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Minard kindness in UK mental health spotlight

MacLeod Construction 'sew' generous for stitchers

A volunteer Mid Argyll group sewing protective 'scrubs' for health and care workers has been helped by Lochgilphead-based MacLeod Construction Limited.

No, brickies and joiners are not necessarily taking to the sewing machine.

Copying complete patterns for the clothing was a problem. That was until the company kindly offered the use of their large-scale printers more used to churning out construction plans.



Left to right: John McKellar, Stephen McCormick and Greig MacLeod printing more patterns on Tuesday.

by Colin Cameron
editor@argyllshireadvertiser.co.uk

Minard found itself thrust into the glare of the UK media spotlight this week for one simple reason - the kindness of villagers.

The Loch Fyne-side community was highlighted as a prime example of people helping one another as part of a promotion for Mental Health Awareness Week, which has 'kindness' as its 2020 theme.

A press release from the Mental Health Foundation Scotland used Becs Barker and the 200 villagers of Minard as a case study for people 'going out of their way to show kindness and help each other during the coronavirus pandemic'.

Minard folk are doing many things to support each other, from a local Facebook group, online quizzes and a village 'swap shop' where villagers can stock up on essentials. And

there is a daily walk round the village which goes past the houses of everyone who is shielding to give them all a friendly wave.

Results of a Mental Health Foundation Scotland survey suggest almost three quarters of Scottish adults say it is important we learn from the coronavirus pandemic to be more kind as a society.

More than six in 10 Scottish adults also say being kind to others has a positive impact on their mental health.

Director of the Mental Health Foundation Scotland Lee Knifton said: 'We need to challenge the idea kindness has no relevance to government and public policy. We have a once-in-a-generation opportunity to re-imagine a kinder society.'

But, as one of hundreds of communities in Scotland banding together during the coronavirus crisis, why

was Minard selected? Becs explained: 'I am friends with Chris White who works for Mental Health Foundation Scotland and he asked if he could share our Minard story to illustrate kindness in action.' She added: 'The activity in Minard, like in many other places, began before lockdown with a desire to look out for those shielding and others unable to leave home. We've helped each other with messages, prescriptions and other collections from town. We have volunteers linking in with Cindy and David at Furnace Stores who are doing an amazing job keeping everyone in supplies. A mention too for Quarry View Garden Centre which has helped drive a village passion for gardening with their deliveries and cheery service.'

'There isn't a committee but a few nudges and suggestions have got everyone motivated.'



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Kilmartin residents to decide building future



Kilmartin Church building.

People of Kilmartin are being asked whether the now-disused old parish church should be bought for community use.

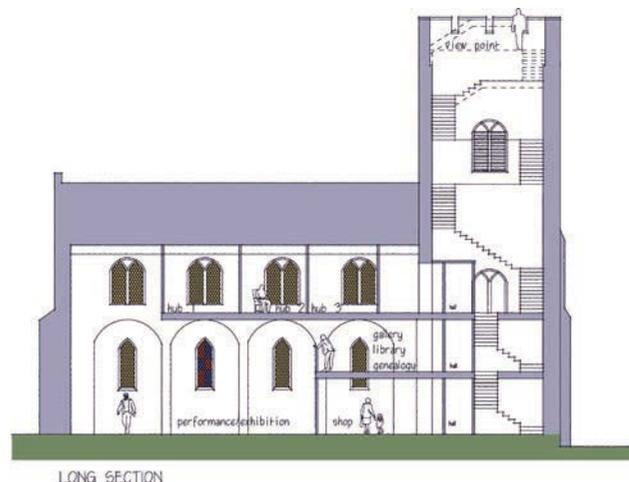
A community consultation, led by Dunadd Community Enterprise – known as ‘the Enterprise’ – closes on June 16.

The building passed into private ownership in December 2019 and the owner has agreed the Enterprise has four years to decide whether to buy it for community use.

The Enterprise has secured funding for a feasibility study and commissioned an architect to prepare outline plans for the building – using ideas already expressed by local people as the starting point.

With the building surrounded by a graveyard, the Enterprise says it will do all it can to ensure users are respectful of this.

And, amid concern the building should not be a millstone



A side view of the proposed outline design.

for future generations, David Bracken, chairman of Dunadd Community Enterprise said: ‘The aim is to maximise income by designing a range of facilities over three floors. It is hoped this will offer something for the community and visitors.’

Initial plans include a large space for exhibitions, performances and rehearsals, but the detail will be informed by community feedback.

The plans also include a shop. David said: ‘We would love it to be a showcase for local produce, whether that is food or arts and crafts. We would also like to put the stone crosses in this area.’

The building additionally offers a chance to develop a genealogy centre, adding to the fabulous story of early history already told by the adjacent Kilmartin Museum.

The Enterprise envisages small rooms on the top floor to accommodate a range of businesses.

Should local people want to take the project forward, a second round bid for funding will be made to the Scottish Land Fund in August.

David explained: ‘Unfortunately we can’t be out meeting people, showing them the plans and answering questions, so we have had to come up with new ways of getting people’s opinions.’

‘If the restrictions are eased before the consultation period ends on June 16, we will try

to make the plans physically available, complying with any government advice.’

One of the directors, Steve Carter, has come up with a 3D version of the plans, and a video has been produced.

When the consultation closes, the Enterprise will have a final vote a couple of weeks later, once a business plan has been published.

View the plans and have your say by visiting the www.dunadd.scot website.

POLICE FILES

Drugs warning

Two men, aged 21 and 31, were stopped on the A816 near Kilmichael and searched by police at 4.25pm on Tuesday May 12. The pair were found in possession of cannabis, charged and issued with recordable police warnings.

Careless driving

On Tuesday May 12, at around 2.30pm, a black Vauxhall Astra car was seen allegedly being driven in a careless manner while overtaking other vehicles on the A83 near Furnace. The owner, a 36-year-old woman, was later traced by police and a report will be submitted to the procurator fiscal.

Possession of drugs

A man and a woman, both aged 21, were searched by police at 11pm on Saturday May 16 in Glenburn Road, Ardrishaig. After being found in possession of cannabis, they were charged and issued with recordable police warnings.

