

Ness - Barvas

FREE Community Newsletter

Issue No. 1 ~ Friday 10 April 2020

Published by Urras Oighreachd Ghabhsainn with volunteer support

Coastguard rescue at Stoth



As dog walks go, the one taken by Fivepenny resident Ali Fry and his dog Bonnie on Wednesday (8 April) was one they quite possibly will never forget.

Ali's sister Debbie Gilham takes up the story: "My brother Ali went for a walk out the croft with Bonnie, and she ran after a rabbit! She fell from the highest point of the cliffs near Stoth, but landed in the water and swam to the rocks. Ali managed to get down to her but couldn't get her up onto the rocks, and he couldn't leave her as she was so distressed and was trying to swim out to find him." *(continued on p.10)*

FREE community newsletter launched during Coronavirus crisis

On Tuesday 24 March, Prime Minister Boris Johnson announced strict new curbs on life in the UK in a bid to combat the Coronavirus (Covid-19) pandemic that was sweeping rapidly across the planet and ravaging much of Europe. On that day, the UK death toll was 335, but just over a fortnight later (Wednesday 8 April) that figure had risen alarmingly to over seven thousand, and the British Prime Minister was being treated in Intensive Care at St Thomas' Hospital, London – a stone's throw from the seat of government in Downing Street.

The newly imposed 'Lockdown' meant that people were only allowed to leave their homes to exercise once a day, travel to and from work when "absolutely necessary", to shop for essential items or for medical reasons.

Shops selling non-essential goods and most public amenities or service providers were instructed to close, such as museums, leisure centres and non-food retail outlets. Among the places forced to close its doors was Spòrsnis - the community enterprise that publishes Fios. Although there was no official government requirement to close newspapers, the Spòrsnis board of management decided that it would be in the best interests of the business to accept the UK Government's furlough support scheme that covered 80% of the cost of salaries of affected businesses, including those employed in the production of Fios.

However, it was recognised that the loss of Fios to the community would be a significant blow, particularly at this time when communication and support at a local level are essential. Consequently, the community landlord Urras Oighreachd Ghabhsainn (UOG) stepped in and offered to produce, with volunteer support, a free community newsletter that would be distributed through a number of Ness, Westside and Stornoway retail outlets that normally sold Fios. Some of the contributors who usually provided a regular column for Fios also kindly agreed to submit articles for the new, free publication.

(continued on p4)

Three rocks at the Butt of Lewis

A photograph taken at the Butt of Lewis on a windy day last summer was the overall winner of the 2019 Scottish Nature Photography Awards announced last week. Ruth Grindrod, a professional photographer who lives in Norfolk, was also the winner of the Sea and Coasts category with her image, *Three Rocks*.

Commenting in her blog Ruth says: "*Three Rocks* was taken on an extremely windy day at the Butt of Lewis in the Outer Hebrides. Rather than shoot the lighthouse, I chose the formation of these three rocks from a slightly elevated position to capture their shape and form as well as the churning seas. The conditions were tough but persistence paid off with this final capture."



Scottish Nature Photograph of the Year 2019 by Ruth Grindrod

(continued on p4)

TiG energy advice for self-isolation

As our daily lives and routines have been turned upside down by the coronavirus, staying at home will have an impact on your energy demands. Tighean Innse Gall's Energy in Transition team are available to talk to and can provide advice specific to your home circumstances. Our project aims to help you reduce your annual electrical consumption by 5% and what better time to think about what you can do to reduce your energy costs and do your bit for the environment.

You are probably going to have your heating on far more often than usual so it is important to ensure it is set correctly. The recommended temperature for fit and active people is 21°C but if you have children or are elderly it is 23°C. If you are finding your home too warm adjust your controls so that the house is a comfortable temperature all day.

In the kitchen there are a number of simple things you can do to make savings. For instance, boiling the kettle for the number of cups you need at any one time will save electricity. Chop your ingredients into small pieces as they will cook faster. Select the right size of pan for the burners you are using and cook with the lid on. When it comes to washing up, use a basin rather than letting the hot water run away, or if you are using a dishwasher, put on a full load to save electricity.

With televisions and radios on more often, switch them off when you are finished rather than leaving them on stand-by. This simple change this can save about £30 a year.

With your additional time at home, this is your chance to look at your electricity supplier and the tariff you are currently on. You can use a tariff comparison website to see how much you could save by switching either your supplier or your tariff. It's a five minute task that could be worth a few hundred pounds. Alternatively, we can

carry out this comparison for you, if you get in touch with us.

If you pay for your electricity or gas using a top-up prepayment key, Ofgem, the industry regulator, last week announced new measures to

help ensure your supply is not affected during self-isolation. If you have any concerns you should contact your supplier first to find out what measures they will have in place to support you.

If you are self-isolating and unable to top-up your key at a pay point ask a friend or family member to top-up your key, or contact

your supplier to make a payment over the phone and they will send you out a preloaded key. If you are unable to top-up this way, you can contact your supplier and they may be able to provide you with a discretionary top-up to ensure your supply is not interrupted.

For more advice get in touch with us by phoning our office on 01851 706121 and leaving a voicemail message, email eit@tighean.co.uk or sign-up online here <http://tighean.co.uk/eit>

With your additional time at home, this is your chance to look at your electricity supplier and the tariff you are currently on. You can use a tariff comparison website to see how much you could save by switching either your supplier or your tariff. It's a five minute task that could be worth a few hundred pounds. Alternatively, we can carry out this comparison for you, if you get in touch with us.

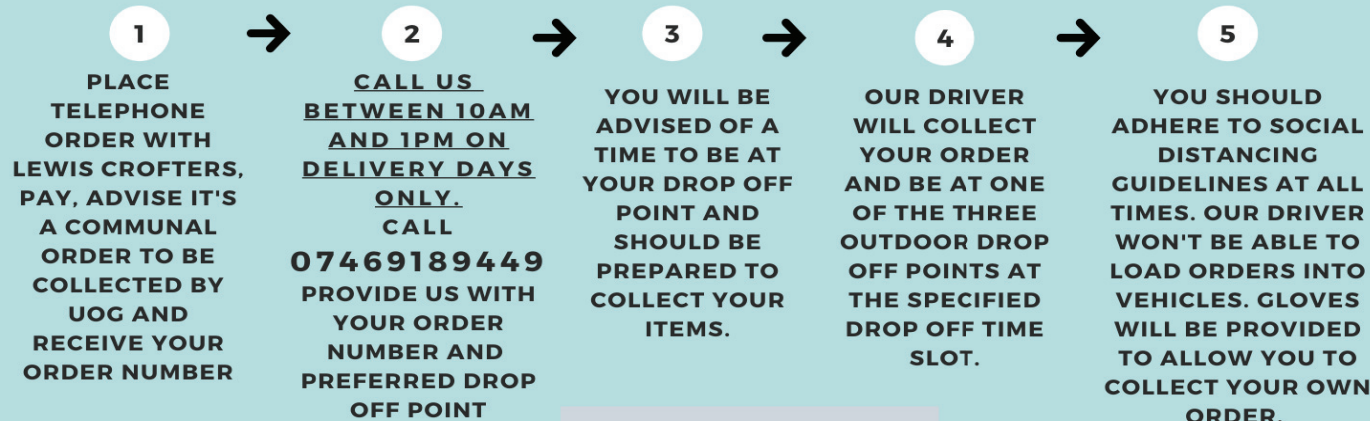
DELIVERY SERVICE FROM LEWIS CROFTERS TO GALSON ESTATE DURING COVID-19



Please note we will only be able to take relatively small /essential orders across in a transit van. We ask for your patience while we trial this service which is in an effort to support the crofting community during this time of crisis. We expect to run the service on a Monday, Wednesday and Friday each week and we will review on an ongoing basis. If you can get items on the estate then please do so. This service is for items that need to be brought from town and is primarily to support those who aren't going to drive to town for just a few items.

DELIVERIES WILL BE: MONDAY WEDNESDAY FRIDAY

YOU MUST LET US KNOW YOU WANT A COLLECTION BY CALLING US BETWEEN 10AM AND 1PM ON ONE OF THESE DAYS. WE HAVE TO BE ABLE TO COLLECT ON THE SAME DAY.



BARVAS COMMUNITY CENTRE

CLAN MACQUARRIE COMMUNITY CENTRE

SPORSNIS

DROP OFF POINTS

PLEASE DO NOT OVER ORDER!
IF AN ORDER IS TOO LARGE FOR THE RUN WE WE WON'T BE ABLE TO TAKE IT TO A DROP OFF POINT.

