

CROC TALK

COVID-19 RESPONSE ON CUMBRAE • ISSUE THREE - MAY 2020



We have lots of good news to share!



Meet the Cumbrae Community Caterpillar!

We hope that you have been able to admire the latest idea of one of our volunteers, Lara Crossan.

You will find our Caterpillar near the Crocodile Rock and we would like the young people (and, of course, the young at heart) to help him grow by painting stones and adding to the ones already there.

Why not use your daily exercise to get down to the beach for some stones to paint?

MSG Logo Competition

We need your help to design a logo for the Millport Support Group. Our competition is open to everyone - children & grown ups alike! There's a prize for the winner, so get your thinking caps on!

Send your designs by email to cumbraecs@gmail.com

Please submit your entries by Friday 12th June!



Knit a rainbow!

The good folk of Millport have been very creative during lockdown and hopefully the results will be there for you all to see in the future...

The SWI recently launched a new project for the knitters in the community... to create a Lockdown Community Blanket!

Needles and wool will be available on Wednesday afternoons from 2.30 - 3.00pm from Cumbrae Forum Shop.

Call your volunteer or call our helpline on 01475 789179 if you need needles or wool picked up.

Let's get creative, Millport!

Inside:

- Millport's latest addition
- Successful funding for MSG
- An amazing new community dashboard and much more!



HELPLINE:

01475 789 179

PROVIDED BY MILLPORT SUPPORT GROUP • KEEPING CUMBRAE UPDATED AND SAFE

MILLPORT'S LATEST ADDITION!

Emma tells us about Isaac William James Armstrong, who came into the world on 8th May at 17.31 weighing 7lb 4oz.

'It was an anxious time for William and I, as I had to go into hospital early and was separated from my boys.

William and I had made the decision for him to stay at home with Noah due to the Covid.19 risk, and for me to go it alone to have Isaac. The hospital team were outstanding, and never let you feel alone. Having Isaac I was terrified (another emergency c section!), but my midwives and delivery team couldn't have been more supportive.

There was a quick turnaround in the hospital, to minimise the risk of contracting COVID-19. I was in the Thursday night and home by tea time on Saturday!

Being reunited with Noah and William was amazing! Noah tried to fix Isaac's hat within minutes of me walking in the door. Noah has warmed to having a little brother and calls him "babebee" or a "sheep"!

I want take this opportunity to thank the ferry staff who made allowances for us leaving and returning to the island, also to thank Stephen McNair who kindly drove me to the hospital (for my first and second baby), and finally to thank the Millport Support Group who have helped us greatly.'

TV LICENCES

Due to the impact of Coronavirus the BBC has delayed the planned changes to the free over 75 TV Licence.

This means your current free licence will now cover you until 31 July 2020. You don't need to do anything now.

For other enquiries, call 0300 790 6165

FUNDING SUCCESS!

Last month the Millport Support Group prepared and submitted a funding application to the Scottish Government 'Supporting Communities' Fund, with advice and assistance from Highlands and Islands Enterprise.

The bid was a joint submission between:

- Cumbrae Community Council (CCC)
- Cumbrae Community Development Council (CCDC)
- The Cumbrae Forum

We're delighted to report that our bid has been successful and that we've secured **£17,000** for the community response to COVID19 including for PPE, to address food poverty and enable healthy eating, communication and combatting social isolation and contingency funds for the community.



We will keep you updated on the ways in which we plan to put these funds to good use for the people of Cumbrae.



Congratulations to Emma, William and Noah!
Welcome to the World, Issac!

KEN DALTON • HARDWARE & DIY
FREE DELIVERY • NO MINIMUM ORDER
CALL 530029

MEET THE VOLUNTEERS

This issue we're introducing you to another street volunteer as well as to one of the Cumbrae Forum members who make the regular 'keep-in-touch' telephone calls. We've had some really positive feedback from the community, appreciating the work of all the volunteers, whatever their contribution.



Jim Robertson

I am a retired bakery manager, my wife Sandra and I have lived on Cumbrae for the past 16yrs. Since moving here I am proud to have been made an Elder of Cumbrae Parish Church and I am also on the board of Cumbrae Forum and Age Concern.