Anyone with information in relation to the above, or to any incident, should contact their local police station on telephone number 101, or anonymously through Crimestoppers on 0800 555111.



Davaar Island Safe Walking Times

	Morning	Safe Walking Times		Afternoon	Safe Walking Times	
	Low Tide	From	Til	Low Tide	From	Til
Fri, 1 May 2020	12:09	09:09	14:39			
Sat, 2 May 2020				13:26	10:26	15:56
Sun, 3 May 2020				14:39	11:39	17:09
Mon, 4 May 2020				15:39	12:39	18:09
Tue, 5 May 2020				16:29	13:29	18:59
Wed, 6 May 2020				17:15	14:15	19:45
Thu, 7 May 2020	05:46	02:46	08:16	17:59	14:59	20:29
Fri, 8 May 2020	06:29	03:29	08:59	18:43	15:43	21:13
Sat, 9 May 2020	07:13	04:13	09:43	19:27	16:27	21:57
Sun, 10 May 2020	07:57	04:57	10:27	20:13	17:13	22:43
Mon, 11 May 2020	08:43	05:43	11:13			
Tue, 12 May 2020	09:33	06:33	12:03			
Wed, 13 May 2020	10:31	07:31	13:01			
Thu, 14 May 2020	11:41	08:41	14:11			
Fri, 15 May 2020				12:56	09:56	15:26
Sat, 16 May 2020				14:02	11:02	16:32
Sun, 17 May 2020				14:57	11:57	17:27
Mon, 18 May 2020				15:45	12:45	18:15
Tue, 19 May 2020				16:27	13:27	18:57
Wed, 20 May 2020				17:04	14:04	19:34
Thu, 21 May 2020				17:38	14:38	20:08
Fri, 22 May 2020	05:52	02:52	08:22	18:09	15:09	20:39
Sat, 23 May 2020	06:22	03:22	08:52	18:41	15:41	21:11
Sun, 24 May 2020	06:53	03:53	09:23	19:16	16:16	21:46
Mon, 25 May 2020	07:30	04:30	10:00	19:56	16:56	22:26
Tue, 26 May 2020	08:11	05:11	10:41	20:42	17:42	23:12
Wed, 27 May 2020	08:57	05:57	11:27			
Thu, 28 May 2020	09:49	06:49	12:19			
Fri, 29 May 2020	10:48	07:48	13:18			
Sat, 30 May 2020	11:53	08:53	14:23			
Sun, 31 May 2020				13:03	10:03	15:33

Stay safe: Check weather conditions and hours of daylight before you go



In an emergency, dial 999 and ask for the Coastguard

Pods a remote possibility, says councillor

As social media giant Twitter announced it was allowing its staff to work from home ‘forever’ if they wished, a councillor has suggested garden pods could be used by Argyll and Bute Council staff working from home.

Rory Colville, the authority’s policy lead for support services, suggested the council look at the potential of staff being able to work from home permanently in future – and wondered whether garden pods might help.

He put the idea to the council’s business continuity committee after hearing a report on the radio on the popularity of the pods. Many council staff

are working from home during the COVID-19 pandemic and council committee members were conducting the meeting, on Thursday May 14, via Skype.

Councillor Colville said: ‘I was listening to the radio this morning and there was one company which is blossoming in this situation, in that they provide pods to put in your garden to work from home.’

‘Could we give some consideration to this?’

Councillor Kieron Green questioned the practicality of the idea: ‘It is a great idea if you have a garden, but there will be a lot of us with no gardens in smaller properties.’

CONTACTUS
email editor@argyllshireadvertiser.co.uk
telephone 01546 602345

Widespread bullying of health workers

by Colin Cameron
editor@argyllshireadvertiser.co.uk

Health bosses have once again been forced to apologise to current and former staff members after a survey revealed extensive bullying in Argyll and Bute.

In a survey commissioned by NHS Highland, 68 per cent of respondents said they had experienced bullying and harassment. In total, 446 (29 per cent) of 1,540 NHS staff at Argyll and Bute HSCP, plus 62 former employees, responded to the independent survey.

NHS Highland is working on building 'a culture of trust, fairness and respect' in response to the damning findings of the Sturrock Report on bullying within NHS Highland. This has so far seen the announcement of the 'Healing Process', a new Employee Assistance Programme and inde-



Argyll and Bute HSCP chief officer Joanna Macdonald.

pendent 'Speak Up' service, due to begin on July 1. An independent helpline has been set up as part of a 100-day action plan.

Argyll and Bute HSCP chief officer Joanna Macdonald said: 'It is distressing to see a significant number of our colleagues have ex-

perienced bullying and harassment and addressing the implications of this report will be a high priority.

'We will work in close partnership with colleagues and stakeholders across all of the organisation to deliver the actions necessary to achieve a culture based upon dignity and respect for each other.'

Dawn MacDonald, UNISON Highland Health Care branch secretary, said the bullying 'must stop'.

'It is tragic that the very staff we clap for every Thursday to thank them for their unselfish caring for our loved ones have experienced bullying and harassment working for the NHS,' she continued.

She added: 'These results are not surprising. UNISON has been raising concerns internally and with the Scottish Government regarding behaviours within the HSCP, the management team and human resources department since October

2018.' Councillor Anne Horn said she had previously been assured Argyll and Bute HSCP management acted to eliminate bullying, yet it is still happening.

'Bullying is abuse and there is no excuse,' Councillor Horn said.

'This is totally unacceptable at any time,' said Councillor Dougie Philand 'but at a time when our staff are stressed working extremely hard to save lives in our communities, the perpetrators should be subject to immediate investigation.'

Councillor Sandy Taylor is a member of the Integration Joint Board (IJB), the group overseeing health and social care in Argyll and Bute.

He said: 'I will challenge bullying whenever it comes to my attention and encourage every effort to replace that negative culture with one in which people are treated with respect.'

Council considers August school return for pupils

Argyll and Bute Council is working on the assumption schools will return in some form in August, a meeting has heard.

Douglas Hendry, executive director with responsibility for education, delivered an update on the authority's response to the COVID-19 outbreak at a virtual meeting of its business continuity committee on Thursday May 14.