Urras Oighreachd Ghabhsainn
A Company Registered in Scotland No. 273903
A Registered Scottish Charity. SC036903

seo a-Nis

Shona Nic a' Mhaoilein



Beatha san Taigh

Tha mise a-nis a' tòiseachadh air mo cheathramh seachdain ag obair bhon taigh agus saoilidh mi gu bheil atharrachadh a' tighinn air an t-saoghal mar a dh'èireas a' ghrian gach latha. Chan eil guth air càil an-dràsta ach a' ghalair ghrod a tha seo, agus tha mi cinnteach gu bheil fadachd oirnn uile gus am tig faochadh oirnn. Tha e air call uabhasach adhbharachadh agus air sealltainn dhuinn dìreach cho cudromach 's a tha na daoine a tha gar cumail a' dol o latha gu latha, gu h-àraidh an t-seirbheis slàinte agus na dotairean agus na nursaichean a thèid a dh'obair am measg nan daoine as tinn gun ghearrain sam bith. Tha mi air a bhith a' feuchainn ris na naidheachdan a sheachnadh gu ìre gus nach bi mo cheann loma-làn bhròn ach chan urrainn dhut do shùilean no do chluasan a chumail air falbh ro fhada.

Bookbug

Gu fortanach, tha mise fhathast a' faighinn cothrom a bhith ag obair bhon taigh agus tha gu leòr agam a chumas a' dol mi. Trì tursan san t-seachdain a-nis bidh mi-fhìn agus mo cho-obraiche, Lindy, a' dol beò air YouTube le seiseanan Bookbug do chloinn òg agus am pàrantan no ge bith cò a tha còmhla riutha. Feumaidh mi aideachadh gu bheil seo air togail air leth a thoirt dhomh fhìn leis gum faigh na tha a' coimhead air halò a ràdh rinn tron t-seisean, a leigeas leinn an uairsin halò a ràdh air ais riutha fhèin agus na h-ainmean aca fhighe a-steach dha na h-òrain a bhios againn. Creididh mi gu bheil e a' toirt uidhir a thoileachas dhaibhsan 's a tha e dhomh fhìn. 'S urrainn dhomh an dearg amadan a chluich agus chan eil e gu càil a dhiofar leis gur ann do chloinn a tha e! Bidh clann mo phiuthar gam choimhead agus air an dòigh nuair a chluinneas iad an ainmean, leis gur e sin cho faisg 's a gheibh mi orra an-dràsta.

Sgàthan

Cha do dh'fhàs mi riamh cho cleachdte ri bhith a' coimhead ri m' aodann fhìn! Eadar Bookbug, coinneamhan Zoom gach latha an cois mo cho-obraichean, agallamh leis a' BhBC agus FaceTimes gu leòr leis an teaghlach, tha mi air fàs seachd searbh sgith dha mo bhus. Ach a dh'aindeoin sin, tha na coinneamhan a tha seo a' toirt orm a bhith ag èirigh agus a' crathadh mo làine aig uair reusanta gach latha nuair a bhiodh e cho furasta a bhith a' fuireach san leabaidh gu meadhan-latha, gu h-àraidh leis cho sgith 's a tha mi a-nis on thòisich mi a' gabhail teatha às aonais chaffeine. Bidh mi-fhìn 's e fhèin cuideachd a' falbh cuairt tron bhaile an ìre mhath a h-uile latha agus a-nis 's gu bheil caoraich aige air lot m' athair, abair gu bheil leisgeul againn a dhol a shiubhal an trì mìle chun Dùn a chèilidh orra (a' coimhead orra tro bhinculars bho bhonn an lot, tuigidh sibh!)

Ag ullachadh

Dè tha fainear dhomh anns na mìosan mus tig ar leanabh? Tha rùm a' bhèibidh na chùis-nàire an-dràsta, a-mach air a' bhus leis a h-uile càil a chruinnich mi thar 30 bliadhna. Tha an tide agus an leisgeul againn a-nis toiseach-tòiseachaidh a dhèanamh air, gu h-àraidh leis gu bheil sinn air tòiseachadh a' ceannach stuth dhan leanabh. 'S math gu bheil lobht againn far an tèid a h-uile càil a-mach à sealladh... Tha e fhèin na ghlòraidh leis gum faigh e air an t-seann sheada a leagail agus container a chur na àite. Fhad 's a tha mi sgrìobhadh an-dràsta tha esan a-muigh a' dèiligeadh leis an fheur, a tha air a bhith a' fàs fad dà bhliadhna leis nach deach mi-fhìn faisg air, air eagal 's gun cailinn corrag no dhà. Bidh taigh àlainn againn uaireigin, a-muigh agus a-staigh!

Tha mi an dòchas gu bheil sibh uile gu math agus gu bheil sibh sàbhailte, a' cumail sùil air càch a' chèile mar as urrainn dhuibh. Tha mi ga fhaicinn sa bhaile agam fhìn agus 's e a bhios a' togail do chridhe.

Comhairle Confirms Support Available to Individuals

COMHAIRLE NAN EILEAN SIAR has provided a summary of what support is available to individuals who find themselves in hardship due to the COVID-19 outbreak.

UNIVERSAL CREDIT

Individuals should apply for this as soon as possible online <https://www.gov.uk/universal-credit>

If you have any problems you should contact the local Job Centre on 01851 743663 / 743664. For applications due to COVID-19, an advance is available immediately following identity verification.

If individuals have been paying Class 1 NI contributions for the past 2-3 years they may also be entitled to Job Seeker's Allowance.

COUNCIL TAX REDUCTION

If your circumstances have changed you may be eligible for the Council Tax Reduction scheme if you are on a low income and have capital under £16,000. You can apply at <https://www.cne-siar.gov.uk/benefits-and-grants/housing-benefit-and-council-tax-reduction/forms-and-leaflets/>

SCOTTISH WELFARE FUND

This provides a safety net in a disaster or emergency, when there is an immediate threat to health or safety. The application form is available on the Comhairle's website <https://www.cne-siar.gov.uk/benefits-and-grants/scottish-welfare-fund/> If you can't access this you can call 01851 822642.

Media release by Comhairle nan Eilean Siar - 2 April 2020

Virtual Visiting Introduced at Western Isles Care Home

COMHAIRLE NAN EILEAN SIAR is pleased to announce that 'Virtual Visiting' has now been introduced to Western Isles Care Homes to help residents stay in contact with friends and family.

One family member whose mother is in a Western Isles Care Home said: "I think that virtual visiting is great, particularly during lockdown. Whilst my Mum does have a mobile which she can use for basic calls, using FaceTime is a fantastic way to keep us more connected with her. Also, it allows her to see her grandchildren which she just absolutely loves, it really is heart-warming."

It's great that the staff are able to facilitate this, even more so at a time when face-to-face visits are just not possible. We do worry that Mum will start to feel isolated during lockdown, and we of course miss seeing her, so having this option just helps alleviate those concerns and makes us all feel that little bit closer."

Head of Community Care Jack Libby said: "I am happy to say that we are rolling out the scheme, and for those Care Homes who are up and running with the initiative, the feedback has been very positive. We aim to have the roll-out completed within days."

Anyone looking to arrange a 'Virtual Visit' can contact the care home of the resident they wish to visit.

Media release by Comhairle nan Eilean Siar - 9 April 2020

FOUND

A sum of money has been found close to the post box in Skigersta. Please call 810611

Tom's Titbits

Stay at home they tell us. So we do our best as a community to abide by that simple sound advice and I'm sure some of you have had that strange feeling recently whereby, like me, you wake up in the mornings wishing you could go to work, when there were so many other times you wished you didn't have to go and could stay at home.



When is the football coming back? Will they be able to go to Sùlaisgeir this year? These were just some of the queries up for discussion.

We are fortunate here that we can venture quite far from our homes to the wide, open spaces and not really be in contact with anyone, and I feel sorry for those in inner cities who must be

practically housebound. I'm fortunate that my family are all home, but that too feels strange but good, as I have spent more time with my two sons than is normally possible because of work commitments. It's also costing me a fortune as they eat a lot and when it's served up they are not as keen to pay for it as they would be in Spar or Engie's.

My good lady was required to do her bit as a local authority worker during part of the lockdown, though she wasn't too happy when, on her return from work, she found me waiting on the driveway with the pressure washer demanding that she stripped off and got hosed down before she entered the house. If you don't laugh you cry, but sadly that situation isn't too far from the truth. We must do this together and behave sensibly in order to save lives. The ball is in our own court. I'll close now as I understand that this is a limited-edition newsletter and space may be limited.

Beannachd leibh

Tom.

At a shop in Ness on Saturday, I met a guy who was carrying a two-metre stick in his car as a guide to how close to him I could come. I wasn't in the least bit offended because it might save both our lives. Knowing the guy with the stick, the measurement would be bang on. It was very interesting to stand in the queue outside and have time for a yarn, because the customers were only allowed inside four by four as it were. In these rare situations when people are allowed to congregate, two metres apart, they can voice their concerns and air their views on the situation, a kind of therapy I suppose, and maybe it helps. Why are there planes flying into Heathrow every day filled with people from the virus hotspots of the world? Why can't we get tested? Why is our nation so far behind in dealing with certain aspects of this pandemic? Why is the blone in Government who is dishing out the guidelines breaking all the rules herself?

