

CROC TALK

COVID-19 RESPONSE ON CUMBRAE • ISSUE TWO - APRIL 2020



Here are some useful tips while we are all required to stay at home...

ISOLATE yourself



Stay in your home or accommodation, do not go to work, school or other public areas



Do not have visitors in your home or accommodation



Have food, medication and other supplies delivered to you

LOOK AFTER yourself



Keep in contact with friends and family by phone, video or online



Carry on hobbies and interests at home if you can



Take regular exercise well away from others



Wash your hands for 20 seconds with soap & water



Cover coughs & sneezes with a tissue and put it in the bin immediately

Provided by Millport Support Group • Keeping Cumbrae updated and safe...

Central Hotline: 01475 789189

WHAT'S THE MILLPORT SUPPORT GROUP EVER DONE FOR US?

Since the group formed to support the community through the COVID-19 pandemic, our network of over 40 volunteers has carried out 570 grocery deliveries, delivered 55 prescriptions and made several hundred phone calls to keep in touch with island residents.

We've supported local retailers to set up and manage social distancing, topped up electric meter cards, sorted out a wheelchair, arranged emergency food packs, made sure a local dog got the insulin it needed from the vet and organised replacement hearing aid batteries for those who need them as well as delivering Easter Eggs (courtesy of Morrisons, Largs) to young people across the Island! We've kept the Cumbrae community informed via social media & the 'CROC Talk', sharing contact details for all the various support agencies as well as for food retail businesses serving the island.

The core team ('CROC central') has liaised with North Ayrshire Council to put in place a Millport version of free school meals for registered families; set up a system to supply Government food packs for households that are 'shielding'; organised a way of contacting households with no telephone facilities who need support; maintained close links with our local GP, pharmacy, Lady Margaret Hospital & Carers Teams; applied for Government funding for the community; raised contingency planning social welfare issues with NAC; liaised with Police and the CalMac Ferry Users Group to ensure only essential services and islanders travel and produced information articles for the local and national press.

We're currently still working with NAC to organise childcare for key workers on the Island and working closely with CCDC and Cumbrae Community Council to firm up the details of an application for community funding.

EH? HEARING AID BATTERIES

If you need replacement hearing aid batteries, please be aware they are no longer held at the Premier Store as the Millport Support Group will deliver them to you.

Just contact the central helpline on 01475 789179

CUMBRAE FORUM SHOP - FACILITY TO BORROW BOOKS

We are aware that some islanders are missing out on visits to the library during lockdown and may have run out of books to read! So, our wonderful Cumbrae Forum Shop volunteers are setting up a way of providing books to be loaned.

The aim will be to supply 6 (fully sanitised*) books at a time. Our volunteers will make sure these get picked up and delivered to your doorstep. All you need to do is coordinate direct with your volunteer.

Just tell us what genre of books you like to read and we'll do our best to see if the Cumbrae Forum Shop can send some good titles to you (recognising that sometimes you'll get a pack through with books you've already read). The service will operate from **Friday 17th April**, with books being sourced between 2-3pm on a weekly basis only.

Please note:

- No-one other than Cumbrae Forum Shop volunteers are allowed into the shop so please do **NOT** go to the shop.
- Delivery and collection of Cumbrae Forum books will be handled by your local volunteer – just call them (or if unavailable call our central Helpline on 01475 789179)
- If you have books that you wish to donate, our volunteers can collect from outside your front door.
- For any specific enquiries about books phone the shop on 01475 530610 during opening hours (Fridays between 2pm and 3pm).

HAPPY READING!

* As we're sure you're aware, it's important to please remember that if you are sharing books around at this time to your own family and friends, make sure the books are fully sanitised and left for 3 days before reading.

PLEASE ALLOW SUFFICIENT TIME FOR PRESCRIPTIONS IN THIS VERY BUSY TIME FOR OUR PHARMACY.

• PLEASE ALLOW 5-7 DAYS FOR REPEATS •

CHILDREN OF MILLPORT EXCEL IN THEIR ARTISTIC SKILLS TO HONOUR KEYWORKERS

Over the past week children of Millport have been very busy with their fabulous artistic skills in picking lovely pebbles from the beaches and creating these wonderful images to recognise and support the NHS front line workers in their daily challenges in hospitals or assisting people at home in isolation. Look at some of the wonderful gems created so far! Well done to all! It is such a delight to stop and see these great creations on our daily walks.

Wouldn't it be lovely to see more along the benches? In fact why not set a challenge to all that every bench along the seafront in Millport to have a pebble beside it?

So, here's a challenge to the children (and also big kids as well if you feel up to it!) to create more beautiful pebbles and perhaps this time not only to think about our amazing nurses, doctors, support hospital workers, plus pharmacists and carers hard at work at the frontline of health, but also think about our wonderful postmen on the island, as well as our delivery drivers, shopkeepers, council workers and other key workers around our wee island! So, get your creative juices working, get the paints and brushes out and let our promenade shine with more beautiful pebbles adorning our benches. Here are some of the beauties created so far...