Mr Hendry said: 'There is still no clear position, but the assumption we are working on is some form of reopening of schools, although not back to what it was before, in August. Work is going on to prepare for that.'

Councillor Yvonne McNeilly, the council's policy lead for education, added: 'On a point of clarity, I am absolutely with the first minister in that we approach everything with caution and a multi-layered approach may not be taken for August because everything is far from clear.'

The Educational Institute for Scotland, the country's largest teaching union, has previously said schools should not return before August. The Scottish Government has indicated a return before the scheduled summer break is unlikely and a phased return would almost certainly be required.

IF IT'S URGENT, IT'S URGENT

GP surgeries and hospitals are still here for you.

If you have an urgent, non-coronavirus health concern, please don't wait. Promptly seek help for emergencies, present possible cancer signs and attend immunisation appointments.

Happy lockdown birthdays

Having a birthday during the lockdown is strange, to say the least. While government guidelines on minimising social contact are in place, sadly we can't enjoy a birthday celebration with friends and family. You can, though, have your birthday celebrated in the Argyllshire Advertiser.



Lochgilthead girl Alix Robertson was supposed to have a big party when she turned 12 on May 5. Instead she had a birthday breakfast and a photoshoot in the hall, gifts dropped off at the door, a birthday barbecue and a special cinema set up in the living room. Alix's Auntie Susan sang to her in the street outside the house.



Jenna Oswald from Tayvallich turned five on May 9. She celebrated with a barbecue and chocolate cake and is in high spirits despite missing all her friends and family.



Left: Tarbert couple Dean and Kayleigh Hawthorn celebrated their 30th birthdays in lockdown – Dean on March 28 and Kayleigh on May 15. They also celebrated their second wedding anniversary on May 19. Lots of love from all of the family.



Having a dip in the ocean was how Daisy Brown from Tarbert chose to celebrate her 12th birthday.



Right: Kaelah Rose MacCallum from Ford celebrated her sweet 16th on April 24 with her family at home enjoying the sunshine and cake.



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Right: It was Hayley Rose Posnik's first birthday on May 14. She spent the day at home in Minard playing with her big sister Zoe who is two, with her party balloons, toys and cake.



Alyce Watson from Lochgilhead celebrated her birthday a little differently on May 10. Lots of cake and treats were enjoyed by Alyce and her sister Rebekah as they celebrated Alyce's seventh birthday.



Blair Gillies from Ardrishaig turned nine on May 10. He celebrated at home with mum, dad and sister Brodie. Blair is missing all his friends and family but made the most of his special day by going for a cycle along the canal on his new bike – which arrived just in time.



Stuart Todd from Lochgilhead about to blow out the candles on his cake. He celebrated his fifth birthday on May 14 and had a great day with his brothers Geordie and Rory.



Left: Maisie Briggs was five on Friday May 15 and celebrated with a barbecue in the garden with mummy, daddy and her little brother Niall. Maisie's lockdown in Tayvallich has mainly been spent on her bike.



Left: Tilly Scott from Tarbert turns one year old on May 25. Here's hoping the weather is good to spend the big day in the garden.

Send us a photograph of your family member or friend enjoying their special day and we will publish it and wish them a happy birthday.

Remember to include their full name, age, where they are from and a bit about what you did to make the day at home special.

Send your photographs to editor@argyllshireadvertiser.co.uk

LOOKING FOR HELP DURING CORONAVIRUS?

Please cut out and keep this page of useful contacts for use when you may need them.

National Assistance Helpline
(Open office hours Monday to Friday)
Call: 0800 111 4000
Text phone service: 0800 111 4114

To help people at increased risk access essential help if they do not have family or other support.

Health

www.nhsinform.scot/coronavirus
0800 028 2816 for general information only

NHS 24: Call 111 if symptoms worsen or if fever for 7+ days

Shielding local support:
www.gov.scot/covid-shielding-contacts

Feeling anxious or depressed?

NHS Inform:
www.nhsinform.scot/coronavirus-mental-wellbeing

NHS 24: Call 111
www.clearyourhead.scot

Breathing Space:
www.breathingspace.scot
0800 83 85 87

SAMH:

0344 800 0550
Samaritans Scotland Helpline:
116 123 / jo@samaritans.org

Advice for pregnant women
www.nhsinform.scot/ready-steady-baby or contact your midwife if concerned.

Social welfare and financial help
Citizens Advice Scotland:
www.cas.org.uk
0800 028 1456

Struggling with energy bills?
Home Energy Scotland:
0808 808 2282

Consumer issues
Advice Direct Scotland:
www.coronavirusadvice.scot
0808 800 9060

Employment rights advice

www.acas.org.uk
Helpline: 0300 123 1100

Your rights at work

www.stuc.org.uk
0141 337 8100

For business support

www.findbusinesssupport.gov.scot
Helpline: 0300 303 0660

Advice for parents

www.parentclub.scot/coronavirus
Parentline Scotland:
08000 28 22 33

The Money Talk Team:
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Information for young people

www.young.scot/coronavirus

Information for older people

www.agescotland.org.uk
0800 12 44 222

Dementia – Alzheimer Scotland

www.alzscot.org
Helpline: 0808 808 3000

Scottish Autism Advice Line

www.scottishautism.org
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Healthier Scotland
Scottish Government



Lochgilphead entrepreneurs reach higher

Six Lochgilphead High School students will become the first to achieve the equivalent of a Higher for their entrepreneurial skills when results are announced on June 2.

Despite having to complete their assignments online, they will be informed by their teachers they have completed the Young Enterprise Scotland (YES) Company Programme - making them the first in the country to gain the new SCQF-accredited qualification. The students had to establish an operational business to demonstrate practical skills in management, finance and marketing as well as show an entrepreneurial drive. Under lockdown, Young Enterprise Scotland continued to liaise with students online to complete the programme.

The Lochgilphead students' success was made possible thanks to the efforts of principal teacher for enterprise Fiona McBride and team advisers Colin MacLean and David Renwick, who gave up many lunchtimes to offer support.

Vital message as battle against virus continues

As the national effort continues to slow the spread of coronavirus, it's important to acknowledge the part everyone in Scotland has played in helping save lives.