FREE community newsletter launched during Coronavirus crisis

(continued from p1)

The 'Ness-Barvas Community Newsletter' will be produced on a fortnightly basis over the coming months, or until government restrictions are lifted and Fios is once again able to resume publication. Several hundred copies will be printed and distributed to various outlets where they will be available free of charge. You can also obtain a free PDF copy via email by forwarding an email request to jasmine@uoglt.com

If you would like to submit any items, comments or notices (e.g. birthdays, anniversaries, etc) for inclusion in future issues, please email jasmine@uoglt.com

Birthday Greetings



Thomson, above, who lives with his family at 8 Lionel turned 6 on April 1st. He's no April fool! Lots of love from all the family xxx

Three rocks at the Butt of Lewis from page 1

To mark the 10th anniversary of the Awards, the winner of the inaugural 2010 title, wildlife photographer Ron McCombe, joined photographer and writer Jamie Grant and photographer and organiser Niall Irvine on the judging panel. Niall said: "Ruth's image has beautifully captured the drama and power of the sea. The light, composition and depth of detail in the image is remarkable, particularly the movement caught in the water. I'm delighted that Three Rocks is our overall winner."

The same rocks at the Butt inspired the naturalist George Clayton Atkinson back in 1833: 'On we sped till we reached the precipitous rocks which breast the northern seas, and which under the name of the Butt of Lewis, constitute the most north-western part of Great Britain. They are not very great in altitude, but almost make up for any deficiency in that respect by their ruggedness and glorious wildness of character. I have seen the solitary rocks of the furthest Shetland Islands – they are lonely, dreary and poetic: the Storr and other of the fine rock scenery of the Isle of Skye – they are Ossianic and very solemn; of the remote and inaccessible isles of St Kilda - they are incomparably sublime in their stillness and profound solitude, and stupendous beyond any idea I can convey; but the Butt of Lewis is characterised by greater wildness and desolation than anything I have met with. The forms of the individual rocks are often strange and distorted, and as we saw it with a heavy sea plunging and dashing among them, the impression they made on me was one of wild bleak desolation and sterility.' [Expeditions to the Hebrides – G C Atkinson edited D A Quine 2001]

If you have any birthdays, anniversaries, or special occasions for mentioning in the freesheet please email: jasmine@uoglt.com

Sound start for Sunnd Programme

Between November 2019 and March 2020, **Urras Oighreachd Ghabhsainn (UOG)** ran their health and wellbeing programme, **Sunnd**. Sunnd, meaning joy, sprightliness or health and fitness, offered a wide selection of health-related activities and events within the Galson Estate boundary, predominantly for its residents. The programme, which encompassed both physical exercise and information sessions, was aimed at ensuring everyone on the Estate could participate in things to keep them active and remaining healthy over the long, wintry months, whilst also feeling safe and included in the community. The 2019/2020 programme was funded by UOG.

Line dancing, gym inductions, ballet barre, health walks and gentle movement classes all formed part of the programme, alongside informative sessions with local police, first responders, and 'Empower' staff who offered technological support. Several six-week blocks of classes were fully booked, with people across the demographic taking part.

Urras Oighreachd Ghabhsainn were pleased to announce this week that 91 people made use of the activities on offer as part of the programme, demonstrating its success. Christopher Smail, Development Officer at UOG, said: "Sunnd has had a really positive impact on the community and we are very proud of the diversity and range of programmes that we were able to offer people. Everything from specialist events hosted by NHS Western Isles through to exercise and fitness classes, it was deliberately designed to reach as broad a range of individuals and families as possible. We look forward to receiving feedback from participants and hosts to hopefully grow Sunnd for the future."

Elaine Murray, a local artist, hosted Christmas Craft Workshops in December as part of the Sunnd programme. Speaking to Fios, she said: "As a community arts worker, I support individuals to be creative all over the island. I was therefore delighted to be able to host creative workshops in the run up to the festivities for the Sunnd programme, which was taking place in my local area."

Elaine's workshop centred on creating sustainable Christmas decorations and decorating recycled gift paper and cards, making it accessible and having a "lasting positive impact with as little waste as possible." She said: "All the materials were bought from local shops, made from recycling paper or reusable. [They were] easy to recreate in your kitchen at home, so that participants could feel enabled to try this themselves again, as opposed to the

need for specialist knowledge/equipment. The seeds within the paper were bee-friendly seed mixes for meadows and woodlands - so we were saving the planet, too!"

"All the materials were bought from local shops, made from recycling paper or reusable. [They were] easy to recreate in your kitchen at home, so that participants could feel enabled to try this themselves again, as opposed to the need for specialist knowledge/equipment."

Elaine Murray, local artist

Speaking about the importance of programmes of this nature during the winter months, Elaine added: "Finding a variety of ways to engage and create connections is hugely important on an island where social isolation is a key issue and for many, the winter months become long, as trips to town become weather-dependent and the days short. Many businesses also have to reduce their opening hours, so this too poses a reduction in ways for people to make contact. The Sunnd programme enabled participants to engage in a way that was accessible locally and helped establish, or re-establish in some cases, connections with others, thus forwarding the aims of the UOG to create a cohesive and vibrant community."

UOG would like to express thanks to the hosts and to all participants for coming along to the sessions over the past five months. Here's to an even more successful 2020/2021 Sunnd programme.

The Seas of the Outer Hebrides project launches online survey



In such challenging times with our concerns understandably close to home, we also feel close to nature. With a quick, online survey, the Seas of the Outer Hebrides project is seeking your views on how we might best manage our seas for the benefit of people and nature once we have returned to a more normal situation within our communities. We'd like everyone who lives in the Outer Hebrides to have a say in the future of their seas through this short, online survey, which is available in either English or Gaelic at the project home web page here: http://www.mpa-management.eu/?page_id=892. Everyone's opinion matters: you don't need to be an expert on anything marine to participate. It will take not more than about 10 to 15 minutes of your time. Stornoway-based Seas of the Outer Hebrides Project Officer Charlie Main said: "By completing our survey you will help us better understand how your community values the sea, what the key issues are, and how we might collectively approach making decisions about marine nature conservation in the future. The survey sits alongside the work we are currently doing with key stakeholders including fishing representatives and community groups. The survey results will be key element in reshaping the approach to marine nature conservation in the Outer Hebrides."

Seas of the Outer Hebrides (SEASOH) is overseen by a partnership of Marine Scotland, Comhairle nan Eilean Siar, University of the Highlands and Islands and Scottish Natural Heritage.

The core aim of the SEASOH project is to deliver a regional management plan for the Outer Hebrides marine region, putting communities and people at the heart of the process and building consensus on the future management of Marine Protected Areas around the islands.

reflections

by Rev John M Nicolson

"It was the best of times, it was the worst of times." This phrase is taken from Charles Dickens' famous novel, *A Tale of Two Cities*. It refers to the events of the French Revolution. While the revolution was taking place, the situation in London, England was so different. Dickens compares and contrasts the two cities, and all that is taking place in them - Paris was full of chaos and anarchy, London was peaceful and orderly.

Maybe we could compare and contrast two kingdoms around us today. There is the kingdom of the world around us, and there is the kingdom of heaven. We all live in the kingdom of the world, and we can all acknowledge that these are the strangest days we that we have ever lived in our generation. We have seen in the space of a couple of weeks, all we have known, cherished, loved; grind to a halt, shut down, and locked in. This kingdom that we are part of has witnessed over these last few weeks, "The best of times, the worst of times." We have seen the best of people helping others in need. We have seen the best of the NHS staff working with so little, but they have given over and above in their service for others. We have seen the best in our communities, seeking to serve and help the elderly, the housebound. We have seen the best with people volunteering for various agencies. There is so much that we can admire and be thankful for in the generosity of people.

But we have also seen the worst in some people. Greed, selfishness, panic buying, pushing past others to be first, arguments in shops between customers. I recently read about binmen on the mainland who had seen spoiled food being thrown out from houses, because they had stocked vast amounts of food, but had no place to store it. We have seen fear grip the nation, irrational fears pulling people down. The days we are living in can bring out the best, or, bring out the worst, in us all.

But what about the kingdom of heaven in us, what is coming out of us in these difficult times? The kingdom of heaven brings peace to people. I have listened to people in the church community, and this is what I have witnessed from them, "the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:7. God's peace is touching every area in their life. It is not just words, it's their lifestyle. The kingdom of heaven touches us in love and shapes us with God's love. Not only do we love God, but we love others as ourselves. We care, we support, we encourage, we bless those who are around us. The kingdom of heaven drives out fear. The Christian is not full of fear, but is full of hope, full of peace, full of Grace. During these difficult days, may our life exhibit the kingdom of heaven. May our testimony be one of peace and love to a troubled world.

