

Beat the BUG



Cromarty in the time of Covid-19:
August 2020

Acknowledgements – This booklet is a Massive Thank You to ...

... all the amazing volunteers who ran the grocery and newspaper delivery services during the Covid-19 lockdown;

... all the informal volunteers who helped friends, family and neighbours;

... the general volunteers who supplied specific skills;

... the Cromarty Care Project for coordinating these services and running the Filling the Gap Project;

... Cromarty Stores for a massive effort to ensure Cromarty folk could stay safe and get fed;

... the funders who stepped in quickly to ensure these projects could happen :-

The Karen Napier Fund;

Local fund to help Cromarty residents;

Foundation Scotland, Community Response, Recovery and Resilience Fund;

Scottish Government's Supporting Communities Fund;

North Highlands Initiative;

Private Donations;

... Cromarty Arts Trust for the use of Ardyne Studio;

... the two donors who made this booklet possible.





“The papers arrive invisibly and silently and in excellent time. One day I may see someone to thank, but just now I can only say how greatly I appreciate the service. So very many thanks to all.”

Thank you, people of Cromarty

Introduction – the Covid-19 Crisis

“There is something almost magical about Cromarty.

“The community spirit is enchanting, beguiling people to move here. The weather varies between beautiful and slightly trying but love of the place and the community continues to grow.

“Cromarty really stepped up when it came to the Covid-19 national emergency> Over 80 volunteers registered even before lockdown was formally announced, putting Cromarty in the fantastic position of being able to provide help with grocery shopping and deliveries for the vulnerable as soon as was needed.

“In the first days of the outbreak, people were very scared. It was an invisible, unknown, deadly disease and it was coming our way. We were lucky, fortunate to be able to keep our distance and to isolate ourselves from risk. However we would like to thank those brave individuals who kept our care services running, surgeries, pharmacies, bins emptied, post delivered and shops open and those who continued to provide assistance to their friends and relatives.

“The diversity of talents in Cromarty is absolutely fantastic and they were on show as the emergency progressed; it was so clear that everyone was working for the same goals. There was no petty arguing, people put their talents into problem solving, innovation, thinking outside the box and sensible compromise, there were no egos present... the issues were too important.

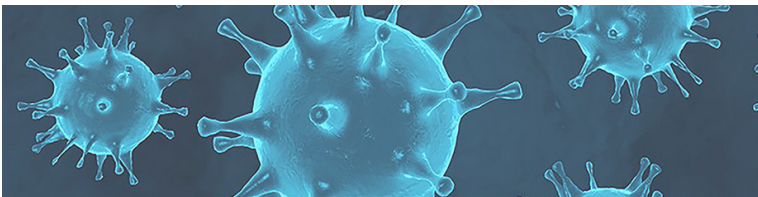
This book is to remind people in the future of the spirit of Cromarty – what makes Cromarty such a special place to live.

It is all about the people of Cromarty.

From the **Cromarty Live Newsletter: March 28th 2020**

“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.

“On Monday 16th March it became clear that there was a major pandemic spreading across the UK which would affect the way we lived our lives in Cromarty. 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 and social distancing. 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.”



Cromarty (❤️) Care Project

Cromarty Care Project (Scottish Charity O45704)

CCP came into existence as a registered charity in June 2015. It emerged out of a group of interested local people wanting to improve care in Cromarty and who had tried for several years already to use the Townlands Barn in some way either as a residential home for the elderly or as a day centre. However that plan proved too difficult to achieve and we looked for other ways in which we could help. We have worked with Highland Home Carers to recruit more home carers in Cromarty; we have two tri-shaws which can be seen whizzing around the town (when we are not in lockdown) and we run a table tennis session each week – which is not only fun but has been found to be an excellent way to prevent dementia.

CCP has a board of 10 trustees. Our charitable aim is *‘to provide relief to those in health or social need by reason of age, ill-health, disability, rural isolation and other disadvantages’*. With this broad aim we were able to be very versatile and mobilise quickly at the onset of the Covid crisis.