The restrictions placed on our day-to-day lives have undoubtedly been tough. People are experiencing the loss of social interaction, loss of livelihoods and, for some, the loss of health or a loved one.

But the measures remain necessary to stop coronavirus and it's vital the nation continues to help in the fight against this pandemic.

Every part of Scotland will be affected by this virus and the situation we face is serious. However, as we've seen, by people doing the right thing, together we can reduce the impact, flatten the curve and save lives. Not following guidance - or lifting restrictions too soon - could result in many



Healthier Scotland



more people becoming ill or dying, and risk our NHS being overwhelmed.

It's important to remain aware of the symptoms of coronavirus and latest guidance. These can be found at www.nhsinform.scot

If you have symptoms you think may be coronavirus, do not leave your home for seven days. If you are in a household with someone else who has symptoms, you should not leave your home for 14 days, even if you remain symptom free. If you start to display symptoms during those 14

roughly the length of a double bed or two shopping trolleys - and wash your hands as soon as you get home.

Regularly washing your hands with soap and water for 20 seconds reduces the risk of catching and spreading the virus. It's also important to avoid touching your face.

Scotland's National Clinical Director Jason Leitch said: 'People across the country have done a great job of following the advice to stay at home and I'd like to say thank you for everything you're doing.'

'We don't underestimate how hard it has been, but every single life is precious. That is why we need people to stick at it and continue to follow the guidance to slow the spread of the virus, protect the NHS and our loved ones.'

'The Scottish Government is working day and night to do the very best it can for the

people of Scotland during the pandemic, guided by the latest scientific and medical advice.

'While there are some early signs the lead indicators may be flattening off, or not accelerating as they were, it's important to stress the situation remains serious. That's why our message continues to be 'stay at home'. If we remove measures too early, that will crumble. We need to be very, very cautious as we move forward. We are in it for a long haul and it's important to stress everyone needs to play their part. There has been no bigger ask of the nation, but every time you follow the latest advice, you're helping us save lives. I'd appeal to you to continue to do the right thing.'

For information on the latest guidance visit www.gov.scot/coronavirus. If you have a health concern, visit www.nhsinform.scot



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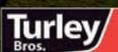
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All together >

Private firms working for the public good in coronavirus outbreak

People working for a wide range of private companies have been standing side-by-side with public sector staff on the front line during the coronavirus outbreak. Staff at private sector firms

have been doing their bit to help out communities across the country during the crisis. This includes employees from many of the large outsourcing firms that the government works with,

who have both shifted their resources to work on other projects and made sure vital services have continued. Here are just some of the many examples from across the country.

'Trying to make a difference'

CASE STUDY 1 VENTILATORS

AT THE beginning of the Covid 19 crisis, Britain's hospitals had 8,000 ventilators.

They now have 11,500 - of which more than 1,000 are from the Prime Minister's Ventilator Challenge.

Babcock International is one of those companies which has stepped up to the challenge

The company based in London has offices, specialist training facilities, dockyards, equipment testing centres and research and development facilities across England, Scotland, Northern Ireland and Wales.

Chris Spicer is project manager for the ventilator challenge at the company He said: "On Monday March 16 there was an email asking if there was any way Babcock could provide support. By the Friday we had a working prototype. The weekend was pretty busy preparing for a



CHALLENGING TIMES: Chris Spicer is project manager for Babcock International.

presentation to the government on the Monday to propose what our offering would be, how it would meet the requirement specifications, our plan for building it, the time frame and also the volumes we could achieve.

"People worked round-the-clock to get it sorted and have continued to. We've used innovative, bespoke ways of

moving forward. Some of the machine companies we use for submarine parts now make plastic valves for the ventilators. We all want to help in any small way we can. We all have relatives in vulnerable groups and that's a driver - thinking if that was your father or your granny in that scenario how could you make that little bit of difference."

Stepping up to support Nightingale North West

CASE STUDY 3 HOSPITALS

GLOBAL construction and support services company Interserve is among the many that has stepped up to help out in the current crisis.

The company was already providing services ranging from security through to cleaning, catering, maintenance and portering duties to 11 NHS hospitals, six healthcare facilities, the London Ambulance Service and the Scottish National Blood Transfusion Service.

Within 11 days of taking an initial call, they had everything



FAST WORK: Steve Francis.

ready - from cleaning to catering - for Nightingale North West.

Steve Francis works for Interserve as part of the facilities management team at the hospital.

He said: "Teams had to move quickly on the Nightingale contract. The company had a call from the NHS and 11 days later we were live."

Virtual visiting brings comfort to families

CASE STUDY 4 LIFELINES

A UNIQUE partnership of medical experts, academics, companies and charities has led to the creation of a way for families to see loved ones in intensive care without actually visiting them.

The team have shared expertise and resources to help patients and families stay connected through Life Lines, a project which provides a secure virtual-visiting solution for families whose loved ones are being treated in intensive care units during the coronavirus pandemic. It means that even though they can't visit,

family members can still be at the bedside via a tablet and secure app.

The Life Lines project was set up by critical care consultant Dr Joel Meyer, professor of critical care nursing Professor Louise Rose and Michel Paquet, who developed the aTouchAway app used in the project and is the chief executive officer of Aetonix.

Partners include King's College London, King's Health Partners, Aetonix, Bray Leino, Google and BT. Initial funding of £1m was provided by the True Colours Trust and the Gatsby Charitable Foundation.

Ensuring the children of key workers are well fed

CASE STUDY 2 FOOD

FEEDING THE children of key workers who have still been attending school during the coronavirus crisis has been a significant challenge.

One of the firms that has been helping ensure children are well fed is ISS education, who work with more than 600 education establishments across the country.

They have been providing food hampers packed with all the ingredients families need to cook meals at home for their children

Linda Cregan is the food services director for ISS education. She said around 200 of the schools it serves have stayed open to feed vulnerable and key worker children.



FEEDING TIME: Linda Cregan.

"We wanted to make sure we were doing everything possible and making it as easy as possible for schools to find solutions locally to what they needed," she said. "We have had a mixed bag offering packed lunches, collections, and hot meals."

One of the establishments they have worked with is the Waterton Academy Trust, which is based in Wakefield.