May God bless you all.

CalMac donates stock to food banks



Ian MacLennan, Donna Maxwell and Keith MacMillan from the MV Isle of Mull prepare on-board food and drink for distribution.

With the shutdown of its retail outlets due to the Covid-19 crisis, CalMac has decided to donate food that's shortly going out of date to local food banks. Staff from the west coast ferry operator are currently sifting stock and anything with a sell by date within three months will be donated. The type of goods being handed over will include soft drinks, confectionery, crisps, cakes and biscuits.

CalMac has retail outlets on 14 of its larger vessels. "Given that we are not in position to determine when our on-board retail outlets will be open again, it makes sense to find a use for products that will be out of date soon, otherwise they would just end up being thrown out," said CalMac's Head of Sales, Kurt Hart.

"It is better someone gets the benefit of these products before they are past their sell by date."

CalMac is currently identifying food banks up and down the west coast to start making donations. So far donations have been made to Ardrossan, Greenock, Oban, Barra and Stornoway.

COVID-19: Guidance for Household Waste disposal

If you have symptoms that may be caused by COVID-19 or you live with someone that has symptoms, you can securely store personal waste (such as used tissues) and disposable cleaning cloths within disposable rubbish bags.

These should then be:

- placed into another bag
- tied securely
- kept separate from other waste in your room
- put aside for at least 72 hours before being putting in your usual external household waste bin

By following this advice, you will help to control the spread of the virus to friends, the wider community and the most vulnerable.

Other household wastes (including recycled waste) can be disposed of as normal.

Media release by Comhairle nan Eilean Siar - 3 April 2020

Holiday Accommodation and Second Homes

COMHAIRLE NAN EILEAN SIAR AND POLICE SCOTLAND are reminding businesses providing holiday accommodation that they must stop operating during this emergency period. Business can only continue to stay open and operate:

- To provide accommodation for any person who:
 - is unable to return to their main residence
 - uses that accommodation as their main residence
 - needs accommodation while moving house
 - needs accommodation to attend a funeral
- To provide accommodation or support services for the homeless
- For any purpose requested by the Scottish Ministers or a local authority.

Members of the public are also advised that under the current movement restrictions they are not allowed to travel to visit second homes or holiday accommodation for isolation purposes or for a holiday. People must remain in their primary residence. Not taking these steps puts additional pressure on communities and services that are already at risk.

Holiday accommodation includes hotels, hostels, bed and breakfast accommodation, holiday apartments, homes, cottages or bungalows, campsites, caravan parks or boarding houses.

Media release by Comhairle nan Eilean Siar - 3 April 2020

Support Helpline

Comhairle nan Eilean Siar has established a dedicated service to collect details of individuals throughout the Western Isles who are looking for support during Covid-19.

Those seeking help are being asked to complete the **Request for Support Form** to provide their contact details and the type of support they require. For those who cannot access online services please call the Council on 01851 600 501. Enquiries can also be channelled to volunteer@cne-siar.gov.uk

The Comhairle will gather the information about who needs support and work alongside community groups to both coordinate and provide local support across the Western Isles.

Media release by Comhairle nan Eilean Siar - 30 March 2020

Ness - Barvas

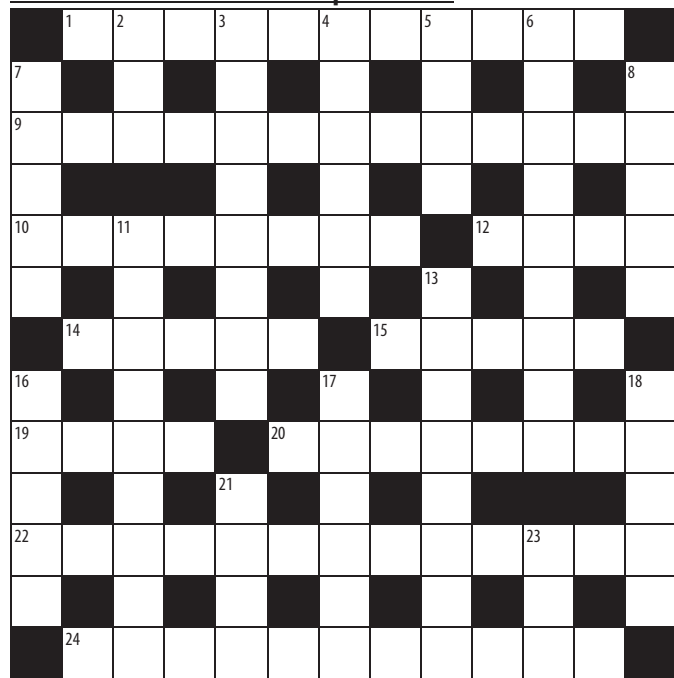
Volunteers and contributors who supported this issue of the Ness-Barvas Community Newsletter:

Debbie Gilham, Donald A Morrison, Simon Amos, Lisa Maclean, Christine Amos, Jasmine Wilkie, Shona Macmillan, Samantha Hawkins, Tom Maciver, Rev. John M Nicolson, Alastair Dunlop, Hugh Macinnes, Iain Turner, David Green.

If you are languishing in lockdown at home with time on your hands, do try and solve the puzzle and text or email me your solution, or attach a photo of the completed grid. It will encourage our compiler to keep pedalling her loom to produce more hand-woven puzzles and you may even get your name in the next issue of the freesheet!

Fios crossword editor 07748 105622 donaldamorrison@btinternet.com

fios 560 crossword 10 April 2020



ACROSS

- Marine shout for bird (11, anag)
- The reign of our first lady PM (8,5)
- All over the world (8)
- It's very different for us all now (4)
- Nabbed the shoulder wrap (5)
- Where mad Mrs R was kept (5)
- Something can be down at it (4)
- See 3. down
- Book title - where our forefathers lived (3,10)
- Divers are as enemies (11, anag)

DOWN

- Eggs (3)
- (+ 20 Across) What we must all do now (8,8)
- My leek behaves humbly (6, anag)
- Sounds like you lift up the beams (4)
- Hunger, weakness (8)
- Platform before the coach (5)
- Show to the house that fell (5)

- Getting better (2,3,4)
- Rest itch for the sewer (8, anag)
- Author Nevil (5)
- Grinds down meat delicately? (6)
- You put money in it (5)
- Hint: this is one! (4)
- Employ Sue (3, anag)

fios 559 Crossword 27 March 2020 solution



Agus thubhairt e riu, Thigibh-se air leth do àit uaigneach, agus gabhaibh fois car tamaill bhig. Oir bha mòran a' teachd agus a' dol, agus cha robh ùine aca uiread is biadh ithe.

Marcus 6: 31 [ABG 1992]

And the people came to Moses and said, "We have sinned, for we have spoken against the LORD and against you. Pray to the LORD, that he take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a fiery serpent and set it on a pole, and everyone who is bitten, when he sees it, shall live." So Moses made a bronze serpent and set it on a pole. And if a serpent bit anyone, he would look at the bronze serpent and live.

Numbers 21: 7-9

ON THE EDGE

It is said of us Brits (mainly by us Brits) that in times of crises we all rally around the flag and support each other during our hour of need. This appeared to be true right up to the point when we realised the flag was wholly unsuitable upon a visit to the toilet which, as we all now know, led to manic panic buying and a stampede to the shops to strip their shelves bare of toilet rolls.

Listening to government advice about staying indoors and self-isolation during the current Covid-19 crisis, bunker mentality quickly set in as we proceeded to clear the town's Tesco and Co-op shelves of toilet and kitchen rolls, paper hankies, hand-washing and sanitiser products, as well as versatile and long-life foods like dried pasta and tinned produce. Supermarket sales soared by over 20% for March, resulting in a record-breaking £10.8 billion sales bonanza of groceries, making the month more lucrative for the supermarkets than Christmas!

A few weeks into the Coronavirus 'lockdown' things are beginning to settle down as the initial shopping frenzy is replaced by more orderly queuing and observance of social distancing guidelines, with shop staff now monitoring and marshalling the numbers that are allowed on to the premises at any one time. Shopkeepers and supermarkets are also relaxing restrictions on the number of items of any one product that can be purchased at a time.

ALDI, the German family-owned discount supermarket that has, so far, resisted the urge to cross the Minch, announced earlier this week that it is axing its restrictions on most goods in its mainland stores. However, limits will remain in place for some essentials like toilet paper, nappies, pasta and beans, with goods including anti-bacterial hand gel, long-life milk and baby milk still limited to two items per customer. The Stornoway-based Tesco and Co-op supermarkets will be similarly responding to changes in supply and demand, although they will be additionally burdened by current ferry restrictions that hamper the distribution of goods to island shops.

