



A Community in Action

From Shirley Matheson:

'Cromarty Care Project continue their three Covid-19 projects to support the people of Cromarty.

Grocery deliveries are from Monday - Friday. Phone Cromarty Stores in the morning on 600550 to place your order and the volunteers will deliver the groceries in the afternoon.

Newspapers can be ordered by calling Nigel Shapcott on 600760. Papers are delivered Monday - Saturday in the mornings by the volunteer team. Cromarty Stores will contact you directly regarding payment.

Filling the Gap project

This project is now in its third week and is currently supporting 22 households in Cromarty. The money for this has been generously donated by the Karen Napier Charity and Cromarty Church of Scotland.

Residents of Cromarty Community Council area whose income has been adversely affected by Covid-19 can apply for support. To apply please email Dr Helen Charley on info@cromartycareproject.co.uk for an application form. Successful applications are awarded a weekly voucher that can be spent in Cromarty Stores. At present the weekly vouchers are processed on a Thursday and awarded for a period of four weeks commencing on the Friday. There is no need to re-apply after the four weeks, the team will be in touch regarding further awards. We hope to be able to extend the award after the initial four-week period.

Cromarty Care Project are incredibly grateful for the donations from both the Karen Napier Charity and Cromarty Church of Scotland. This funding is making a valuable contribution in supporting the people of Cromarty during this challenging time.'

Newspaper Volunteer - is anybody out there?

The volunteer newspaper delivery service has been running for 4 weeks and the feedback we have got is good. We have made over 1000 deliveries, so on that count we have saved many individual trips to the store and associated risks of contagion to staff and customers.

We have an established rota for the volunteers (with back-ups in case of no-shows) which runs well. However, we would like to double up on the number of volunteers so that more people can get the benefit of being involved in the service, one rota alternating with a second rota, week by week.

We would like to get sorters (2 people from the same household) and deliverers. Sorters start just before 8.30am (and often deliver) and deliverers start picking up papers at 9am. The service runs from Monday to Saturday.

If you would like to put your name down for a potential second rota, please send your contact information to shapcott@pitt.edu

Thank you. Nige.

Cromarty walkabout picture quiz 2

As you go for your daily walk. See if you can find these doorknockers. They are all visible from the street, so no need to go in to a garden or knock on the door!



Here's a fun activity you might like to try when you're out on your daily walk - or do it by memory? Courtesy of Shirley Matheson.

A Black Isle Approach

Three weeks ago representatives from all the local communities in the Black Isle took the decision to appoint Black Isle Partnership as the 'anchor organisation' to administer funding in response to Covid-19. This was necessary as few of the local community organisations are constituted in a way that enables them to access government grants. It also means there is a single voice for the whole of the Black Isle and avoids different communities competing for the same resources. By sharing ideas and examples of things that are working well everyone, hopefully, benefits. It also supports the aim that nobody should be missed out – this is particularly

important for people staying in some of the outlying places.

Even before any major funds have been secured BIP has appointed a paid officer to help run the operation on a day-to-day basis. Weekly conference calls involving representatives from all areas feed in information about what's happening in their community and from that a sense of what the priorities are can be agreed. Its early days but there is a strong desire to collaborate and a realisation that the Black Isle as a whole is stronger working as one. A questionnaire for all residents is being circulated to build up a picture of what people's particular needs are. Please look out for this and take the time to respond. In the meantime if you have any burning issues which you think the partnership can address please contact community@black-isle.info More information can be found on www.black-isle.info/black-isle-partnership and the Black Isle Partnership facebook page.

Feet Don't Fail Me Now

An example of how information is being shared. This from John Stott, a podiatrist in Munloch:

'The current recommendations, from the major Podiatry Associations and The Health Professions Council are that we should only treat those patients in need of 'Critical Care.'

This is categorised as :-

Active Skin Ulcer or in remission from same

High Risk because of Diabetes or Rheumatoid Arthritis

At risk of Infection

Key Worker

The vast majority of people in these categories will already be known to NHS Podiatry Services and I would strongly recommend that anyone in the above categories who feel they need treatment should contact NHS Podiatry on 01463 723250 where their need will be assessed and the appropriate action taken. NHS Podiatry are best equipped

to deal with the stringent requirements during our current crisis.