The Cromarty Care Project swung into action to ‘Fight the BUG’ on the evening of March 16th, day of

the warning statements from Downing Street and Edinburgh. A Trustees' meeting was held and plans set in motion to help local residents. What eventually transpired were four services:

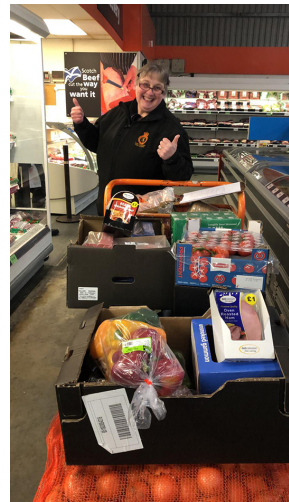
- a grocery delivery service;
- a newspaper delivery service;
- financial support;
- well being support.

Growing a grocery delivery service

It was apparent that during lockdown some people were going to really struggle to get food and groceries. So it was decided to run a grocery delivery service in collaboration with the Cromarty Stores. The whole town was leafleted, asking for delivery volunteers and explaining to those who wanted the service how to register. Within four days over 80 offers of help had been received, two of whom took on the organising and safe training of the volunteers.

In parallel, the Cromarty Stores took on additional staff to pick telephoned orders and bag them for volunteers. Funding was applied for and received to help support the cost of the delivery service. Important safety guidelines were developed for those taking part. A new service was being born.

By Friday March 20th the Grocery Delivery Service was ready for those who were restricted to their homes. It shows the fantastic community spirit of Cromarty that a simple leaflet drop could generate over 80 volunteers to help the vulnerable in four days.



A huge round of applause to the Cromarty Stores who worked tirelessly to help the community. Additional volunteers were in place to help to collect goods and re-stock shelves overnight.



The shelf stacker's tale

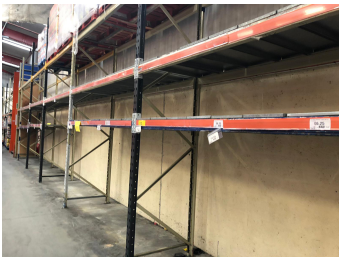
“After doing a few deliveries and a bit of grass cutting, my wife and I offered our services to the Cromarty Stores and ended up stacking the shelves in the shop every Monday evening for a couple of hours. It was a revelation. First, we had no idea how much effort and work goes into the logistics of running a store and the amount of stock that is required either on a ‘just in time’ basis or that can be stored. Second, the range of goods is phenomenal and both of us discovered hidden gems that we did not know were there! Even seeing the most popular lines was an eye-opener – no spoilers though – and the range of different products available, too. Not forgetting the staffing issues (what a great bunch they are!) and everything associated with that side of the business.

“It’s given us an insight into the complexities of the retail trade and let nobody doubt what a phenomenal amount of work goes into something that many people take for granted. Every time we go in now, we see our marvellous stores in a different light!”

On Monday 23rd March further restrictions were put on social activity. By the end of the week, with the exception of food outlets all other shops, cafés and the restaurant were closed.

The Cromarty and District Community Council (C&DCC) met and agreed that a member of the Cromarty Care Project (CCP) should become an associate member of C&DCC to strengthen the partnership between the two organisations spearheading the community's fight against the coronavirus.

Very quickly it was realised that the Cromarty Stores was a lifeline for the town. Staff there had been working 15 hour days to ensure that basics were available. This was at the time when big supermarkets across the country had their shelves stripped bare, as panic-buying gripped the land.



Some deliverers' tales ...

"I enjoyed bumping down interesting tracks looking for houses outside Cromarty. People being very appreciative of finding their house the right house. I met some very nice people. I did enjoy it and met some people I wouldn't have normally spoken to and had a nice chat..."