MEET THE VOLUNTEERS... LARA AND CHRIS



Lara is an Early Years Practitioner at the local Primary School. She is also a venue assistant for NAC. During her time off from these jobs she works on cruise ships, travelling around the Norwegian Fjords, The Baltic, Atlantic and the Mediterranean. She loves to spend time with friends and family as much as she can.

Her favourite hobbies are swimming, gardening, watersports, snowboarding and spending time on cruise ships as a guest with a wee cocktail.

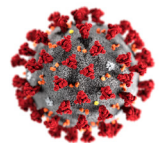
Chris is a marine technician at Sports Scotland Cumbrae. He cannot sit still and always has to be busy fixing things. Chris enjoys his man cave (workshop) at the bottom of their garden. He enjoys going on walks, gardening, reading, fishing and being out on the boat. Chris's favourite time of year is when he goes on his annual cruise holiday with Lara.

They are both volunteers for Glasgow Street, College Street and Mount Stuart Street.

WHAT DO WE KNOW ABOUT THE VIRUS?

The virus causing the current pandemic is **SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus-2)** while the disease it causes is called **COVID-19 (Coronavirus Disease 2019)**.

It's a novel virus, so there are many unknowns and a lot of research is going on, and being published, to fill our knowledge gaps. It's most easily transmitted via aerosol by close person to person contact, which is why the social distancing measure of 2m has been put in place. While it can be spread by indirect contact (touching surfaces such as door handles, petrol pump nozzles, cash), you can reduce this risk by following the simple Government advice to wash your hands and avoid touching your face, especially after contact with a potentially contaminated surface.



Recently published research in the 'Nature' scientific journal in a small group of contacts showed how long it might take to show an antibody test response after exposure (up to 14 days) but also found that people continued to shed the virus even after the antibody test was positive. The research also reported that some people shed virus while having mild symptoms (like those of a common cold). Research is still going on to understand the relationship between a positive antibody test and immunity.

HOW'S EVERYONE DOING?

We're now into another 3 weeks of lockdown and we've all been challenged in different ways - whether being confined indoors due to age or health concerns or by having to stay on the island and away from the choice and variety of mainland shopping, even though we appreciate all that our local businesses do to keep us supplied.

Some of us are finding it a stretch to cope with a much-reduced income and increased costs. It's really important to recognise that you're not alone in that - and even more important to know that there is help available through the Millport Support Group & that it's completely OK to access that. For example, we have a 'stockpile' of Morrison's supplies that have been sent to the island for anyone who can use them. There hasn't been much uptake so far and, although the groceries are all non-perishable (tins & dried foodstuffs), it would be much appreciated if folk would take some - even just so we can replace them with goods with a later use-by date.

We can help in many other ways, maybe just a chat with someone if you're feeling a bit cut off or to ask for some help with the garden or with applying for free school meals or for picking up your prescription, or help with getting hold of some fresh fruit & veg or free period products. We are all connected in this small community and where there's a will there's a way to get us all through this strange time, when many of us used to a steady income are finding things challenging. All support, whatever it may be, is offered in confidence and with no strings attached. So please reach out and give us a call - you'll find a very friendly and discreet human being at the end of the phone ... promise!

01475 789179

ADVICE ON SCAMS

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.
- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.



Contact

For advice on scams call the Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

Be a good friend,
help to protect
your family, friends
and neighbours
from scams.

Read it.
Share it.
Prevent it.

#Coronavirus
#ScamAware

**NATIONAL
TRADING
STANDARDS**

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

If you run a business that is being affected by COVID-19
you can get advice by contacting **Kasia Smith**

on **07826 534 292 • 01294 324 769 • kasiasmith@north-ayrshire.gov.uk**

Information can also be found online at findbusinesssupport.gov.scot/coronavirus-advice

