



## Beat the BUG

It is less than a fortnight since it was confirmed that the UK was facing the most serious threat to its public health since the Spanish flu of 1918.

The Coronavirus was sweeping across Europe and heading here. People would die before their time. It was already happening on a terrifying scale in Italy. The message from the Prime Minister and Scotland's First Minister, was that individual citizens could do much to stem the tide of infection, not least by repeatedly washing their hands.

But for certain groups, particularly those with underlying medical conditions and the elderly, it was more serious. They should stay at home and avoid unnecessary human contact. This applied to Cromarty every bit as much as it did to Camden, Crewe or Cardiff.

The Cromarty Care Project led by Dr Jill Stoner swung into action to fight the BUG on the evening of the statements from Downing Street and Edinburgh.

By Friday March 20th a volunteer group, now over 80 strong, was up and running. In collaboration with the Cromarty Stores, a Grocery Delivery Service was organised for those who were restricted to their homes. Important safety guidelines were developed as part of the effort. Leading lights in this were and are Fiona Grist and Gill Hubbard, who deserve the community's gratitude.

It shows the fantastic community spirit of Cromarty that a simple leaflet drop could generate 80 volunteers to help the vulnerable by providing this useful service in 4 days. That's from a population of about 700 - some 300 of whom are 65 and over or 15 and younger.

It is planned to have a daily newspaper delivery service in place in the near future. The thinking is that this would be run by the young people of Cromarty, again in collaboration with the Cromarty Stores.

With parental permission and rigid compliance to the safety guidelines, we hope to recruit a sufficient number of teenagers on a rota to run this service 7 days a week. Parents keep an eye out for recruiting leaflets. It is being led by Bryn Leyshon, Shirley Matheson and Jacquie Ross, whose efforts are so welcome.

There should also be a huge round of applause for Marcel Gommers and his team who have worked tirelessly to help our community. Volunteers are also now helping to re-stock shelves overnight.

Nobody knows what is around the corner, but Cromarty can BEAT THE BUG if we consistently (and politely) practice 2 metre (6 feet in old money) SOCIAL DISTANCING.

## Contact

If you wish to help by volunteering or parents want their teenagers to volunteer- please email [nige.shapcott@gmail.com](mailto:nige.shapcott@gmail.com) with your first name, last name, age (if under 18), home and mobile phone numbers and where you live if outside Cromarty. Please be patient, you will be added to our list.

## Support Local Business

*Think before you 'click'*



Cromarty is the envy of many small communities across the Highlands and never more so than now. We still have **four shops open**, all within a few paces of each other. With the Stores, the Bakery, The Cheese House and Post Office it is possible to get pretty much everything you need to keep you going.

Whilst other shops and businesses have had to close many are still offering home deliveries and mail order. Consider a treat for yourself or for friends and family. With the busier tourist season approaching Cromarty businesses are going to be hit really hard with the ban on all but essential travel. So there has never been a better time to support local.

If you're tempted to shop online please think before you 'click'. The big corporations are going to survive this. The local independents might not. And without them the Cromarty we know could soon be no more.

## Post Office

Estelle Quick posted in the window:

'If you are worried about pensions, electricity, top-ups. sending mail or anything else post office related call us on 600201 so we can help you. Please pass this message on to those who might not otherwise see it. Best wishes everyone, stay safe!'

## Sutor Creek

From Phoebe Fox:

'Sutor Creek is now open Thursday through Sunday 12-8pm for take-away and delivery within Cromarty. For a full menu visit our website [www.sutorcreek.co.uk](http://www.sutorcreek.co.uk). For delivery, please phone in your order by 4pm for delivery to your door that day. For collection, phone 12-8pm for orders. We will offer a slow-roast Sunday lunch weekly which can be ordered in advance. We will continue our 'Pay it Forward' scheme and provide food to those who have been suggested... if you would like to add anyone to our list please phone to let us know. To reach us phone 01381 600 855 or email [sutorcreekcafe@gmail.com](mailto:sutorcreekcafe@gmail.com).