"My favourite one was the one with the daffodils ... the team picked all the daffodils and put them in bunches in the boxes and people were so appreciative..."



"It's been a pleasure being one of the regular shopping volunteers delivering to the elderly and those shielding in the community. I've really enjoyed meeting some new (to me) people, putting faces to names and having a wee blether on the doorsteps. Everyone has been so grateful and appreciative. Plus it's easy to become a bit of a hermit, being in lockdown up at the Mains and potentially not seeing many folk for days on end, so it's given as much back to me as I feel I have to the community!"

... and a service gratefully received

“Waiting for the volunteers who delivered our groceries was often the high point of our days this strange spring. I’ve never had a personal shopper before! It was great. They never let us down. The combined team of those who work in the shop and those who picked and delivered, did a marvellous and really appreciated job.”

“Wonderful that there are so many kind and thoughtful people of all ages.”

“To all our wonderful volunteers who have looked after us over the past months of lockdown. Anne, Billy, Douglas and Janice from Big Vennel would like you all to know how much we appreciate the hard work and organisation you have carried out during this time. Thank you all !

“Our thanks also to our local businesses who have worked so hard to keep us all safe.

“We are proud to be part of this special community.”

As the volunteers helped to decrease the footfall in the Stores, further changes were made to increase protection for staff, volunteers and customers. By the evening of Sunday 5th April, and with the help of a skilled carpentry volunteer, a protective screen was erected at the counter for the staff.



Opening hours changed (9–12 and 2–6, Monday to Saturday) enabling shelves to be restocked and deliveries picked up, without the pressure of customers. The restriction on numbers of people allowed in the Store at any one time matched what was happening around the world.

Even so it was apparent that the Store was very vulnerable to disruption, or even closure, if the virus established itself here. This would have made things very difficult for the whole community. So the Cromarty Stores, C&DCC and CCP worked on strategies to ensure that the volunteer grocery delivery service was sustainable, and that the Store and its staff were protected.

A new newspaper delivery service

At the end of March an advert appeared in Cromarty:

Bored stuck at home? Help BEAT THE BUG

Cromarty Care Project in conjunction with Cromarty Stores wish to set up volunteer newspaper delivery around Cromarty to reduce the risk of contagion with corona virus.

This is covered under the new UK Government Guidance which states that 'people should only leave home to shop for "basic necessities, as infrequently as possible. People should use delivery services, where they can'

We need volunteers to undertake the safe delivery of newspapers. All volunteers would be given strict guidance.

Young people from the age of 13-16 years will require parental consent, by way of email.

Fortrose Academy pupils who volunteers can have thie hours included for the Saltire Award

Adult volunteers are also welcome.

Parents and adult volunteers please send names by email to [redacted] To make things easier for us, please only email and include 1st and last names, home and/or mobile numbers.

Cromarty Care Project

[redacted]

To protect the Stores and its staff it was necessary to reduce the shop's footfall. The grocery delivery service went some way to address this, but numerous visits to the Stores could be eliminated by a daily newspaper delivery service. This would decrease the risk to both staff and customers of picking up the virus.



On Monday 23rd March planning for the newspaper deliveries started with a small committee. A number of young people from the community stepped forward to help run the service. The enthusiasm with which they tackled the project has been a joy to experience. The service started on Monday 30th March. The Ardyne



Studio was given over to the shop for the brilliant band of volunteers to organise daily newspaper sorting and deliveries. Papers are heavy, especially on Saturdays, so prams, wheelbarrows and bikes were commandeered.



In the first four weeks of its operation the newspaper volunteers made over 1000 deliveries, so saving many individual trips to the store and associated risks of contagion to staff and customers.

A rota for the volunteers was established (with back-ups in case of no-shows) which ran well and by early May the team was being expanded. The aim was to have sorters (two people from the same household) and two deliverers.