'Mad Monday', as 16 March became known, was the day that panic buying or stockpiling hit a new high (or low, as the case may be) when we all stampeded for items deemed 'essential' to our very survival. For example, when it came to the prospect of being locked up indoors, self-isolating away from friends and neighbours for possibly months on end, did we all immediately rush to the shops to purchase milk, meat and vegetables to sustain us through these difficult months? No. Once we got our foot inside the shop door, we charged en masse towards the toilet roll aisles, clearing them in seconds as if a tsunami had just struck. I still haven't figured out what need we're going to have for all that toilet roll as we lie on our kitchen floors starving to death, splashing the last drop of tomato sauce

over a toilet roll in the hope of making it taste that bit more palatable.

Fortunately for us all, things appear to be finally settling down and, subject to the observance of social distancing rules, shopping is once again a chore rather than an ordeal. Nevertheless, there were still anecdotal reports of long queues forming at Tesco in Stornoway that stretched way off into the distance with the Hearachs joining it at their own front doors.

During my formative years, admittedly some years ago now, most crofts in the surrounding villages grew produce for livestock or human consumption that we are now forced to line up in orderly queues at supermarkets to buy for the dinner table. Back in the day, with a bit of dedication and a lot of hard work, you would see an abundance of horticultural produce growing on the family croft, offering fodder and other goodies for the livestock as well as plenty of fresh root vegetables for the table, including the likes of potatoes, carrots, swedes and turnips, peas, leeks, onions and beetroot, as well, of course, as the ubiquitous weeds that one did battle with on a daily basis. Additionally, most crofts supported livestock, like chickens, sheep and cattle, which could all fill a sandwich in a crisis, such as the one we're currently facing. Most croft homes also boasted a Rayburn peat-burning stove with hot steaming water always ready on the hotplate for a cuppa, and the griddle never far away, ready to produce delicious bannocks, scones or pancakes; not a plastic wrapper or Tesco logo in sight.

The only 'essential' that you couldn't grow on the croft was toilet paper trees, which the wind blew down long before they could form a roll. However, for the industrious crofter, a visit to a nearby haystack wouldn't leave you entirely short in the toiletries department. Unfortunately, they didn't grow the 'soft and velvety' variety of hay in these parts back then, which could leave you distinctly uncomfortable for several minutes around the nether regions until one's circulation finally returned.

As a youngster, I do recall on occasion being caught short while visiting my granny's house in Lionel, with the toilet unfortunately occupied by other adult members of the family during my very moment of despair. With pleas of 'I'm bursting!' finally resonating with the older, wiser matriarch as she stood on station in her scullery, I was hurriedly escorted towards the *òcrach* behind the cattle byre where I was able to complete the job, and relief was finally at hand. Today, many homes will have two or three toilets and en suite facilities in the bedrooms, with no place for an *òcrach* in a modern dwelling. Maybe with all these bathrooms in homes today we should not be too surprised about toilet rolls being shipped out the shop door by the barrowload.

As for myself, I refused to engage in all that unsightly panic buying behaviour -

who said that Stephen Hawking's 'A Brief History of Time', or Dostoevsky's 'Crime and Punishment' wouldn't come in handy one day?

Being in lockdown, I took a few liberties in the facial hair department in the belief that there would be few people around to witness my unintentional transformation into Papa Smurf. For some strange reason - laziness - I had decided to save my razor blades for a rainy day, just in case there was a sudden demand for high tensile precision cutting steel, just like happened with the toilet rolls.

The first few days of my dalliance with facial hair saw my cheeks taking on a sandpapery look and feel that played havoc with the pillow cases at night. A few turns in bed and the pillow cases looked like the brush-nylon hats that proved very popular for a while with the communion-going cailleachs back in the 1970s.

A few more days down the line my face took on a more grizzled look - not so much Santa Claus as Kiwifruit on steroids. However, I persevered and the bristles began to lengthen and soften, saving on the linen department, although I was not entirely comfortable with the grey hue that was beginning to surround my chin.

Then, disaster struck. Just as things were shaping up, some bright spark decided that I should participate in an online Zoom video conference-type meeting, which meant that my face would be exposed to all the public ridicule it probably deserved. And so, grudgingly, I was forced to scrape a razor across my face and save my blushes - mind you, the beard would also have hidden them as well!

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In conclusion, on a more serious note, we are clearly indebted to the thousands of doctors, nurses and other NHS frontline staff who are doing a difficult and dangerous job during this time of crisis, and the shows of appreciation seen on streets up and down the country every evening is a small demonstration of our support for them. However, we must also be hugely grateful to the many other ancillary staff, such as porters, cooks, cleaners, admin workers and management, to name but a few, who ensure that the NHS is able to function on a daily basis.

Also, we are extremely grateful to the countless shop workers, binmen, Post Office personnel and postmen and women, the lorry and van drivers, care workers, bank workers, utility providers, local government employees, those in the volunteer and charity sector and so many, many others who go to work each day at some risk to themselves in order to provide the nation and communities with a range of vital services and roles without which the country would simply grind to a halt and social despair would quickly ensue.

**OUR SINCERE GRATITUDE TO THEM ALL.**



## Patient transport to mainland during Coronavirus crisis

HEALTH SECRETARY JEANE FREEMAN MSP HAS ANNOUNCED MORE CAPACITY FOR THE TRANSFER OF ISLAND PATIENTS AFTER RESPONDING TO A WRITTEN QUESTION IN THE SCOTTISH PARLIAMENT FROM SNP MSP FOR NA H-EILEANAN AN IAR ALASDAIR ALLAN.

Patient transport is of critical importance to island communities, and the islands MSP has continued to raise this issue with the Scottish Government.

The Scottish Government, Scottish Ambulance Service (SAS) and others have taken a number of measures to ensure islanders who need hospital treatment as a result of coronavirus will be able to be safely transported off-island.

These include:

- *Procurement of Epishuttles, which are single patient isolation pods to ensure the safety of the patient and healthcare staff during transfer. Eight of these shuttles have been purchased, two of which have been received and are being tested over seven days for a go-live date on 3 April. A further two will be received on 17 April and another four by mid-May.*
- *Whilst these Epishuttles are being tested, SAS is working with the RAF who are currently providing cover for transfers off of the islands, using two Puma helicopters based at Lossiemouth which can transfer patients without Epishuttles.*
- *Where a military fixed-wing aircraft or helicopter is requested, before Epishuttles are available, SAS will be able to deploy their expert retrieval team timeously to support Island colleagues prepare the patient for transfer and undertake the retrieval, meaning they will be on site ahead of the military air asset and have the patient ready for transfer when it arrives.*
- *Working with Loganair, who are providing two additional Twin Otter aircraft, one of which will be operational from Friday 3 April and the other within the next 14 days. These additional aircraft will be kitted out with Epishuttles and utilised for air retrieval off those islands with the appropriate landing facilities.*
- *Ensuring that patients on islands without any appropriate landing facilities for fixed wing aircraft will receive airlift by helicopter.*

Alasdair Allan commented: "I have had many constituents in touch with me concerned about air ambulance capacity and this is an issue I've continued to raise with the Scottish Government and others.

"This is a very welcome confirmation of extra capacity for patient transport at what is set to be a difficult time for island communities in the weeks and months ahead.

"With yesterday's confirmation of the first cases in the Western Isles, it is now more important than ever to following the public health advice, to stay at home and avoid contact with others. Everyone needs to play their part in reducing the spread of this virus."

## Sporting Viewpoint

While we are beginning to see some light out of the darkness, let us assume there is no time to finish the Scottish football leagues. So, this is what should happen. Obviously, some clubs will be very unhappy, but someone has to decide and here goes.

Celtic should be awarded the Scottish Premier League title as they presently have a healthy lead. Hearts should be relegated as they are four points adrift. Dundee United will take their place as they are also miles ahead in the Championship.

It is too close at the bottom of the Championship and at the top of league, therefore, no team will be going up or down, but Raith Rovers will be awarded the league title. Stranraer are well adrift so they deserve to be relegated, with Cove replacing them.

Brechin also deserve to be relegated, but there is a problem with playoff games here. If possible, Kelty Hearts will play Brora Rangers at a neutral ground before the winners play Brechin, also in a one game play off. I know the fixtures will have to be issued in plenty time, but they can put in a question mark until the outcome is known. This is especially tough on Hearts, Raith Rovers and Falkirk, but there is no way to please everyone. So, sorry, teams will just have to accept it and move on.

Is this likely to happen? No! but I don't envy those who will have to decide. The only hope is we can resume by the beginning of June and be finished before the end of July. The players will not need much of a break before starting again. This is assuming European ties will not begin until the end of August.