Please note: CARDS only, NO CASH. One person entry to Sutor Creek at a time. All customers asked to keep a 2-meter distance from employees. Thank you!

## Calluna

We have a beautiful range of loungewear that is perfect for our new stay-at-home life. We also have lavender eye-masks, Scottish Fine soaps & moisturisers and CHALK candles and diffusers if you need stocking up with something nice! Send us a message via FaceBook or email [calluna.cromarty@gmail.com](mailto:calluna.cromarty@gmail.com) for details. If you are needing a gift for birthdays or cheering someone up please let us know and we will help to arrange for you. Postage & Postage to UK address £3.95. Home delivery free in Cromarty.'

## Calico UK

Kirsty Pryer writes:

'It's business as usual here at Calico although thanks to the Internet we're all able to work from home.

We see the self-isolation that we're all going through as an opportunity to take a step back and reflect on and update your websites, and maybe add some impetus to any projects you have for generating a secondary income.

For example if you want to set up a new website quickly then try using the Spanglefish or WordPress platforms. Or if you want to give your customers and visitors the best browsing experience then add an SSL certificate to your site to enable https browsing.

Give our friendly help desk a call (yes, it's still running even under these conditions) to discuss your needs. Web: [www.cali.co.uk](http://www.cali.co.uk) Phone: 01381 600580'



Campbell working from home. Editor's 'home interiors styling' comment: note the clever use of a mirror to make the room appear bigger and to ensure it looks like you're not working alone!

## Website

The Cromarty Live website is soon to be re-configured to make it more user friendly. If you have a business or other information listed on the current site this will be automatically transferred to the new site. If you would like to make changes now's the time to do it. Please let us know now and these will be happily updated. Equally if there's old information you'd like removed:  
[editor@cromartylive.co.uk](mailto:editor@cromartylive.co.uk)

## Creative Responses

### Cromarty Library

Lynn Anderson:

'Hopefully it won't be too long before I'm seeing you all again at Cromarty library. There will be no library charges for overdue items during this closure.

Please do have a look at our online services for free e-books, audiobooks, newspapers, magazines, graphic novels and comics. You will find instructions on our

website on how to download RB Digital and Pressreader.  
[www.highlifehighland.com](http://www.highlifehighland.com)

If any of my Bookbug friends are missing our Monday morning session please check out Bookbug's facebook page to keep updated with any new activities. You can also download the Bookbug App and join in with the songs and rhymes whilst at home.'

"Reading gives us someplace to go when we have to stay where we are" Mason Cooley.

## Cromarty Cares

'We are looking for volunteers to set up the Cromarty Bushy Beard (or moustache) Competition. While we are in limbo, we have an exciting competition for about half the population- the other half will doubtless have feelings about it! Roughly speaking we would have monthly pictures posted of our bearded competitors, they would be judged on characteristics like: busheyness; length; appearance; style, originality etc. The organisers will try to get sponsorship for the monthly prize. This would run until the end of the virus restrictions when a grand prize would be awarded. Please contact [Nige](#) if you are interested.'

## Open Gardens

'Open gardens/floral exhibition will be postponed this year, hopefully, to a date in September. But...

As we will all be very busy in our gardens this spring it would be a pity not to share our hard work! Shirley Matheson has suggested that the gardeners of Cromarty use the [Open Gardens Facebook Page](#) to post on the progress in their gardens, be it a photo of a special plant, a charming group, a virtual walk through, the start of a major project that we can all follow, a request for help or advice and lastly, when digging and dividing, to think of putting the excess outside your gate and posting on the Facebook page.'

## Cromarty West Church Playgroup

'We are all missing our wee friends but would like to encourage all children to draw a rainbow and pop it in

their window, this means when we can go out for a walk, the children can spot all the other children's rainbows, kinda like a game of I spy! We hope to be back as soon as it's safe to do so!