Linda said: "The trust wanted to be able to provide families with the ingredients that they could then cook the meals at home with for their children."

Companies doing their bit

- Interserve have used 40 vehicles and 100 people from their probation team to deliver food to the elderly and vulnerable.
- BAE Systems helped to secure more PPE equipment for NHS staff by using their industrial-scale 3D printers to make tens of thousands of face shields.
- Engie are distributing shielding and welfare boxes to vulnerable

- people on behalf of local councils.
- ISS have delivered recipe books and food hampers to thousands of children who are eligible for free school meals.
- BT have worked with Samsung, Google, MobileIron and TouchAway to provide video services for people in intensive care units, allowing them to communicate with their families.



Keep our distance,
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LETTERS

Write to us: send your letters to editor@argyllshireadvertiser.co.uk
or The Editor, 44 Argyll Street, Lochgilphead PA31 8NB

Bullying must stop

The Sturrock report on NHS Highland largely ignored Argyll and Bute.

Now we find the bullying problem here is equally as bad.

The survey results have particular impact and resonance at this point in time, given the dedication of health and care staff during the coronavirus crisis.

This type of behaviour has been anecdotally reported for years, so is not a huge shock, but it is nonetheless disgraceful.

Apologies are of little use.

Action is needed and the bullies must be confronted. That they were allowed to behave in this way for so long is the real shocker.

Their own managers have questions to answer. Why was this not nipped in the bud? Is there an ongoing lack of management training and support?

Whatever the reasons, it has to stop now.

A kind of magic

Minard folk were surprised to find themselves in the papers, on television and on the radio this week. They deserve the attention, but communities across Argyll equally merit praise for their kindness and community spirit.

Again, it comes as little surprise. That's the way we do it in Argyll.

Be kind to one another

Sir,
Mental Health Awareness Week, now in its 20th year, runs from May 18 to May 24.

This year, the theme for the week is kindness and across the country, people will be celebrating kindness in digital and creative ways within social distancing restrictions.

The last couple of months, with all the uncertainty of the virus and the impact of lockdown, have been an extremely stressful and worrying time for many people across the Highlands and Islands.

People who may have previously felt isolated in remote and rural communities may be feeling this even more acutely at this time, so it's important they know support is available.

Across the region, many people have also sadly faced the pain of losing loved ones to the virus or have fallen ill themselves, while others have seen their livelihoods put at risk or incomes reduced.

All of this has put additional strain on people's mental well-being.

This year's Mental Health Awareness Week is putting the focus on kindness as a means of helping people through the pandemic and building a better society as we emerge from it. We see many acts of kindness in the Highlands and Islands all the time, but this week is an opportunity for people to reflect on their interactions with others and how they can try and be a little kinder during this unprecedented time.

David Stewart, MSP for Highlands and Islands region.

Sight loss support

Sir,
Sight loss charity RNIB Scotland is highlighting the emotional reassurance and practical help it is offering during the coronavirus lockdown.

Our Need to Talk telephone counselling service remains available in Argyll and Bute for anyone diagnosed with sight loss, as well as their families, friends and carers.

Losing some or even all your sight can be devastating news to take in, but our trained helpers can support you in coming to terms with your condition and finding a way forward.

RNIB is concerned the lockdown might be affecting people who are blind and partially sighted, many of whom are older, particularly hard. The uncertainty over access to basic shopping and medication, to information in accessible formats, the social isolation and barriers to being guided because of social distancing can all add and compound to the mental and emotional stress people are experiencing.

As well as our Need to Talk service, the RNIB helpline on 0303 1 239999 is available for anyone with sight loss and we continue to organise social activities over the phone and social media.

People with sight loss are not alone.

James Adams, RNIB Scotland director, Edinburgh.

Aliens are among us

The Scottish Invasive Species Initiative (SISI) has launched Alien Detectives – a fun and educational online resource to help the young and not so young learn more about alien - or

non-native – invasive species. Originally designed as a school education pack, the huge array of activities now includes a wide range of fun games and activities that anyone can enjoy at home, in the garden or on local walks during lockdown.

Alien Detectives includes crafts, quizzes, worksheets, presentations and puzzles all themed around invasive species and the river environment. Although primarily aimed at young people, anyone with an interest in the environment or invasive species can enjoy them too. Our project team has been busy while homeworking during lockdown to produce these fantastic resources.

We hope becoming Alien Detectives will bring many hours of enjoyment to individuals and families during lockdown, especially at a time when most young people are not in a regular school environment and might be looking for a new challenge or activities to continue their learning.

Invasive non-native species might be a new topic to many but it is a really important one. Invasive species can have a major impact on our environment and native wildlife and are responsible for significant biodiversity loss in Scotland and across the world. We hope these resources will help raise awareness of the impacts of invasive species and inspire more young people to learn something about them.

No prior knowledge is needed and there's lots to learn and have fun with so become an Alien Detective and help us tackle invasive species today.

All of the 'Alien Detectives' resources

Press policy

At The Argyllshire Advertiser, we endeavour to ensure all our reports are fair and accurate and comply with the Editors' Code of Practice set by the Independent Press Standards Organisation (IPSO). We realise, however, that mistakes happen from time to time. If you think we have made a significant mistake and you wish to discuss this with us, please let us know as soon as possible by any of the three methods: emailing editor@campbeltowncourier.co.uk; telephoning the chief reporter on 01546 602345 or write to the Group Editor at Wyvex Media, Crannog Lane, Lochavullin estate, Oban, PA34 4HB. We will try to resolve your issue in a timeous, reasonable and amicable manner. However, if you are unsatisfied with our response, you can contact IPSO, which will investigate the matter. You can call IPSO on 0300 123 2220 or email inquiries@ipso.co.uk. IPSO is an independent body that deals with complaints from the public about the editorial content of newspapers. We will abide by its decision.



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can be found at www.invasivespecies.scot/alien-detectives.

Callum Sinclair, SISI Project Manager.

Let's hold a virtual picnic

Sir,
We may not be able to hold picnics in the usual way just yet, but why not hold the next best thing – a virtual picnic?

National charity Family Action is running its Virtual Family Picnic from May 23 to May 26 and everyone is invited. The charity has created a free pack full of tips, ideas and videos to help people host their own virtual picnic.