As far as local football is concerned, let's hope both seniors and juniors will have a summer season. Start in June, finish in September - no problem. On the plus side, perhaps by June the gales might have subsided.

We are fortunate to have space to walk/run/cycle with no problems of social distancing. So, there is no excuse for any of us to lose our fitness. I am also aware of many young and older people exercising in front of the telly following the instructions given by trainers, and well done to them.

We are doing what has to be done now and we wait patiently for new instructions.

by Alastair Dunlop



## Spòrsnis roof appeal

I have decided to launch the Spòrsnis roof appeal - <https://localgiving.org/appeal/Spòrsnis-roof/>

Last summer we carried out an in-house survey of the building condition and identified the roof as an issue of concern. Despite a programme of maintenance and repair we soon realised that it was really quite serious and decided that we had to investigate the full extent of the problems.

A storm in November brought a large area of guttering crashing down at the front of the building, bringing into focus for us the urgency of the situation. We commissioned an independent report from a consultant in Inverness who identified what the problems are, and in the report gave us options for resolving the issues.

Replacing the entire guttering has to be the first priority and this will be purchased as soon as there is enough money available to do so. We plan to use PVC, with a 20-year guarantee.

The cheapest option for the roofing itself is to oversheet the ends of the panels where the worst of the corrosion is, this is where the rain is likely to start to get into the building itself very soon and cause untold damage.

The committee and management had always said that to ask the community to help to fund this had to be the last resort and a vigorous search began for organisations that might be able to provide funding or some assistance. We soon discovered that the UK's withdrawal from the EU has eliminated a lot of the funding available and that in turn has made competition for other available funding more fierce. Now that we have the Coronavirus diverting the vast majority of UK funding sources we find ourselves out of options if we are to get the problem dealt with before the winter returns.

We are appealing to anyone and everyone who wants to ensure that Spòrsnis remains open and continues to serve our community to be a part of making it happen. Any amount of money will make a difference and every penny of that money will go directly to buying materials. If you would prefer to give your time and labour we would welcome that too, especially skilled tradespeople.

We will get this fixed because we are determined to do so. Spòrsnis is too important to lose.

Simon Amos, Manager



## Lisa's column

URRAS OIGHREACHD GHABHSAINN  
GALSON ESTATE TRUST

by Lisa Maclean

**O**ur world is very different since I last set time aside to write my column. In mid-March, we were all fairly unaware of what was ahead of us, but here we find ourselves in the midst of a global pandemic and having to find new ways of communicating, shopping for essentials and carrying out business.

In many ways the core work of the Urras remains unchanged. We still continue to manage the estate and all its affairs, and that work hasn't slowed down at all. I think what has changed for us though has been the direction of our work, which is very much now focussed on the response to the crisis and how we support the community throughout.

In mid-March we set out to create 'WhatsApp' groups for every village on the estate. I think in many ways this might have seemed like a crazy idea, as we know so many households aren't on 'WhatsApp', but the idea was to account for every single household in a bid to make it much easier for everyone to help each other. We know neighbours often help out, but we can never assume everyone has a network of support. We considered setting up a helpline, but that would mean matching volunteers etc, which might be hard in such a large area. This mutual aid through the WhatsApp groups, however, on top of already established networks, hopefully means everyone has someone they can call on for help if required, no matter how small. It's been a mammoth task, but we are just about there and we already are seeing on the groups that neighbours are offering to do shopping, take in bins and even just saying "Morning, how are you all today". This could not have been achieved without the volunteers who collated the numbers in their villages and without the staff team who input all the numbers. Thanks to every one of you for your commitment to this task.

Self-isolation forms were distributed throughout the community before we moved into a lockdown situation and we replenished these, so hope many are able to make use of them.

A private Facebook group for volunteers has been established and this has supported us to co-ordinate volunteers and allocate tasks or respond to changes and requests for help as they present themselves. We are delivering prescriptions from both surgeries on the estate after they contacted us asking for support. Volunteer drivers are carrying this out on a rota basis; this

seems to be working well and feedback has been positive. We are grateful to all the volunteers and in particular Micheil Russell-Smith, who has committed to many shifts to date. Thanks Micheil, your willingness to help from the outset has not at all gone unnoticed.

Jon from the Amenity Site has been re-deployed and we are so grateful to Jon for his willingness and ability to become involved as a delivery driver. Car Hire Hebrides kindly offered a vehicle and we've been able to set up a collection service three times per week from Lewis Crofters, which supports those who are unable to get to this crofters' co-operative to collect supplies. We hope this is helpful ahead of lambing and will support those who need this most to be able to feed animals and continue their crofting duties with relative ease.

We have set aside time for analysis and review of the various schemes of support and are proactively supporting organisations on the estate to work through what might be available to them. We are also feeding this information back to the Scotland's Islands team who will present to Ministers.

We are offering Gaelic and English Bookbug sessions on our newly-created YouTube channel three times per week (Monday, Wednesday, Friday) and today (Thursday 2nd April), we launched a Gentle Movement class. Gentle Exercise will run every Thursday on the same Youtube Channel. If you would like to see any of these sessions, visit [youtube.com](https://www.youtube.com) and search for 'Urras Oighreachd Ghabhsainn'.

We were sorry that Fios couldn't continue, but equally delighted that volunteers were able to offer their expertise and experience to support the development of this community newsletter. It's a great thing to be able to offer free to the community and it will be helpful until such times that we are once again flicking through the pages of Fios. Thanks to Hugh, Sam and Simon for their support.

The UOG Board and staff team will continue to assess the gaps and try to do what we can to ensure the community are supported during what is such a difficult and perplexing time.

If you wish to discuss anything relating to the COVID-19 response from UOG or indeed any usual UOG business then please contact: [office@uogltd.com](mailto:office@uogltd.com) or call 01851 850393. You can also visit the website at [www.galsontrust.com](http://www.galsontrust.com) for further information or to read our official response.

## Coastguard rescues dog from cliffs at Stoth

(continued from front page)

Three hours passed, during which time Ali stayed with Bonnie at the bottom of the cliff and tried to comfort her and keep her calm. Luck was on their side though when Ali spotted Alison Brown, also from Fivepenny, and her brother, who were taking advantage of the good weather and out for a walk. Ali managed to grab their attention and Alison immediately raised the alarm. A crew from the Scottish Ambulance Service were first on the scene and immediately summoned HM Coastguard who dispatched personnel from Stornoway and Ness Coastguard Rescue Teams.

Debbie continues: "It took the teams another two and a half hours to get both Ali and Bonnie back up the cliff. My poor mum had been driving around everywhere in the car looking for my brother. She had even walked out the croft, expecting to find the worse and see Ali laying somewhere!"

Once in situ, combined crews from Stornoway and Ness pooled their expertise to bring the pair back to safety. These included rope technicians Derek Smith and his daughter Kayleigh (Balantrushal) who are both volunteers with the Ness CRT. Not only did the crews negotiate steep cliffs and occasional rockfalls, but also the threat of an incoming tide.

Debbie finishes: "We are all very grateful and thankful to the local ambulance crew who arrived at the scene first and then alerted HM Coastguard.

"Also, a huge thanks to the Ness and Stornoway crews who did an incredible job getting Ali and Bonnie back to safety.

"Despite our fears, it was an incredible rescue to watch demonstrating great teamwork and skill. We are very thankful that everyone, Bonnie included, are safe!"

## Inpatients in Western Isles Hospital

NHS Western Isles is reminding patients that they must bring their own regular/repeat medication with them when they come into hospital.

The hospital can supply medication, but it is patients' own responsibility to supply regular repeat medications.

It is essential that patients manage their repeat prescriptions effectively, ordering from their GP/ Community Pharmacy and not running out.



# The lockdown freesheet football memories (1)

## A chat with a premiership goalkeeper

Those of us who look forward to *Match of the Day* on Saturday evenings can expect an extended furlough from our weekly armchair action with the stars of the Premiership. Subscribers to Sky and BT Sport are no doubt also missing the 'live' games during these lockdown days. Even our own lowly Lewis and Harris League, where real-life games, rather than the flat screen versions, were an essential element of the April to September outdoor entertainment, is now locked out of the calendar, like so many other activities we perhaps took for granted. Many, like me, followed the Twitter feeds from these local games and looked forward to the Ness and Westside match reports in *fios*. Your favourite local paper is also a victim of this *sine die* lockdown, but thanks to the Urras, along with a band of volunteers and contributors, we can all continue to read the latest local news in this community freesheet.

Followers of the beautiful game may know that Alastair Dunlop's nephew, Iain Turner, was a goalkeeper for Premiership side Everton, having been signed from Stirling Albion back in 2003. Iain's Premiership debut in 2005 against Blackburn Rovers made the national headlines for all the wrong reasons. He was sent off after eight minutes for picking up the ball just outside the box from a header by one of his own defenders. Really?! Come-on Ref! Apparently, the FA law requires this harsh penalty only if denying a goal scoring opportunity, and, according to match reports, that wasn't the case in Iain's infringement.