I enjoy gardening going for walks and I am chief pusher on/pusher off on the yellow bus every Wednesday for the Forum lunch club. I also enjoy doing some baking - mostly bread and rolls.

Just now I am enjoying keeping in touch with members of the Cumbrae Forum and others.

Barbra

I am lucky to call Millport my home for nearly 30 years. I came to Millport when my mum moved here and I worked with her in the ice cream shop (now Angela's). I met my husband Richard here as well when he was working at the care center and I was working next door at Craig en Ros.



Thirteen years on we have our son Callan and daughter Natasha. Both are wonderful kids that keep me on the go!

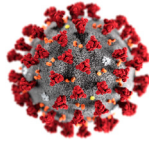
We love anything outdoors from going out on our bikes, playing on the beach or walking; I also love to cook or bake.

I look after Cardiff Street and Quayhead.

OUR HOTLINE IS 01475 789179
IF YOU REQUIRE POLICE ASSISTANCE,
PLEASE CALL 101 WITHOUT DELAY!

RECENT CORONAVIRUS RESEARCH

A massive amount of research is going on both globally and in the UK to understand more about how to contain the spread of the SARS-CoV-2 virus and to develop diagnostics, treatments and vaccines.



Some recent developments:

A community prevalence survey carried out in England between 27 April and 10 May 2020 on over 10,000 participants found 0.27% of them tested positive for virus. Interestingly, there was no significant difference in infection rates between age categories, with 0.32% of those aged 2 to 19 testing positive and 0.32% of those aged 50-69.

A variety of vaccine candidates are being investigated, including at Oxford University and Imperial College London, and some preliminary Phase 1 human trials on immune response and safety are already under way. Phase 2 trials then investigate the optimum dose, while Phase 3 establishes whether the vaccine actually prevents Covid-19 disease. **The process is a lengthy one!**

Evidence on how protective any immunity following natural exposure to the virus might be, or how long it will last, it is still not available.

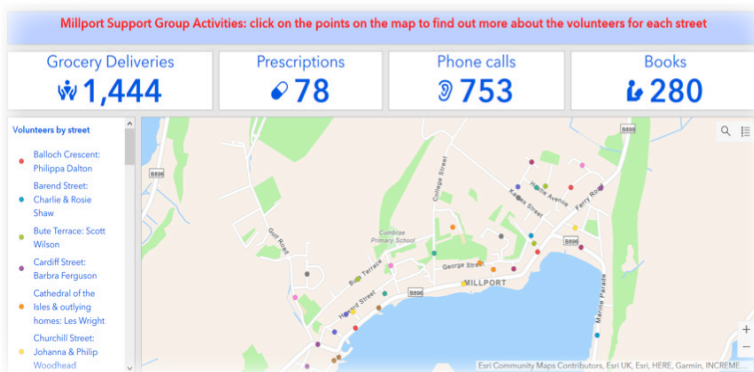
WHAT HAPPENS IN THE EVENT OF A FUNERAL?

Local restrictions being applied to attendance at funerals for families and friends have recently eased.

These restrictions are changing constantly, so if you have any questions, please contact your local Funeral Director or one of the Island clergy for further information and advice.

Sharing the work of our volunteers

Those of you who follow our Millport Support Group Facebook page will already have been able to follow a link to an online tool that we've developed to share the work of our volunteers.



The link (<https://arcg.is/1TWOGP>) leads to a dashboard that summarises the different activities of our 'street' volunteers as well as those such as the Forum members who can't do deliveries but who regularly keep in touch by telephone with our elderly & self-isolating community members.

It also includes the number of calls handled by our central helpline team who have been doing a fantastic job making sure everyone who needs support can access it.

The dashboard is best viewed on a laptop/tablet screen rather than mobile phone and you can click on the points in each street for a photo of the volunteer and to find out more about their interesting background.

Struggling? Need a listening ear?

Call *The Living Room*
on **01475 789580** (Mon - Fri 9am-4pm)

UPDATE FROM THE CUMBRAE FORUM

Who knew (apart from the library staff, of course)?!

It would appear we are a community obsessed with murder/mystery... 90% of requests made for books from the Cumbrae Forum Shop have been for this genre!

Where are all the romantics? Not in Millport, it seems!