The Oldest Paperboy in town

“When the call went out for volunteers to help with shop deliveries, I seemed to miss the boat a little bit as so many other people came forward so quickly. So then when the newspaper delivery service was launched, I thought why not?

“On our first shift, we sorted the papers and got them all right first time! The delivery round was done together by leapfrogging each other, each delivering every other newspaper. Was it easy? No it was not. Full credit is due to our posties who deliver to houses without a name or a number visible on the door or on the gate. There was a couple of addresses where we had to ask a neighbour. Everyone was so helpful.

“Now here we are three months later, having swapped our Tuesday shift for the Saturday one (so many heavy supplements!). The sorting is now a breeze with sticky labels, the delivery round is split into two and we meet up at the end, go to the bakery for a Criffin (delicious) and home for coffee within an hour. A great way to start the day. I meet so many people and have earned the nickname ‘The Oldest Paperboy in Town’”



Morning smile

“Helping sort and delivering newspapers has been a great way to have an excuse to be out of the house during a time that we are stuck indoors. There are a few elderly customers that wait at their windows for our arrival and greet us with a huge smile. A short conversation about how they’re doing, a comment on the weather, and we are on to the next door. I’m not sure who enjoys it more, them or us.”

“Please pass on my thanks to all the newspaper volunteers. They've done a great job and it's been a big help. Congratulations on running an excellent service. It's been much appreciated!”



More grateful customers

“Many thanks for the great service provided by the paper delivery boys and girls. For a small place, Cromarty can certainly ‘come to the rescue’ in an emergency, and I did appreciate receiving my ‘daily’ on the doorstep.”

“As the oldest person in the town I have been absolutely delighted with this service.” (Mary Matheson)

“A very big thank you to everyone who contributed to the success of the newspaper delivery service. A wonderful achievement and very gratefully received. As we all know, Cromarty is a very special place to live, and I give thanks every day for the kind, generous people who are my friends and neighbours. God bless you all.”

Doing the papers

“It was a pleasure to be a part of the team that helped make the newspaper delivery service, that has worked so well over the past few months, possible. I thoroughly enjoyed sitting on the back of the bike, whilst Joe did the pedalling, and seeing the residents of Crom jump to their windows as we came by to drop their paper off. I would also like to thank all the volunteers that gave their time to both deliver and sort the papers early every morning, as the service wouldn’t have been possible without them.”

“Friends have said how they really enjoy doing the paper delivery with a family member... an early morning walk and a chance to chat. One told me she had offered her son to do the round alone (thinking it was very un-cool to wander round with your mother) ... she was touched when he replied that he really liked doing the job along with her.”

My paper round

“I have been volunteering for the local paper round during lockdown. I have really enjoyed helping out in the community and I find having a walk in the morning quite relaxing.”

Sorters started just before 8.30am (and often delivered) and deliverers started picking up papers at 9am. The service ran from Monday to Saturday and was eventually extended to Sundays.

“... all been fantastic, couldn't fault them, would have struggled without it. Newspapers been delivered by 09.15 each day too.”

Financial Support: Filling the Gap

The restrictions imposed to combat Covid-19 had a severe impact on jobs and therefore people's incomes. Businesses deemed non-essential were closed, some workers were furloughed, but others lost their jobs. Tourism was put on hold. Some small businesses did not meet Government criteria for State aid, so lost all forms of income.

At the same time the Cromarty Care Project was made aware of funding from the Karen Napier Fund, and by the 2nd April the start up funding was obtained to provide some financial support. The project was set up by a group of people who knew the Cromarty Community and their needs well. This was formalised and in short order was called "Filling the Gap" and run by a team of three Trustees of CCP.



It was aimed at local residents whose income had been adversely affected by Covid-19. The application form to the scheme simply asked if people had had a loss of income due to the Covid crisis and was based on trust. Applicants had to live within the boundary of the Cromarty and District Community Council and provide proof of address. The recipients were issued with a voucher number which they could then use at the Cromarty Stores. Each member of a household was awarded £20 a week and, at the time of writing, 90 people had benefitted from this scheme.

