaging service, find out more here:

<https://www.wdavidson.co.uk/text-message-service-authorisa.../>

During this time we can only stress how important it is not to stockpile medication, only order what you need. Pharmacies will remain open.

We would also like to remind you of our temporary opening hours which are 10am – 1pm and 2pm – 5pm. This extra time is to allow our staff to catch up with the workload.

Please continue to be patient and kind to our staff, they are working extremely hard and want to continue to strive to give you the best service possible during these extremely difficult circumstances.

OPENING HOURS

Important information for all patients



1 REDUCED OPENING

To support you & our staff our pharmacy will be open as follows:

10:00am - 1:00pm

2:00pm - 5:00pm



2 WE ARE BUSY!

We are facing **UNPRECEDENTED DEMAND** and **SIGNIFICANTLY BUSIER** than usual but are **WORKING HARD** to look after all our patients. If your prescription is not urgent please call back tomorrow.



3 THANK YOU!

These are **UNCERTAIN** times for all of us. **ORDER ONLY** what you need and give us **MORE TIME** to prepare your medicines **SAFELY**. Thank you for your understanding.

LAST UPDATED 2020-03-18

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 the back cover

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

Shop and Cafés Update Opening times and days and service likely to vary

Food and drink shops - staying open

Co-op – Opening hours 8am-8pm. Priority shopping for vulnerable customers Monday-Saturday 8am-9am, Sunday 10-11am.

Chattan Tea Room and Post Office – Fruit, eggs & veg etc – Phone: 01350 727342.

9am -11am open to elderly, vulnerable and carers.
2pm – 5pm – open to everyone else

Birnam Shop Best One – Opening Monday to Saturday 6.30am-9pm; Sunday 6.30am-8pm.

Scottish Deli – Open 10pm-3pm on Tuesday, Thursday and Saturday. (for home delivery info see next column)

Smoked Salmon Shop – Closed (for home delivery info see next column)

Dunkeld Butchers – Open Wed-Saturday 9-5pm (for home delivery info see next column)

Rotmell Farm (the egg shed) – Eggs delivered locally – 07717 659479 or 07827947143

Dunkeld Whisky Box – Online only, will deliver – drams@dunkeldwhiskybox.co.uk

Takeaway Food

The Darjeeling Bangladeshi Takeaway – Open 5 – 9 collection only – 01350 727527 or order via www.darjeelingdunkeld.com

The Taybank – Takeaway food only – can deliver – 01350 727340

Birnam Reader – Bookshop open – Friday – Monday – 11am – 7pm - take away coffee only

Cafes & Restaurants – Closed until further notice

Aran Bakery – Closed but may do bread/subscription service (TBC).

AmaZing Brasserie, Birnam Arts, Birnam Inn, Clottie Dumpling, Corbenic, Dunkeld Fish Bar, Hettie's Little Teapot, Perthshire Arms and Palmerstons.

Other Key Shops

Chemist – Open 10am – 1pm and 2pm – 5pm, one person at a time, ring bell and social distancing to be observed outside.

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 birnamvillageshop@gmail.com or telephone 01350 727395. Orders will be delivered late afternoon. Payment to be made over the phone.

Scottish Deli.

Phone between 9-10am on Tuesday, Thursday and Saturday for home delivery later in the day.

Chattan Tearoom.

Open daily. Orders by email to chattantearoom@yahoo.com or phone 01350 727342. Orders will be delivered later in the day.

Dunkeld Butchers.

Phone 01350 727266 Wed – Sat for home delivery

Dunkeld Smoked Salmon.

01350 727 639. Dunkeld Fine Foods will deliver.

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.

A huge thank you to all the shop owners for their support in keeping their businesses going and the team of hard working volunteers delivering the messages.

Keep Fit!



Online Pilates

SUSIE BLACK FITNESS



TUESDAY 5.15 extra gentle
TUESDAY 5.15 mixed ability
TUESDAY 6.30 intermediate
WEDNESDAY 9.30 mixed ability
WEDNESDAY 1.30 mixed ability
WEDNESDAY 2.45 gentle
WEDNESDAY 5.15 extra gentle
THURSDAY 11.30 mixed ability
THURSDAY 12.45 gentle

Enjoy Good Health

Yoga with Tina Logan



What unique times we are living in. With so much uncertainty something we can all take control of is our health and wellbeing. The physical habit of exercise is vital because it releases endorphins (making us feel good), serotonin (helping us stay calm) and dopamine (keeping our brains goal orientated). In addition it increases our heart rate, energy levels, builds strength and most importantly flushes bacteria away from the lungs and airways increasing white blood cell circulation and helping our

bodies to stay healthy and fight infection.

FREE Exercise and Yoga Program for everyone!

E-mail Tina chainey28_live.co.uk to get the links sent to you or copy as below:

<https://www.youtube.com/watch?v=3rTelf6jMyY&t=18s>

Tina's Yoga Level 1

https://www.youtube.com/watch?v=yPTvIHN_DKK&t=42s

Jonny's Program Level 1