During his senior career, Iain also played for Preston, Barnsley, Sheffield United and Tranmere. He also had stints on loan terms with Chester, Wycombe, Doncaster, Sheffield Wednesday, Crystal Palace, Nottingham Forest, Coventry, and Dunfermline. He is currently the first team goalie coach at Tranmere Rovers.

At international level Iain represented Scotland in school boy matches and played in under-17, u-19 and u-21 games as well as the Scotland B team. He was selected at one point for the full Scotland squad.

Recently Alasdair invited Iain to look back over his career.

Commenting on the managers he played under, Iain said: "The only Everton manager I worked with was David Moyes. He was a good manager, he knew what it

Former Everton goal keeper Iain Turner



took to make a good team. He recognised the mixture of different types of players and mentalities you needed and the best way to bring them together. When I was at Wycombe, early on in my career, John Gorman was my manager. Unfortunately, I was only there for a month before I was recalled but he taught me a lot about reading the game. The two goalkeeper coaches that had the biggest influence in my career were Davie Eccles at Stirling Albion and Darren Ward. Davie taught me when I was learning the game and the basics, and Darren later on at Preston, first, then Sheffield United."

Asked about the best players that he had come across, Iain commented: "The best players is a hard one to call. I have played with some great defenders, some great finishers and brilliant passers. I reckon it would be between Mikel Arteta, Leon Osman and Ben Watson in midfield; Sylvain Distin, Wes Morgan and Davie Weir at the back, and, Andy van Der Meyde, Yakubu and Daryl Claire upfront."

The goalkeepers Iain most admired were Nigel Martyn and Edwin van der Sar. "Both very different keepers but both produced solid and match-winning performances, week-in week-out, during long careers."

His own most memorable save was on his debut for Sheffield Wednesday: "We were under a lot of pressure and I made a

one-on-one save at a very important time, then we went on to win the game. The worst moment would have to be when I was sent off on my Premier League debut at Everton."

Iain's favourite grounds were Selhurst Park and Hillsborough "because the fans were so good. The Den [Millwall] was my least, because of the fans, and Dover, because of the distance and walk up the hill to get to the ground".

Commenting on his career he said: "It was as much about injuries as playing. At key times I was unfortunate to pick up bad injuries which seriously damaged any chances of a long or top-level career".

Iain's main memories of his visits to Ness were, "fishing off the pier and playing Monopoly for most of Sunday with Shona, Johan and my sister. And the black pudding".

Alastair's last question - "How many goals did your uncle score against you in your back garden?" - was also answered by Alastair. "Thousands" he claims.

Not sure if we can count these for your career tally, Alastair.

Thanks to Iain and Alastair for their thoughts. If anyone else has football memories or photos we could use in the lockdown freesheet, it would be great to hear from you. Email me at [donaldamorrison@btinternet.com](mailto:donaldamorrison@btinternet.com)



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

**1** Make a plan to help you keep calm and stay in contact

**8** Take five minutes to sit still and breathe. Repeat regularly

**15** Make some progress on a project that really matters to you

**22** Find positive stories in the news and share these with others

**29** Connect with nature. Breathe and notice life continuing

**2** Enjoy washing your hands. Remember all they do for you!

**9** Call a loved one to catch up and really listen to them

**16** Rediscover your favourite music that really lifts your spirits

**23** Have a tech-free day. Stop scrolling and turn off the news

**30** Remember that all feelings and situations pass in time

**3** Write down ten things you feel grateful for in life and why

**10** Get good sleep. No screens before bed or when waking up

**17** Learn something new or do something creative

**24** Put your worries into perspective and try to let them go

**4** Stay hydrated, eat healthy food and boost your immune system

**11** Notice five things that are beautiful in the world around you

**18** Find a fun way to do an extra 15 minutes of physical activity

**25** Look for the good in others and notice their strengths

**5** Get active. Even if you're stuck indoors, move & stretch

**12** Immerse yourself in a new book, TV show or podcast

**19** Do three acts of kindness to help others, however small

**26** Take a small step towards an important goal

**6** Contact a neighbour or friend and offer to help them

**13** Respond positively to everyone you interact with

**20** Make time for self-care. Do something kind for yourself

**27** Thank three people you're grateful to and tell them why

**7** Share what you are feeling to and be willing to ask for help

**14** Play a game that you enjoyed when you were younger

**21** Send a letter or message to someone you can't be with

**28** Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)



**HELP & SUPPORT****CORONAVIRUS UPDATE - BENEFIT  
REVIEWS AND REASSESSMENTS  
SUSPENDED**

Reviews and reassessments for disability benefits are being suspended for the next three months. [Updated 25 March 2020]

**NHS SCOTLAND CORONAVIRUS ADVICE**

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

**HMRC SCOTLAND CORONAVIRUS ADVICE**

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-individuals-and-businesses-in-scotland>

**DWP SCOTLAND**

Coronavirus support for employees, benefit claimants and businesses

<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>

**CITIZENS' ADVICE SCOTLAND**

Coronavirus – What it means for you

<https://www.citizensadvice.org.uk/scotland/health/coronavirus-what-it-means-for-you-s/>

**ASSOCIATION OF BRITISH INSURERS**

ABI Coronavirus Information Hub

<https://www.abi.org.uk/products-and-issues/topics-and-issues/coronavirus-hub/>

**PARENT CLUB**

Information for parents on what to do if you have to stay at home with kids and some useful advice on coronavirus and how it might affect you and your family

<https://www.parentclub.scot/topics/health/coronavirus?age=0>

**PHONE ADVICE****Coronavirus: if you feel the symptoms**

NHS 111

**NO Coronavirus symptoms advice**

NHS Scotland

0800 028 2816

**ELDERLY**

Age Scotland

0800 470 8090

**FAMILIES**

Parentline Scotland

0800 028 2233

**FINANCIAL AND DEBT ADVICE**

Money Advice Scotland

0141 572 0237

**BUSINESS**

Business Helpline

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URRAS OIGHREACHD  
GHABHSAINN  
GALSON ESTATE TRUST

# GENTLE EXERCISE ONLINE

Thursdays 10am - Gach Diardaoin 10m

Join us from your living room for a gentle exercise class for all abilities  
Find us on YouTube Live by searching  
Urras Oighreachd Ghabhsainn

Urras Oighreachd Ghabhsainn is a company registered in Scotland - No: 273903 and a charity registered in Scotland - No: SC036903



## Seiseanan Bookbug Air-loidhne Online Bookbug Sessions

Diluain, Diciadain & Dihaoine  
Monday, Wednesday & Friday

10.30am Gàidhlig le Shona  
11.15am English with Lindy

Find us on Youtube Live by searching  
Urras Oighreachd Ghabhsainn!

Thig còmhla rinn airson seinn. sgeulachd agus spòrs!  
Come along for singing, stories and fun!

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# Easter Activities

with Jasmine

## Easter Crafting - Daffodil Garland



To make a daffodil garland, you will need:

- Cardboard or card
- A pencil
- Yellow and orange paint (don't panic if you don't have orange paint – if you have red and yellow paint, you can mix them to make orange!)
- Egg boxes
- Scissors
- String
- Glue
- Sticky tape



### Instructions:

1. Put down some old sheets of newspaper first, to protect whatever surface you are working on.
2. On your sheet of cardboard or card, draw star shapes with round points. These will make the petals of your daffodils.
3. Paint these shapes yellow and leave them to dry (see the first photo).
4. Ask a grown up to cut out the pointy sections on the inside of the egg carton, and then to snip the end off of each individual point. These will form the centre part of your daffodil.
5. Paint these pointy sections orange, on the inside and the outside, and leave them to dry (second photo).
6. Once everything is dry, you can start to assemble your daffodils. With a grown up, cut out your daffodil shapes. Then, ask them to carefully help you put glue round the more narrow edge of the orange part. Stick these into the centre of the yellow flower and leave to dry.
7. When everything is dry, using sticky tape, secure the string on to the backs of the daffodils.
8. Get a tall person to help you hang up your garland!