As a Podiatrist in Private Practice, I am happy to give advice to anyone who needs it, however, it would be inappropriate for me to visit in these circumstances, as I have had to suspend my own Practice until further notice leaving my patients without a regular service.

I hope that clarifies the position, but do feel free to contact me should you require further information. My phone number is 0780 135 6485

Best Regards, John Stott D.S.Ch.P. F.A.Ch.P M.Inst.Ch.P.
Podiatrist (CH25760)'

Nil By Mouth? Surely Not

(I'll stop with the musical/medical references now - Ed)

Sutor Creek

In addition to take-away meals and pizza, we now have a selection of seafood, ready made meals and drinks to take away from our new DELI SECTION - open 12-8pm Thursday to Sunday. This week's offering include:

Half Poached Lobster with herb mayonnaise; Crab Cakes; Dressed Crab; Cooked & prepared Langoustines; Shepherd's Pie (for 2)

Each week Sutor Creek has specials for takeaway meals. This week is **spicy week** with calamari and chillies, spicy shredded beef burrito and a spicy ginger & coconut baked pudding. All details are on our website www.sutorcreek.co.uk and posted at the Post Office for those without internet. We are open Thursday through Sunday 12-8pm. Orders can be placed by phoning 01381 600 855 or emailing sutorcreekcafe@gmail.com. Delivery is available within Cromarty.

MENU

Cullen Skink £5

Garlic Bread £3

Cheesy Garlic Bread £4

Breaded Fish, hand-cut chips, peas, tartare sauce & lemon
£9

Creamy Chicken, leek & mushroom or Veggie Penne
Pasta £5

Mussels with shallots, cider & parsley, served with chips &
mayo £10

Flank Steak, tomato, mushrooms, hand-cut chips £12

Fishcake, hand cut chips & tartare sauce £7

Beef Burger, lettuce, tomato £5

Beef Chilli & Rice £5

Piri Piri Chicken & Cheddar Cheese Panini £5

Slow Roast Sunday Lunch £10 (changes weekly)

Chips £3

Rhubarb Cheesecake £4

Sticky Toffee Pudding £4

Chocolate Delice £5

Lemon Posset £5

Tubs of Mackie's Ice Cream £2.50

WOOD-FIRED PIZZA MENU AVAILABLE AT
www.sutorcreek.co.uk

Take-away Drinks: Red or White Wine £8, Prosecco £10,
Black Isle Beers £2.50 (330ml), Cromarty Brewing Co.
Beer £3.50 (500ml)

*Collection available Thursday to Sunday 12-8pm

** Delivery currently available, within Cromarty,
Thursday through Sunday 12-8pm – orders to be placed
by 4pm for evening delivery.

***We are following all government advice and taking all precautions necessary to ensure the safety of our staff and customers.

Calluna

Although our shop is closed, we are posting Lockdown offers regularly via Instagram and FaceBook with clothes that are perfect for our lockdown lifestyle! If you are walking past the shop, look in the windows for our special offers. If you need birthday presents, cards or something new to wear for Zoom work, contact us via social media. Stay Safe x Phoebe Fox

Cromarty Community Lockdown Dance

Dance student Caitlin Macleod has devised an easy dance to the song 'Don't Stop Me Now' by Queen, chosen because it's upbeat, fun and hopefully well known to all generations. The idea is to get as many folk as possible filming themselves dancing so we can edit the clips into one final piece - hopefully it'll provide a few laughs, and be an inclusive way of passing the time at home and create a memento of this strange time to look back on in later years. The dance is deliberately pretty simple and repetitive.

If you want to get involved, you can learn and record yourself/your kids/your partner/your family either doing the entire thing OR just a section of it, however small. Ideally, we'd love to get some of the older population involved too - even if it's just doing some arm movements from a chair? Hopefully older folk that want to be included can be assisted/filmed by others - from a safe distance of course. If you want, you can just jig around doing your own thing to the song and we'll try and include it. Doesn't matter what you wear, how you look, where you film it, if you do it right or wrong, as long as we can hear the song in your recording (to make editing easier). You should copy the moves as you see them, i.e. when Caitlin goes to the right of your screen, you move to your right; if she raises her arm on the left AS YOU ARE LOOKING AT HER, you raise your left arm too - don't learn it as if you are standing behind her! Once you're ready, send me your video clips via Facebook Messenger

(I should get these even if we're not 'friends') or ask someone more techie to help if that's not your thing.