At the outset the aim was to be able to provide 16 weeks of vouchers to those who continued to need them. This has been a very difficult time for many in our community. The hope is that the support might help people to stay 'afloat' whilst trying to reach some sort of stability.



Some of the funders were able to give immediate aid, which was critical in enabling the provision of instant help to residents while the Cromarty Care Project was applying for additional funding.

The Karen Napier Fund

“Since 2001 the Karen Napier Fund (KNF) has been awarding scholarships for people to attend university who otherwise could not afford to do so. Like many other charities in the COVID-19 emergency the trustees recognised that there were more urgent needs in the community than awarding scholarships. The KNF has thus been supporting local volunteers, in places where the trustees have strong personal connections, who have rallied round to fill the gaps in support that became apparent in the emergency. We were lucky to find Cromarty Care and support them in the great work they have done in recent months and it has been a privilege to work with them.”

The whole project is extremely grateful for all the funding that has been received and for the private donations. Its necessity and value can be seen from the following comments

"I would like to say how grateful myself and
***** are for the help you have given us in this
very strange time. It was a glimmer of hope for
us and has helped so much."

"On behalf of my family and I, we are very
grateful for all your assistance during this very
stressful time. Offering financial and emotional
support has been a huge relief and comfort to
me."

“On behalf of my family I wish to thank Cromarty Care Project for the support to date ...

“This financial support has been extremely helpful during this unprecedented situation which resulted in the closure of our business and the loss of our income. This closure was compounded by the realisation that we had fallen through the cracks of the official Government support, therefore the financial support was indeed a lifeline.”

“Many thanks for this. Being a business who seems to have fallen through the cracks, I am incredibly grateful for this voucher as it has paid for a lot of food and essential items for *** and I. As the earliest estimate for me to be able to reopen is the end of July, the voucher system is very valuable to us.”

“I am writing to confirm that I started back at work today, and will no longer require assistance.

“I want to put it on record my gratitude for all the help and support you have given me.”

In early May the Cromarty volunteer story made the local news.

Cromarty delivers during lockdown

By Hector Mackenzie
hector.mackenzie@hmedia.co.uk

VOLUNTEERS in Cromarty are pulling together to deliver the goods during the coronavirus lockdown.

The Cromarty Care Project has mobilised scores of volunteers to deliver groceries and newspapers for those unable to visit the shops, helping minimise the risk to staff in the process.

Customers phone in orders in the morning and groceries are delivered in the afternoon from Cromarty Stores and Cromarty Bakery.

Newspapers are delivered every morning Monday to Saturday in a project led by one of the younger volunteers. Cromarty Arts Trust has donated the use of Ardyne Studio for sorting the papers. Health and safety measures are in place.

Locals can also receive a phone call from a volunteer to check they are okay.

The North Highland Initiative community support programme funded the project.

Financial support from both the



Maren Ebeling gets to work loading up for delivery. The Cromarty Care Project has been well supported by volunteers.

Pictures: Georgia Macleod

Karen Napier Charity and Cromarty Church of Scotland has funded a Filling the Gap project for people who have lost income due to

Covid-19. Recipients are awarded a voucher to be spent on food in Cromarty Stores.

Cromarty Care Project has paid



Brothers Gregor and Alister Fox.

tribute to the funders for this support which it said was a "lifeline" to a number of people.

A spokeswoman said: "These donations provide essential support for the people of Cromarty during this challenging time."

Ross-shire Journal 08.05.20

Wellbeing

All those having grocery deliveries from the shop were asked whether they would like their details passed on to the Cromarty Care Project. Those whose names and details were passed on were then phoned to see if they would like a regular phone call to check in on how they were doing and also to give them a number they could call if they needed any other help – collecting prescriptions or taking items to the post office for example.