You can hold your picnic in your garden, on your balcony or on the living room floor. Just find some space, make some tasty treats and connect with friends and family online.

Although we are all still respecting social distancing and cannot meet in groups, we can still share experiences together and create happy memories. And when lockdown finally ends we can do it all again, but this time in person.

To find out more and to get your free pack, visit the Family Action website.

David Holmes CBE, Family Action Chief Executive Officer, London.

HAVE YOUR SAY

email us at editor@argyllshireadvertiser.co.uk

YOUR PICTURES



This week's photograph of 'furloughed creels at Crinan' was submitted by Siobhán Canavan from Cairnbaan and shows creels lying temporarily idle at the pier during the coronavirus lockdown. Send your favourite photographs for publication to editor@argyllshireadvertiser.co.uk

CONTACTUS

The Argyllshire Advertiser 44
Argyll Street, Lochgilphead
PA31 8NB
Phone: 01546 602345

Chief Reporter:

Colin Cameron
editor@argyllshireadvertiser.co.uk

Reporter:

Rachel Carruthers
editor@argyllshireadvertiser.co.uk

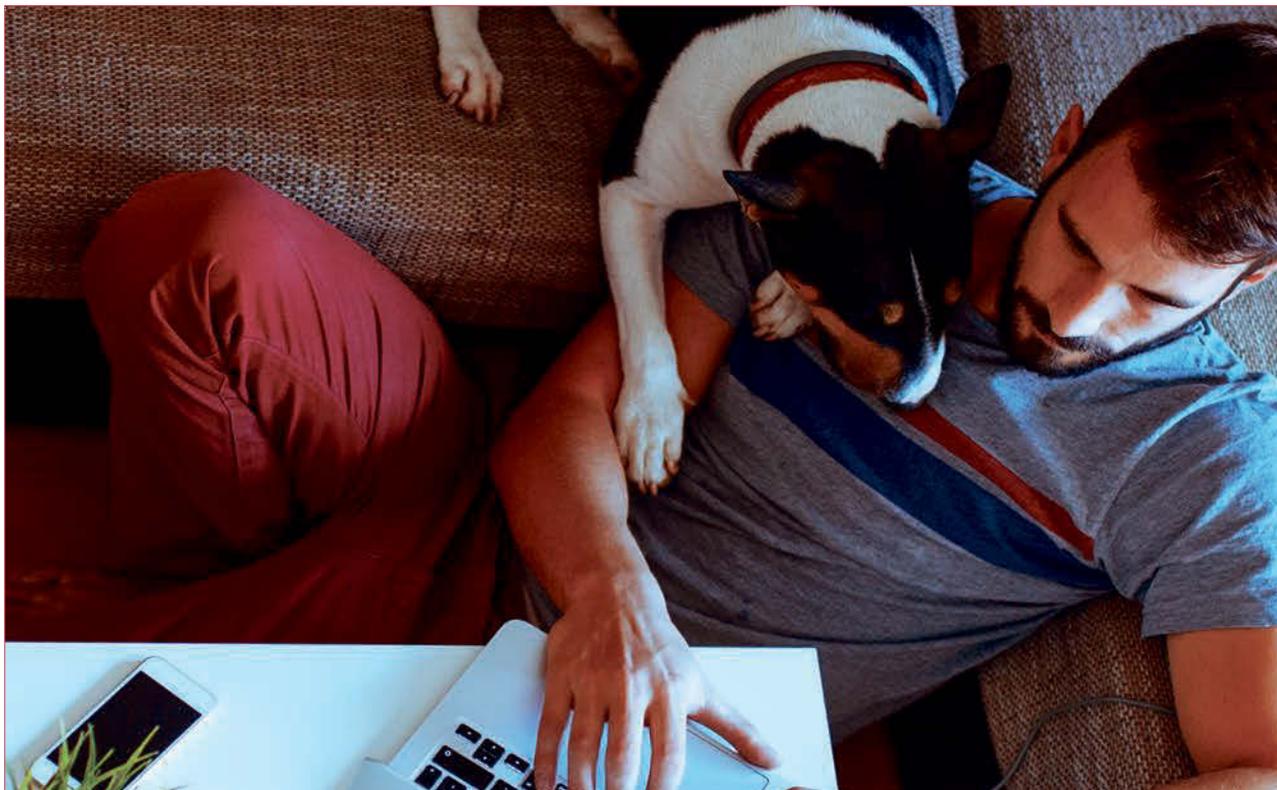
Advertising:

June Graham
adverts@argyllshireadvertiser.co.uk

Head office:

Wyvex Media,
Lochavullin
Industrial Estate,
Oban, PA34 4 HB

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Argyll Adventure saddles up to seek public help

by Colin Cameron
editor@argyllshireadvertiser.co.uk

The owner of an Inveraray equine and outdoor activity centre is looking for customers' help as lockdown bites.

It's fair to say Andy Cameron could have had an easier start to running Argyll Adventure.

The business has operated at Dalchenna Farm for two decades in its current format and 34-year-old Andy took over the reins at the end of 2018.

Argyll Adventure's bread and butter is horse riding - trekking through the hills above Loch Fyne. It also boasts the only covered riding arena in Argyll and is the only official Pony Club centre in the area.

Other activities include paintball, laser and crossbow - the latter two under cover, which is useful in Argyll.

The pony trekking draws customers from across the globe, while Andy has been busy building relationships with people closer to home, including Argyll businesses for staff days, MAYDS in Lochgilhead, the council and health service providers.

Customers

Andy explained: 'We have seen the Pony Club membership double and, for the first time in years, the centre is seeing a return of customers from Inveraray.'

And, during Mental Health Awareness Week, he is keen to stress Argyll Adventure's role, saying: 'We take pride in running days for children and adults with learning, physical or social needs.'

'My first full season was 2019 and it was an amazing start weather and customer wise,' explained Andy. 'Then it started raining one day in May and forgot to stop!'

It was a case of looking

forward to 2020 - then coronavirus arrived.

Andy said: 'We came out of five winter months with next to no income, have had zero income for nearly three months now and could face another winter before seeing any form of revenue.'