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

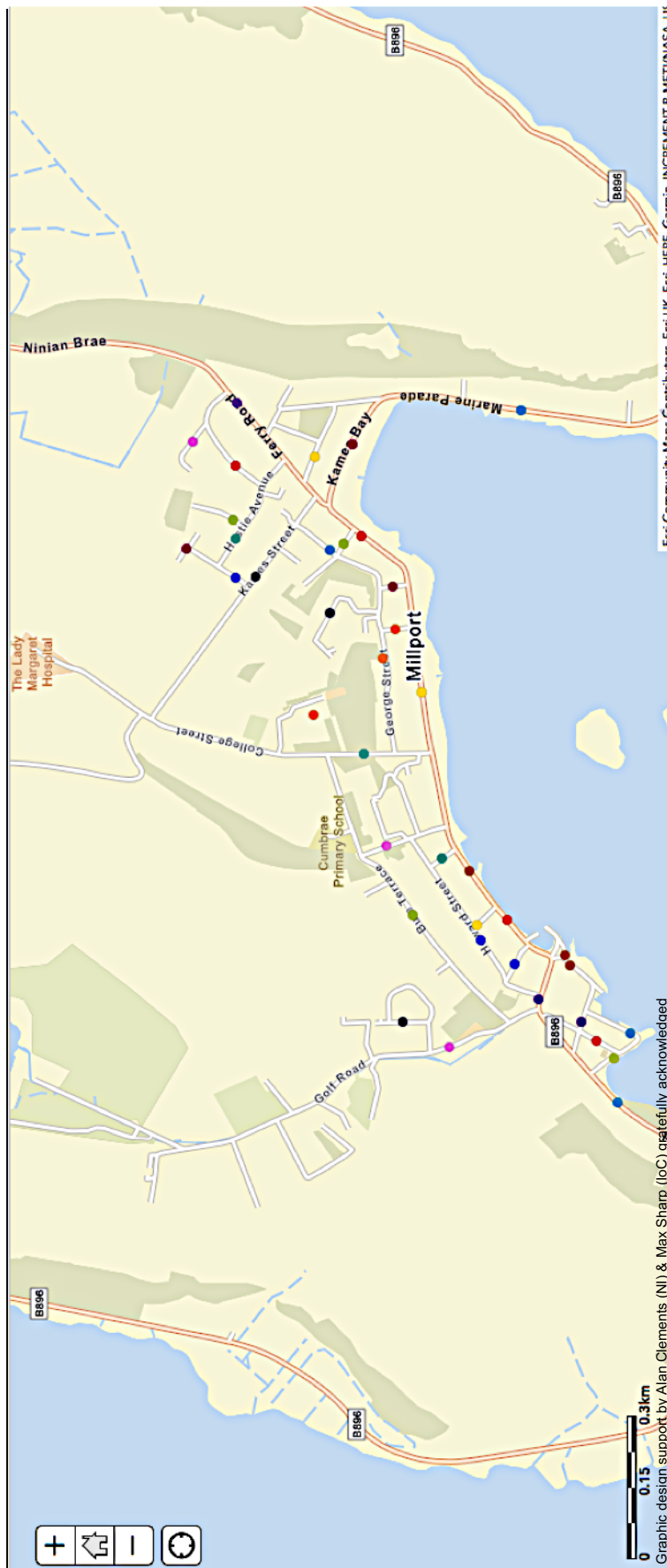
**OUR HOTLINE IS 01475 789179
IF YOU REQUIRE POLICE ASSISTANCE,
PLEASE CALL 101 WITHOUT DELAY!**

WHAT HAPPENS IN THE EVENT OF A FUNERAL?

Sadly, there a number of restrictions being applied to attendance at funerals for families and friends at this difficult time.

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.

Millport Support Group: Volunteers by Street



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|---|---|---|---|---|---|---|--|
| ● | Balloch Crescent: Tony & Philippa Dalton | ● | Copeland Crescent: Steven Muir & Kirsten Watson | ● | Guildford Street: Cory Joyce | ● | Ninian Street: Emma Jane Newton |
| ● | Barend Street: Charlie & Rosie Shaw | ● | Craig Street: Janette Gillan | ● | Hastie Avenue: Donald & Kathleen McGilveray | ● | Provosts Loan: Sharon Hagan |
| ● | Bute Terrace: Scott Wilson | ● | Craig-en-Ros Road: Charlie & Rosie Shaw | ● | Howard Street: Helen Letham | ● | Quayhead: Barbara Ferguson |
| ● | Cardiff Street: Barbara Ferguson | ● | Crawford Street: David Locke | ● | Kames Bay: Emma Jane Newton | ● | Reid Street: Cory Joyce |
| ● | Cathedral & outlying homes: Les Wright | ● | Crichton Street: Luigi Giorgetti | ● | Kames Street: Steven Muir & Kirsten Watson | ● | Ritchie Street: Johanna & Philip Woodhead |
| ● | Churchill Street: Johanna & Philip Woodhead | ● | Cumbernauld Drive: Donald & Kathleen McGilveray | ● | Kelburn Street: Susan Hunter | ● | St Beya Gardens: Lorraine Fraser |
| ● | Clifton Street: Cory Joyce | ● | Ferry Road: Tony & Philippa Dalton | ● | Marine Parade: Doug & Liz Laidlaw | ● | St Maura Gardens: Angela Giorgetti |
| ● | Clyde Street: David Locke | ● | George Street: Robert Garnett | ● | Millburn Street: Luigi Giorgetti | ● | Stuart Street: Johanna & Philip Woodhead |
| ● | College Street: Lara Crossan & Chris | ● | Glasgow Street: Lara Crossan & Chris | ● | Miller Street: David Locke | ● | West Bay Road: Julie Mapes |
| ● | | ● | Golf Road: Angela Giorgetti | ● | Mount Stuart Street: Lara Crossan & Chris | ● | Woodland Street & Crosshouse: Susan Hunter |

To get in touch if you can't contact us by phone, please write your name and full address below, tear off and post in the black letter box beside the Community Council noticeboard on the pier side of the Garrison wall

Name _____ Address _____