There's no rush and no deadline (yet). When we see how many clips we have, we'll do our best to edit it into one final version - and perhaps, once restrictions have been lifted, we can celebrate with a mass flashmob on the Links?! Please share to anyone you think might be interested - the more the merrier. Sorry but this is ONLY for Cromarty (and surrounds) residents as otherwise it could get just too big.

You can find the video on the Cromarty Community Group Facebook page or via this link:
vimeo.com/412724888

Georgia Macleod 01381 600438 / 07968 629612
georgia@macleod9.plus.com

Arts Trust Latest

Georgia also writes:

'We have been busy over the past few weeks, regrettably cancelling our carefully-crafted programme of workshops, events, exhibitions and gigs up to the end of June (when we will take stock and advice on future events). However, many of these have been successfully rescheduled for later this year or into 2021 and lots of participants (around 80%) have happily moved their bookings to fit with new dates offered. Our popular Crime & Thrillers Weekend will be almost a carbon copy of what was on offer this May with new dates confirmed for 30 April - 2 May 2021. We really appreciate this support and recognise that the appetite for all things cultural / sociable will be great once restrictions have lifted and things get back to 'normal'. Keep an eye on our website or sign up to receive our regular Enews to keep up to date.

Meanwhile, our Ardyne Studio has been given over to the shop for the brilliant band of volunteers to organise daily newspaper sorting and deliveries. The Old Brewery, closed to the public, is housing a motley crew of puppets (as you can see in the photo, clearly not observing social distancing!) awaiting their turn in the spotlight when The Riot of Resolis drama is eventually staged.'



Puppets delayed from making their stage appearance. (Their time will come - Ed) Image: Helen Elliot

News from the Development Trust

The pandemic has put much of the work on CCDT projects on the back burner, like that on so many other schemes and enterprises throughout the land. But important associated administrative procedures have still required attention.

The CCDT received good and bad news on this front in the last month.

Bad news first

We understood all the necessary preparatory work had been done for planning permission to develop a motorhome site beside the Whitedykes industrial estate.

That was until there was a late intervention from the Highland Council's Transport Department, seeking street lighting on the road along the length of the campsite. Something that had not been raised at the pre-planning stage of the procedure.

The issue is being addressed by the CCDT's architect, and it is hoped that a proposal to provide pedestrian access from the approach to the industrial units, will be acceptable.

Since then there has been an even later intervention from the Highland Council's forestry officer. On April 1st he lodged an official objection (see link below) to the campsite plan. This was because of the number of trees that would have to be removed.

He has proposed measures to help address his concerns, but these involve the removal of four of the fourteen parking bays. This could have an impact on the financial viability of the project. He has suggested that the four bays could be moved to the southern section of the site. It is not yet clear whether that would be practicable.

Negotiations with the council, therefore, will have to continue to resolve these outstanding issues. You can keep up to date with the planning application process [here](#).

Good news

Just as CCDT directors were beginning to fear our project had been jinxed, with added complications and new hurdles appearing to be thrown up at every turn, we got some welcome news.

On Friday April 17th we were informed that the planning application to repair and upgrade the Cromarty ferry slipway had been approved by the Highland Council planners.

One slipway is not of much use to a ferry operation, but within a week the plans for the Nigg side were also approved by the local authority.

The two planning consents represent important milestones on the way to achieving the goal of saving, reinstating and improving the ferry service.

Don't Let The Grass Grow Under Your Feet!

Alan Plampton writes:

'Following the Highland Council's decision to suspend all community grass cutting services, your Community Council decided, at their latest meeting (now meeting

virtually every week during the current challenging times), to "Not let the grass grow out of control".

So with a local farmer doing the large areas and a band of mower wielding volunteers setting about everywhere else, we hope to keep it respectable until the Highland Council feel it is safe to resume their normal services.

It might not be suitable for bowling, but at least you might not lose your dog or any small children!

Now the growing season is in full flow it will need to be a regular activity (unless we are to invest in some community sheep - Ed) so maybe make yourself available if you fancy getting involved. And perhaps look at some of those other 'tidying' jobs that keep the town looking sprightly in these strange times. Big thanks to Nige and Jeremy for taking the initiative.

And finally...

Anyone interested in knowing what happened to the original *Tess* that for so long sat rotting on the links, before it had to be moved to make way for the cinema...



I know no one by that name - Ed

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

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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