'We can't just lock the door, wait and dust off stock ready for sale when we re-open. We can't furlough the team and we can't ask the horses to keep themselves fed, watered, bedded and exercised.'

Outgoings

The business has already stripped back non-essential outgoing and taken other measures, but still needs to find around £3,500 per month.

Having applied for all available grant funding, Argyll Adventure has now gone down the crowdfunding route and set up a Just Giving page: 'We're raising £10,000 to Save Argyll Adventure'.

Gift vouchers are also available to buy via the Argyll Adventure website and customers will have two years to use them.

Andy says he has been 'blown away' by people's generosity.

'Thank you to everyone who has supported us so far. Special thanks to PC Laura Evans of Dunoon, a former livery client who over ordered on her new arena surface and donated it to us. And to Dalmally contractor Duncan MacDougall for free use of his trailer to collect the surface and a week's free hire of his digger to help lay the surface along with other jobs around the farm.'

'With the support of our customers we will make it through this unprecedented time and continue to grow the business in the manner we have started and be here for the community of Argyll for years to come.'

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Trekking amid the splendour of Loch Fyne.



HM Government

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EVERYONE else in your household must
not leave the house for 14 days.

Do not go out even to buy food or essentials.

Stay at home to exercise.

nhsinform.scot/coronavirus

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

Charming youth to tyrant



I have just bought *The Mirror and the Light*, the third and final book in Hilary Mantel's wonderful historical trilogy about Thomas Cromwell, a powerful figure in the English court of King Henry VIII.

So, lockdown or no lockdown, I shall spend the summer reading this tome of around 900 pages.

Over the timescale of the three books, 1500-1540, Henry VIII (1491-1547) evolved from an intelligent, fun-loving, charming, happily-married youth to an obese, egotistic, chronically-sick, six-times-married tyrant and murderer. So how did this transformation come about?

Several chronic medical conditions have been suggested to answer this question, including diabetes, glandular problems like Cushing's syndrome (overactive adrenal gland) and myxedema (deficient thyroid gland) and dementia. But none

Left: King Henry VIII of England.

Science matters

DOROTHY H CRAWFORD



Chronic medical conditions linked to transformation

of these explain the obstetric problems suffered by his first two wives.

Catherine of Aragon and Anne Boleyn each bore one healthy child (later Queens Mary and Elizabeth I respectively) followed by a series of miscarriages, mostly in late pregnancy. This is typical of syphilis caused by the bacterium *Treponema pallidum*. So could Henry have been a sufferer and passed the microbe on to his wives?

Syphilis first appeared among French troops fighting in Italy in 1494 and as this date neatly

coincides with the return of Christopher Columbus's men from America in 1493, most people, including the doctor who treated crew members on their return, assumed they brought this new and dreadful disease with them.

Whatever its origin, like COVID today, syphilis spread rapidly throughout the continent, then on to Africa and Asia, mainly carried by travellers, in this case mercenaries in the French army returning home. The disease was much more severe than today's syphilis, hence the name 'the great pox',

coined to distinguish it from smallpox.

As well as the serial miscarriages suffered by his wives after an initial healthy child, presumably conceived before the bacterium took hold, Henry had certain symptoms typical of chronic syphilis including open sores on his leg and mental derangement. It's fun to speculate, but there is no evidence to support any of the theories and probably never will be.

CONTACTUS

EMAIL US AT
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Chicken Kebabs



7 Syns per serving 25 minutes Serves 4
Deduct 7 Syns if using Pitta Bread wholemeal as a Healthy Extra 'b' choice.

A simple tikka marinade packs tons of flavour into this fab kebab dinner

Ingredients

8 skinless and boneless chicken thighs, visible fat removed, cut into bite-size pieces
3 level tbsp tikka curry powder* (see tip)
250g fat-free natural Greek-style yogurt
3 garlic cloves, crushed
4 x 60g wholemeal pitta breads
Lemon wedges, to serve

Method:

Put the chicken in a freezer bag (or a glass or stainless-steel bowl) with the curry powder, yogurt and garlic. Season with salt and stir to combine. Seal the bag or cover the bowl with cling film and marinate in the fridge for at least 1 hour or overnight.

For the salad, put the cucumber, radishes, celery and lettuce in a bowl. Mix together the yogurt and chopped coriander, season, then stir through the salad.

Preheat your grill to high. Lift the chicken out of the marinade, letting any excess drain off, then thread onto 4 metal skewers. Place on a baking tray lined with foil and grill for 10-12 minutes, turning halfway, or until the chicken is lightly charred and cooked through.

Toast the pitta breads. Scatter the coriander sprigs over the chicken skewers and serve with 1 pitta bread per person with the salad and lemon wedges for squeezing over.

*Spice blends are Free as long as they're made from herbs and spices only and don't include any Synned ingredients like sugar, flour and oil. Check the label to be sure and count the Syns as necessary

For the salad:

1 cucumber, halved lengthways, deseeded and roughly chopped
200g radishes, trimmed and quartered
3 celery sticks, roughly chopped
2 little gem lettuces, shredded
100g fat-free natural Greek-style yogurt
25g fresh coriander, leaves roughly chopped, reserving a few whole sprigs for the kebabs

PLEASE NOTE:

ALL CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

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Tel: 01499 302133

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Lochgilphead
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LEISURE & ENTERTAINMENT

WHAT'S ON IN MID ARGYLL

Get creative in lockdown with free music and Gaelic lessons

Social distancing need not stop you from learning or brushing up on traditional music and Gaelic skills.

Arts organisation Fèisean nan Gàidheal has launched a new, free online music tuition service.

Under the banner of FèisTV and with funding from Bòrd na Gàidhlig, Creative Scotland and Highlands and Islands Enterprise, a video series of traditional music lessons, at different levels, has been created in Gaelic and English to support those with no Gaelic, learners of the language and fluent Gaelic speakers.

The Oide (meaning tutor in Gaelic) series currently offers lessons in accordion, fiddle and Gaelic song, with more instruments available soon, thanks to further funding from the Scottish Government.

The lessons, suitable for all ages and abilities, are led by some of the most experienced traditional music tutors in the country including accordionist Ian Smith from folk band Trail West, fiddler Robbie Grieg who plays with electronic folk band INYAL and singers James Graham, Eilidh Cormack, a member of female singing trio SIAN, and Deirdre Graham.