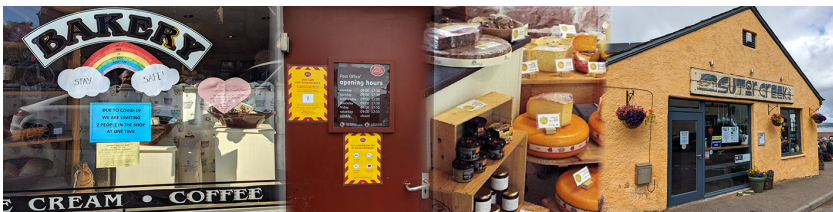


Other Cromarty Responses

Cromarty volunteers working with the Cromarty Stores made an invaluable contribution to the town during lockdown, but so did other Cromarty businesses. The Cromarty Bakery and the Cromarty Cheese House ran their own delivery services for isolating and vulnerable residents. The local post was coordinated at the Post Office as normal, and it too kept its services going for the local population.

Both Sutor Creek and the Cromarty Arms switched from providing sit in drinks and meals to operating a take away service. Sutor Creek also ran a pay ahead service to let people donate meals for friends, neighbours, key workers and others.

As in the rest of the country the restrictions imposed to minimise the spread of the virus led to tensions with a few residents. To show appreciation and support for the local businesses making life more





bearable in the town a
'flower bombing' was
organised. On the
evening of
Sunday
12th April
people left
flowers

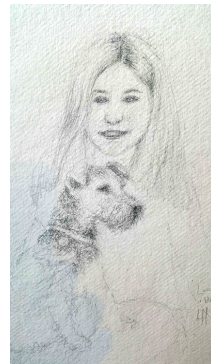
and messages of appreciation for the
shops, cafés and restaurants that had
stayed open and for all the key
workers who were keeping essential
services going.





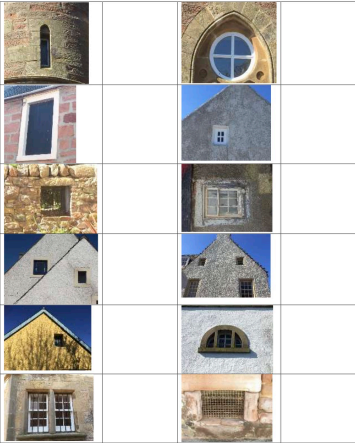
Fun things were organised too: bears began to appear in windows; Cromarty quizzes were created to keep people alert on their daily exercise; there were art competitions, one in March to create the 'Beat the Bug' logo (used on the front of this booklet) and one in June for children to picture their holidays.

To support the Cromarty Care Project, a local art therapist offered portrait sessions through her window, with the sitter safely distanced on the pavement outside.



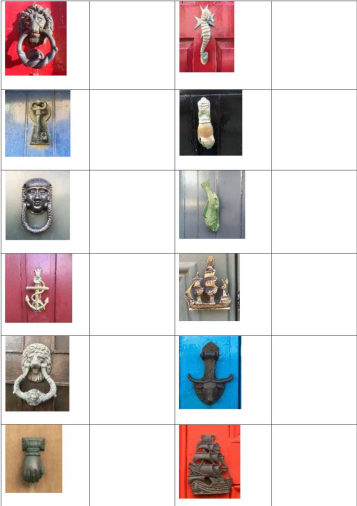
Cromarty walkabout picture quiz 3

As you go for your daily walk. See if you can find these windows They are all visible from the street.



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!



Winding down the services

... a huge thank you to the volunteers who have made the Cromarty Grocery Delivery Service work so well for so many people for so long ...

As the infection rate for Covid-19 declined and new phases of freedom were announced by the Scottish Government changes were introduced to the delivery service from 6th June. The changes reflected a decreased demand for the delivery service as people gradually returned to shopping for themselves, but ensured that the most vulnerable in the town could still rely on volunteers delivering their groceries. The Cromarty Store was seeing an increase in visits from people who were previously reliant on the delivery service and a reduction in the size and frequency of the average order.