## Church of Scotland

'If people wish to join us, we're live-streaming a modified service at 11am for the next several Sundays. If people would like to tune in, the link is [cruparish.online.church](https://cruparish.online.church). We'll be live a few minutes before the service, and I'll be around a bit afterward for online chat. Terry Burns, Minister'

## Cromarty Cinema and Film Festival 2020

'The Cromarty and Resolis Film Society was extremely disappointed to have to close the cinema temporarily, especially given the incredible support we have received from you all in our first few weeks, but as soon as it is sensible we will be up and running again. In the meantime in keeping with the 'my favourite film' theme of the Festival, we thought we could run a remote film club where we all take turns to suggest easily available films, watch independently and then meet online with Zoom to have a glass of wine/beer/juice/water/tea and chat. If you would be interested in this please send a message to [tkarlebach@eunoia.co.uk](mailto:tkarlebach@eunoia.co.uk) and we will set something up. In addition plans for the next Cromarty Film Festival in December 2020 (4th-6th) are commencing so do put the date in your busy diaries....'

**And our resident film fanatic...**

Dave Newman has not been idle and has put together this short film to reminisce about the Film Festival. [www.youtube.com](http://www.youtube.com)

## History Society

'It is with regret that we are letting you know that the final meeting of the Cromarty History Society 2019-20 season on April 16 is cancelled. Most things have now been overtaken by the Covid-19 crisis and we all need to keep ourselves as safe as possible. The April meeting incorporates our AGM, so we will need to make arrangements for this to take place before the start of a new season. If this is not possible by a face-to-face meeting, then we will look into a digital method of holding it this year.

Keep an eye on our website, where we will post details of the 2021-21 syllabus and keep you apprised of anything else we think you might like to know about.

Best wishes to you all and thanks for your continued support of the society.

Cromarty History Society Committee'

## Cromarty Harbour

Pat Haynes writes:

'It is extremely disappointing that the Coronavirus has put a halt to all work to repair and restore the harbour and sadly threatens the livelihoods of the great businesses that operate from it. We will be advising all harbour users of developments as and when we can. In spite of all the uncertainty as to when life will get back to some sort of normal we are none the less pleased to be able to report on recent progress and activities.

Work to build the new sheds commenced recently having been delayed by high winds and storm surges. This has also delayed the installation of new LED floodlights and CCTV cameras. The work has been put on hold for the time being.



The installation of the new greenheart fenders and ladders was also put on hold over the winter because of weather conditions and the dangers of working with the tides and limited daylight.

This work was almost complete before the site was shut down. Unfortunately, not all the old steel fenders came out intact and two or possibly three remain protruding from the silt and require divers to assess and remediate the situation. This work has also been put on hold until work can recommence when the emergency has passed.

A small group of volunteers has also been working on repairing and upgrading the facilities of the pontoons and generally tidying up the area around the harbour.

Work to develop Health and Safety policies, update Harbour Rules and Oil spill response plans has also been undertaken.

The Harbour Working Group is actively developing with our consultant engineers, a programme of works and funding packages to allow us to move to phase 2 of the Repair and Restoration Project. This phase will be focused on stone work repairs to the pier surfaces and will also address the movement of the stone work and apparent subsidence of the piers as a result of the scouring action of the sea.

We still have the splendid and challenging harbour jigsaw available for sale, details are on our [facebook](#) page and website [www.cromartyharbour.org](http://www.cromartyharbour.org)

We would like to remind folk that the Admiralty pier remains a building site and there should be no public access.'



The harbour showing off its new greenheart fenders and just visible top left, the start of the new sheds.

## Development Trust News

### Slipways

We heard earlier this week that VisitScotland, has agreed to extend by a month the March 31st deadline for the completion of the consents necessary for the £300,000 of Rural Tourism, Infrastructure Fund (RTIF) award.

We need to address and resolve issues of delays and setbacks These have been seriously exacerbated by the impact of the corona virus emergency on the working of public bodies, such as the Highland Council.