## Gaelic Easter Words

|                                       |                                          |
|---------------------------------------|------------------------------------------|
| Easter<br><i>Àm na Càisg</i>          | Cuckoo<br><i>Cuthag</i>                  |
| Daffodil<br><i>Lus a' chrom chinn</i> | Spring<br><i>An t-Earrach</i>            |
| Chirping<br><i>Ceilearadh</i>         | Resurrection<br><i>Aiseirigh</i>         |
| Easter egg<br><i>Ugh na Càisge</i>    | Hot cross bun<br><i>Bonach na Càisge</i> |
| Lamb<br><i>Uan</i>                    | Lambs<br><i>Uain</i>                     |

## Cornflake Cakes

You will need:

- A grown up (very important!)
  - 50g butter
  - 100g milk or dark chocolate, broken up
  - 3 tbsp golden syrup
  - 100g cornflakes
- Makes about 12

1. Weigh out your ingredients. Ask a grown up to put the butter, broken chocolate and golden syrup into a saucepan over a low heat to melt them together. You can also melt the chocolate in the microwave for a short while if you use a microwave bowl. Leave the chocolate mixture to cool for a little bit.
2. Tip the cornflakes into a big bowl, and then pour over the chocolate mixture. Mix together.
3. Put out 12 cake cases on a baking tray, and spoon the mixture into each so they are even. Leave in the fridge to set.



## COMMUNITY FACT SHEET

**TAKEAWAY MEALS****Cross Inn****TEL: 810152**

Takeaways available Wed & Thurs 4-7pm, Fri & Sat 4-8pm, collect or deliver, both hot and cold food. Drinks are available with food orders and will also be available for takeaways only, 7-10pm.

Cross Inn is now closed Sun, Mon, Tues. However, for those 'at risk' or in vulnerable categories, an exception can be made and cold food can be made available on these days. Can phone in all orders on TEL: 810152 and payment can be made on the phone. Further details available on Facebook.

**The Decca****TEL: 810571**

Fresh artisan bread made to order. Please phone to place an order by 10am that day. We can offer loaves, rolls and bagels. Loaves (about 600g) are £2.50, rolls - 50p each, bagels - 60p each.

Bread orders can be collected from The Decca (usually ready about lunchtime) or non-contact delivered (50p extra). You can pay over the phone by card.

We can also provide prepared food for same day or for the freezer - can be collected or delivered.

**Porkies**

In future the Porkies takeaway kiosk will be at **Spòrsnis** on Thursdays between 4.30-6.30pm.

The move away from the Ness Hall is due to the lack of a signal required for the card payment machine.

**Borve House Hotel****TEL: 850 223**

Borve House Hotel is open Thursday, Friday, Saturday for takeaways from 4-7pm.

Orders and card payments can be taken by phone. The hotel will then supply all customers with a pick-up time so as to control any waiting time on collection."

**The Breakwater****TEL: 811 001**

The Breakwater is open for takeaways: Wednesday 3-6pm

Thursday, Friday, Saturday 12pm (midday) - 9pm

Place your order and make payment over the phone. If customers wish to limit their social contact, restaurant staff will bring orders out to the car. Deliveries also available within Ness for those unable to visit The Breakwater.

**Wobbly Dog****TEL: 810838**

Cheese scones, cake, coffee and brownies will be available for take away from 12.00 - 2.00pm Thursday, Friday and Saturday. Come to the front door of the Wobbly Dog and your cakes will be brought out to you.

Message on FB or call us on 01851 810838 to order! Or we can deliver your order in the Ness area for just £1 extra.

**LOCAL MEDICAL PRACTICES****Delivery of Prescriptions for Langabhat Medical Practice, Borve & Habost Surgery**

Urras Oighreachd Ghabhsainn (UOG) are assisting Langabhat Medical Practice, Borve and Habost Surgery by delivering prescriptions to the residents of the Galson Estate.

Kind volunteers will be collecting the prescriptions from the clinic at 2pm daily and delivering them throughout the estate.

The volunteers will place the prescriptions at your door, knock at your door and then move two metres back before the door is opened. The volunteers will be adhering to strict hygiene practises to protect the safety of those receiving the medication.

**Habost Surgery:** Due to current circumstances, it would be helpful if patients could order their prescriptions by telephone. From 1st April, if you order your prescription, we will be issuing a two months' supply.

**Village WhatsApp Groups**

A WhatsApp group has been set up for each village on the estate to allow residents to stay in touch, offer support, seek support and generally stay connected.

If you have not yet been contacted about joining a WhatsApp group, but would like to be added to the group for your village, please message 07469189449 and specify your name and village. The group is for many people, so please be mindful of not posting lots of details. Just ask for help and someone in the group will get in touch for the specifics of your request. It is not a service to replace emergency services or other support services. As a community we want you to know that someone will be around to help with some of the smaller things.



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### TALKING NATURALLY by Samantha Hawkins

In these often bleak and uncertain times I take some comfort that nature can pull one or two tricks out of the bag to lift the gloom. Good news from Loch Stiapabhat last week (3 April 2020) as a pair of Mute Swans (*Cygnus olor*) were observed building a nest at the edge of the Black-headed Gull colony. I believe it is the first time a female Mute Swan has been present on the Loch for a couple of years, and good she has a mate with her, which is always a distinct advantage when it comes to the breeding programme!

I think it is probably safe to say that the Mute Swan is one of the UK's most readily recognisable birds. With an all-white body, long curved neck and graceful glide it has a reddish-orange bill that has a large black 'knob' at its base; this feature is larger in the males and tends to be more prominent in the breeding season. Males are also known as cobs, and females, pens.



Mute Swan pair building nest at Loch Stiapabhat

And so, suitable site located, the nest building began, and together they undertook the task in hand. The nest is formed of a heap of easily accessible plant material with a shallow central hollow containing a small amount of white down.

In time the pen will lay up to ten eggs, although it averages between four and seven, with the expectation that a few will not hatch, but equally so that they all will – it's not a fine science, perhaps best called 'hedging your bets'.

Once all the eggs have been laid, the pen will start the long process of incubating them which on average is 35-36 days but can take up to 45 days. It's a physical drain on the pen, who, anticipating what is ahead will have fed voraciously before this.

From now on she will leave the nest occasionally to feed briefly and wash and preen herself. The cob will guard the nest in her short absences. A male swan can be particularly fierce if he thinks the nest, and his future offspring, are under threat.

By the end of this demanding period the pen could well have lost up to a third of her body weight and by then will be heavily reliant on the cob for the protection of the cygnets. How things pan out down at Loch Stiapabhat with just one of the UK's estimated 6,400 nesting pairs will be interesting, and I will observe from a distance occasionally and keep you posted.

Just like you, Reader, my time outside presently, and for obvious reasons, must be limited and this impacts on my opportunities to 'nature watch'. I'm lucky in that I have plenty of croft around me to supplement the daily 60 minutes allowed to exercise, and cracking views out to the lighthouse and the Atlantic.

I just happened to be outside a few days ago (5 April 2020) when I first heard, then saw, my first flock of Pink-footed Geese of the year.

Heading in low over the Minch at 9.40am they hugged the Ness coastline until reaching the lighthouse then headed on out in

the general direction of Iceland. I never fail to be moved by this evocative display of spring migration.

Coincidentally, looking back at my 'Bird Diary' for 2019, I recorded seeing 'c.200 PF Geese heading in from the Minch and out across the Lighthouse' on exactly the same day – 5 April!

In the region of 360,000 of these birds would have over-wintered here in the UK, which represents an estimated 85% of the world's population. Pink-footed Goose 'hotspots' include the east coast of Scotland, The Wash, the Ribble and the Solway where they feed on grass, winter cereals, grain and potatoes. They have very similar plumage to



Pied Wagtail in Eoropie

our 'local' Greylag Geese, so if you don't look carefully you might miss them if they have a brief stopover here. Distinguishing features of the Pink-footed, as the name suggests are its pink feet and short, bright pink beak with a black tip and base; the beak of the Greylag is orange and it's a slightly bigger bird.

After the beautiful sight of this flock making their way out over the ocean I saw a brief while later my first Wheatear of the year, a male. It was just a brief glimpse but good to see anyway. Coincidentally, again, I had also seen one on the same day in 2019, but it wasn't my first record for that year – that was on 2 April!

The Golden Plover, a medium-sized wader, are very easy to see now, with large flocks gathering to feed on the machair. Here they feast on worms and insects and are now sporting their stunning breeding plumage, a distinctive black and gold. I also hear and see small flocks flying overhead, coming in from the direction of the moor, just as night is falling.

Lapwing too are another familiar sight sound on our machairs right now with their familiar 'peewit call' and tumbling aerial display; a sure sign spring is here. If you're out on your allotted sixty minutes exercise programme keep your eyes and ears peeled. Wagtail numbers continue to increase by the day, and you could surely not have failed to have noticed the volume of Redwing passing through our crofts and gardens? With the end of the month not far off, there are a couple of things to look forward to – the return of the Corncrake (first heard on 28 April last year) and National Dawn Chorus Day on 3rd May. I was reminded of the latter when I was the sole member of an audience listening to a Robin sing its heart out at the weekend in Port of Ness. Corncrake-listening and enjoying the Dawn Chorus are thankfully two things we can still enjoy even if we are limited to the confines of our own homes.



Robin in song, Port of Ness



Pink-footed Goose