In the new system volunteers picked goods from a list provided by the Store and either delivered or handed over the bag(s) to a another volunteer who did the delivery.

A partnership was created with Black Isle Cares who ran a 10-week trial to deliver chilled 2-course meals to people in Cromarty. That was coordinated by a volunteer who recruited other volunteers to help deliver this service.

At its height the grocery delivery service went to between 30 and 35 households, with 60–65 deliveries/collections a week. Over the whole period of the service approximately 2000 bags of shopping were delivered.

On the 6th of July this notice appeared in Cromarty:

All good things must come to an end

I'm sorry to say that we are stopping the volunteer newspaper delivery service, with the last delivery being on Sunday 12th July. We've been running the service during the lockdown with two main aims: the first was to dramatically reduce the footfall in the shop to protect the store and staff from the virus, which were and are so essential to the sustainability of Cromarty; and the second was to protect vulnerable people by enabling them to stay at home during the height of the crisis.

By Sunday we will have run the service for 15 weeks and delivered about 4500, or about a ton, of newspapers. We have now moved to Phase 3 of our return to post Covid-19 'normality' which means that the Cromarty Store has more capacity and along with this the demand for newspaper deliveries has reduced. It is time to turn towards the new 'normal'.

We cannot end this without a huge, heartfelt thank you to all our 23 volunteers who have kept the newspaper service running with its vital goals for our community.

The newspaper service that had been so highly appreciated was ceasing. It represented both a tremendous achievement by all the volunteers and a return to more 'normal' and hopefully less stressful times.

14/07/20
Dear
I thank you and your team for organizing all the volunteers to deliver the newspapers. It was so kind of you all to offer your time to help the community. It was lovely to get my newspaper every day, when I could not go up to the shop. I wonder if you could pass this cheque on to the Community Care Project for me, just to show my appreciation. Just to show a big thanks again.



“What a fantastic range of volunteers! From teenagers to pensioners, they kept us supplied with groceries and newspapers all the way through lockdown. Many thanks.”

“I had been in Cromarty for just short of a year when Scotland went into lockdown and we all had to stay at home. I already loved the sense of community here and then was overwhelmed by the way everyone came together during this crisis. It was amazing how quickly a shopping and delivery service was set up, and just how many people came forward to help. I was on furlough so put my name down to help with the shop deliveries and as an assistant to the Oldest Paperboy in Town ;-).

“I have loved doing it, seeing the posters in people’s windows was great and so was having a cheery wave from the folk inside as I left shopping or papers on the doorstep. I met lots of new people, and have new respect for all the posties and for everyone who works in the shop. And I think I finally understand the layout of Gordon’s Lane!”

“Without the community volunteers the Cromarty Stores would have been a much more hazardous place to work – and to visit. Home deliveries took a lot of pressure off all the staff and helped keep everyone safe. Much appreciated.”

‘For me the paper rounds have been extra special because I’ve done them with two of my adult children who were here through lockdown – an unexpected extra time with them at this stage in their lives, and I’ve treasured that, though ever-conscious of the anxiety and grief surrounding us. We’ve enjoyed sparking the rumour that I was suddenly a grannie because we wheeled the papers round in V’s old pram!’

Financial help in the future?

By mid July 2020 the 'Filling the Gap' project had helped 90 people with £20 per week. The help was available for up to 16 weeks and has provided £28,800 of financial support.

What was of tremendous value was the offer of immediate funding from two sources in order to be able to help those who faced a sudden drop in income due to the crisis. The immediacy of the funding, and the desire on the part of those giving it, that it should be got out into the community as soon as possible has been crucial. Cromarty has had funds in the past which have been kept for times of difficulty, to tap into immediately when needed.