The new April 30th deadline is welcome because, despite a great deal of work, little progress has been made on the slipways and campsite in recent weeks. It does look, however, as though it will take a great deal longer for normal working of government, national and local, to resume and for the CCDT to get back on track.

As it is we are waiting for Marine Scotland (MS) to grant a marine licence for the upgrading of the slipways. Highland Council officials have agreed to make representations to MS that our application should be given some priority.

The slipway work was put out to public tender. One quote received was in excess of the figure the CCDT will have once all the promised grant support has been paid. However, it is being reworked and quotes are expected imminently from other contractors.

In the meantime, the CCDT is having to pay significant amounts for the design work completed earlier.

### Campsite

It had been thought that all the necessary work had been done for planning consent to be granted. There was, however, a late intervention from the Highland Council's Transport Department, seeking street lighting on the road along the length of the campsite.

This had not been raised as an issue during the pre-planning stage, which would have been the appropriate time. The CCDT has proposed a solution which involves pedestrian access from the approach to the industrial units. We are still awaiting the Transport Department's response.

## Highland Council

### Helpline Now Up And Running

The Highland Council has launched a free helpline to give assistance and to collect details of individuals and community groups looking to provide volunteering support during Covid19.

The single line number – 0300 303 1362 – will connect callers to relevant Council specialist teams and will operate Monday to Friday from 8am to 6pm. All calls are free.

Callers will be able to get advice on benefits and personal support, education and social care and there will also be advice for businesses who may need help with financial support. Helpline staff will also be signposting callers to other organisations that can provide help and assistance as well as gathering offers from individuals or community groups wishing to volunteer.

The service is operated by council staff and Eden Court volunteers who will be home based. Staffing levels will be kept under review to respond to the demand.

Chief Executive Donna Manson said: "I want to thank everyone involved for all their hard work for getting this helpline up and running in such a short time. As well as Highland Council employees volunteering we are also very grateful for the assistance of Eden Court staff. The Helpline is now in place to help those most in need of assistance, so we are requesting that anyone who can continue to use our on-line forms and resources do so as much as possible."

To make a payment visit [www.highland.gov.uk/pay](http://www.highland.gov.uk/pay)

To report a problem visit [www.highland.gov.uk/report](http://www.highland.gov.uk/report)

To request a service visit [www.highland.gov.uk/request](http://www.highland.gov.uk/request)

The new helpline is just one of several proactive actions the council is taking. Work to set up a number of Humanitarian Assistance Centres across the Highlands is underway and details are expected to be published in the next 24 hours.

The Council is continuing to co-ordinate all offers of community group support, while the Highland's 3rd Sector is co-ordinating individual offers of support. There will be close joint working to maximise the valuable offers of support from community groups and individuals.

## Community Council

Please do not use the dog poo bins until further notice. They will not be emptied. The Community Council respectfully asks that you dispose of your dog poo in the large green bins placed throughout the town, or take it home. Many thanks for your compliance.

## And finally...

From Janie Verburg:

'Magical to clap and wave and cheer for the country's carers last night [Thursday]. Out on the street - far away from each other but connected - greeting neighbours from afar but with love. Felt like every clap was passed along and around the corner to places where I knew our friends and neighbours would be although we could not see them. A stream of warmth weaving through our special town and out beyond to everyone's families and friends across the Black Isle and beyond... and beyond...

'... the salute... mingled with the dash of the waves and the murmurs of the breeze...' Hugh Miller

Shall we do it every Thursday at 20:00? To connect. To show love.'

We hope you've found this an interesting and informative read. Please let us know what you think, or send suggestions and ideas for articles via [editor@cromartylive.co.uk](mailto:editor@cromartylive.co.uk)

The Cromarty Live Newsletter team is Jon Palmer, Jeremy Price,  
David Ross, Laura Shepherd

The Newsletter is currently sponsored by Cromarty Stores. Printed  
copies are also available at the Stores for those unable to access the  
online version.

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