We have had a number of requests for children and young teen books - something that we have very few of at present. If you can bear to part with your books for others to enjoy, then please hand them in via your volunteers or to the Forum Shop on a **Friday between 2 and 3pm.**

If you haven't made use of this service, please let your volunteer know your preference (we suspect it will be murder/mystery...) and they will deliver **six** books to you to enjoy.

Our books are sanitised after use so you are not at risk.

We are very grateful to Timberbooks in West Kilbride, who have donated 10,000 books across North Ayrshire!

The Cumbrae Forum have also had the pleasure of receiving grant funding for the specific purpose of providing a helping hand with food to our community.

There have been a variety of vegetables, fruit and tinned goods, depending on what is available, all sourced through local businesses. The bags have been very well received by all.

If you would like to receive one of these gifts, then please call the helpline on 789179.

Help us to help you...

We are in this together!

Thanks to Cumbrae Churches Together for their help in distributing these bags!

IMPORTANT MEDICAL ADVICE

Q: What do I do if I need a Doctor?

A: For conditions OTHER than coronavirus call Cumbrae Medical Practice for an appointment.

Do NOT go in person!

Q: What do I do if I have symptoms of coronavirus?

A: If you've developed a new continuous cough and/or a fever/high temperature in the last 7 days, stay at home for 7 days from the start of your symptoms even if you think your symptoms are mild.

Do NOT go to the GP, pharmacy or the Lady Margaret Hospital and DO NOT GO INTO LOCAL SHOPS!

You should phone 111 if:

- your symptoms worsen during home isolation, especially if you're in a high or extremely high risk group
- breathlessness develops or worsens, particularly if you're in a high or extremely high risk group
- your symptoms haven't improved in 7 days

If you have a medical emergency, phone 999 and tell them you have COVID-19 symptoms.

See bit.ly/nhscovidadvice for further NHS advice

How can we help?

One of the areas that's been highlighted is help for those, mostly elderly, people who normally manage well independently with occasional help from friends or family. Some of their support can't leave their own homes or come to the island in the current situation. We can help in a variety of different ways - everything from electricity meter issues to changing a smoke alarm battery!

Some people may benefit from some temporary regular support through the Care at Home Service. This is help from trained people, kitted out with all the necessary PPE so that people can get help if they need it in their own homes. It might only need to be a short-term helping hand until lockdown restrictions are fully lifted, so please do get in touch if you need help, or on behalf of a relative that you're unable to support just now

**The MSG Central Helpline is 789179.
All calls are treated confidentially.**

You can see that while we might not have all the answers, we usually know someone who does!
A lot of our central helpline work involves directing people to the different agencies who can help.

Our NAC liaison, Anne-Marie Hunter, has put together a helpful summary of some of the other support available:

Useful Information

The best way to keep up to date with anything North Ayrshire Council is through the Coronavirus Update Page

<https://www.north-ayrshire.gov.uk/coronavirus/Coronavirus.aspx>

This page gives online links for Free School Meals registrations and numbers to use during this time for any of the services.

Social Services and wider Health and Social Care Partnership departments/services are still providing support during this time.

Anyone that engages with these services and support should still contact them in the normal way.

Health and Social Care Partnership Service Access Team is the first response to anyone who needs help in the community. They are a generic team and work with any person of any age and their aim is to ensure that people are supported to live safely within their community. They work in partnership with all agencies and listen to people who live in North Ayrshire providing a timely and appropriate response.

To refer to the Service Access Team contact **01475 687592** (Monday – Friday 9am – 4:30pm):

Out of hours – 0800 328 7758

Energy suppliers

Energy suppliers are providing support for people if they are struggling to get out the house to buy top ups. **There should be a contingency plan in place with each supplier.**

Take a look at this helpful page from Money Saving Expert for further info and advice:

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#energy>

If anyone is struggling in general with their energy costs, contact **Lemonade** on **07973 847981** or **01294 606046**

Benefit advice from Money Matters

Their advice line is **01294 310456** or you can follow on Twitter **@NA_MoneyMatters**

Food Provision

Support is available here on Millport as well as through the Service Access Team (see above). For advice, please contact the Helpline on **789179** for a confidential chat.