"... and the people who couldn't volunteer, for whatever reason, and who didn't need help? Well if things changed and we could volunteer, we'd be welcomed and if we needed help it would be there. The peace of mind this gave was priceless."

‘I have loved doing my bit for the community during this hard time. I think it’s really important that when things are bad you look for the good in people and Cromarty has been really incredible, so many people just wanting to do their bit. It’s things like this that make me love this town and I am so glad I am raising my son somewhere where there is still community spirit and people look out for each other.’

Back to School

Our thoughts turned to recovering from lockdown and to those who would at last be returning to school or college and the costs of getting ready to do so. The Cromarty Care Project had heard that children would be asked to wear clean clothes every day and would not be allowed to share equipment. We therefore decided to launch a scheme providing grants for children in families that had had loss of income due to Covid – of £100 per child. At the time of writing 28 children /young people have received grants. The money is for clothing and equipment. We

will all be so glad to see children walking through Cromarty to school once again and we wish them well at the start of a new school year. The Cromarty Care Project is in the process of applying for government money to help fund this project.



Reflections

You need a vehicle; you need people; you need to know your community; you need cooperation; you need courage to get on with the job. We had an identified need; we needed resources; we needed compassion. We had all these: the Cromarty Care Project; 85 volunteers; we were embedded in the community; we teamed up with the Community Council; we had courageous leadership who said go ahead we will not wait for the Local or Scottish governments; we had vulnerable people in our community; we had the Cromarty Stores; we had bucket loads of pragmatic compassion.

We were all anxious but we knew that we had to prepare for something that none of us had ever faced. The community of Cromarty has responded in an exemplary fashion over the last 4 months.



Systems both formal and informal have been put in place to support or help those in the community that needed the help, and they were put in place so quickly that people hardly had time to worry about how they would sort out their shopping.

It is with a tremendous sense of pride for the Cromarty Community that we have put together this memento booklet, for everyone in Cromarty to have something that they can refer to and remember by the events of the Spring of 2020.

Things that stick out are the flower bombing of our shops, the daffodils in the food delivery bags, the many many expressions of thanks that we have received; the delight of working with the various teams; the external validation in the form of funding; the generosity of people with their time at odd times; the enthusiasm of all the volunteers. Cromarty rose to the occasion and achieved great things.

“Desmond Tutu said, ‘Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.’

“I think Cromarty in lockdown encapsulated this and I’m even more glad than ever to belong here.”



Long Term Funding for Future Generations of Cromarty

The Cromarty Care Project has received funding from several sources over the last few months in response to the needs of the community during the Covid-19 crisis. We have had generous donations from donors that varied from Foundations to the 'widow's mite'. It has been heartwarming to be part of an organisation that was able to distribute these donations.

Cromarty has a long history of local people making donations or bequests to funds to help in times of hardship. One of the earliest bequests known about was in the 1690s; one of the substantial donations to the Care project has been from such a fund.

As Trustees of the Cromarty Care Project, this has made us think about the future and we would like to establish a 2020 version of this community fund which would be available in times of crisis. Perhaps in the year 2320, there will be a crisis. who knows what will be happening then?

We are in the process of taking advice on how to set up a fund of this nature and will be very careful about how this can last into the distant future and be used for crisis situations only. Not emergency grass cutting!! It is very unlikely that the Cromarty Care Project will last 300 years so it must be set up professionally and administered for the future.

As part of this, our thank you booklet for the people of Cromarty, we are taking this opportunity to ask those who can afford it to donate to the fund now. You can do this by going to Cromarty Care Project website (link below) or by using the QR code on the next page. Money donated will be ring fenced and used as an initial deposit to open the fund. We'll call it for now the Cromarty Crisis Cash Fund – (CCCCF). If anyone has a better name (and that is an easy target) contact us at info@cromartycareproject.co.uk with your suggestions or if you have any questions about donating.

Thank you again, people of Cromarty.

<http://www.cromartycareproject.co.uk>