With more than 70 video lessons at levels appropriate for beginners, intermediate and advanced learners, this resource will provide something for everyone, allowing people to continue their musical creativity or even learn a new skill during lockdown.

Fèisean nan Gàidheal's chief executive Arthur Cormack said: 'It was always our plan to develop our FèisTV resource to offer online music lessons in

addition to live streaming of events.

'Normally these lessons will be part of a paid subscription service, but we are delighted to offer this new service for free at this time whilst people are at home and looking for activities to keep themselves going.

'We are grateful to the funders who have enabled us to develop this resource.'

Laura Nicolson, project officer at Fèisean nan Gàidheal, explained: 'As part of the new programme #cleachdaigantaigh, in which we are involved together with Bòrd na Gàidhlig, Comunn na Gàidhlig and other Gaelic organisations, Fèisean nan Gàidheal will deliver more live events online in the coming weeks. In the meantime we hope people will get enjoyment and new skills from the Oide

video lessons.'

'We welcome this resource which is extremely useful in supporting music tuition through the medium of Gaelic, added Steven Kellow, funding and project officer at Bòrd na Gàidhlig.

'Fèisean nan Gàidheal and other groups have been working hard to produce resources through the #cleachdaigantaigh/#useitathome initiative and we are grateful for the creative opportunities they have delivered at this challenging time.'

The Oide video lessons can be found online at tv.feisean.org.

Right: Song, clarsach, piano and step dance tutor Deirdre Graham.



The Dochas Carer Centre

Are you an adult unpaid carer?

We are here for you

We provide a service to unpaid adult carers across the whole of Mid Argyll, Kintyre and the Isles (MAKI). We have three teams:

- Support outreach worker team
- Trained counselling team
- Volunteer befriending team

We are available 10-4pm Monday to Friday and our service is open to any unpaid adult carers that needs support.

The Outreach/Support Team

This team are maintaining regular contact with carers via telephone. Our team is providing a listening ear during this challenging time and we have been fortunate to receive additional funding to support carers and those they care for with creative solutions to help with their mental and emotional health while in isolation.

Our website – www.dochasfund.org.uk and Facebook pages will be updated regularly with information and advice.

The outreach/support team can be contacted via the telephone number 01546 600022 or by emailing -enquiries@dochasfund.org.uk

The Volunteer Befriending Team

Our volunteer befriending service called Circle of Friends is continuing to run. Volunteers are maintaining contact with the individuals they are befriending by telephone.

Our volunteer Co-ordinator, Ryan Taylor, continues to support this service.

If you have an interest in this service Ryan can be contacted via the telephone number 01546 600022

The Dochas Counselling team

The team are keeping up with their existing clients and people who are contacting them via the counselling service. Visit the Dochas Facebook page for more information on the new counselling service set up to help during the Covid-19 crisis. This service is for people and their families who are living with long term conditions/terminal illness and bereavement.

Please telephone 07432 231217

or contact counselling@dochasfund.org.uk and someone will get back to you to explain the process.

They can't obviously offer any face to face counselling at the present time, but we can offer you telephone, email or online support.



Mid Argyll Youth Development Services

Providing Information and Accessible Youth Friendly Services

Are you a young carer?

We are here for you...

MAYDS are still providing support for children, young people and families where we can. Anyone needing advice or help can contact the above at anytime.

We are providing our child and adolescent counselling services via skype, phone etc., and still open for referrals for any young person feeling isolated or in need of support. Our Young Carers are still being supported by our team across MAKI and again referrals are still being taken.

We have regular information and updates on our facebook page mid Argyll youth development services.

Online support is also available on www.cool2talk.org.

Contact 07788900049 or fiona@mayds.org.uk lynn@mayds.org.uk

CROSS CODE

19	5	3	21	9	16	7	19	8	7	22	19	
21			15		21		9		5		7	
16		26	21	18	20	22	21	9	19	3	24	
23	13	12	9		7		23		3	1	12	6
	8		14	9	7	7	19		9		5	
3	13	8	21	9		24		22	1	5	16	3
12		19		5	16	21	14	7		24		6
23	1	13	24	7		18		8	5	20	7	3
23		10		11	21	6	21	8		5		
13	2	7	24		16		14		13	24	6	13
3		9	7	25	12	5	9	5	24	14		14
7			4		3		7		8			8
19	12	18	6		7	2	7	9	17	13	24	7

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	E	8	9	R	10	11	12	13
14	15	16	17	18	19	20		21	22	W	23	24	25	26

Each number in the Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

Quiz Challenge

1. What is the southernmost city in England?
2. Which tall, overweight cartoon rooster with a rhyming name is a rival of Barnyard Dawg?
3. "Although she is dressed up to the nines, At sixes and sevens with you" is a line from which famous song?
4. An eft is the young of which amphibian?
5. In the 2017 series of Strictly Come Dancing, dancer Dianne Buswell partnered which Church of England clergyman?



Dianne Buswell – see Question 5

6. Down Under was a 1980s UK No 1 hit song for which Australian band?
7. On a dice, which number is directly opposite the six?
8. Splott is an area of which British city?
9. Festival No 6 is an annual art and music festival held in and around which village in Gwynedd, Wales?
10. Which golf course on the Open Championship rota is five miles south of Blackpool?

BOX CLEVER

	5				
3			4	4	
		3			
			2		
		9			
					6

Fill the 6x6 grid with as many boxes as there are numbers printed. Each box must be either square or rectangular and must contain just one of the numbers. The numbers show how many squares there should be in each box.

COMMON LINK

The answers to the following five questions contain a word or words which have a common theme. Can you find the link?

1. Which hairstyle has been described as 'short at the front, long at the back and ridiculous all round'?
2. Which word means both the underside of the foot and restricted to one person or group?
3. Which stretch of water separates Tasmania from mainland Australia?
4. What is the popular name for the piano quintet in A major D667 by Franz Schubert?
5. What name is given to ground chalk used as a filler and a pigment?

SOLUTIONS

14	G	J	M	J	G	14
15	J	M	J	G	14	
16	M	J	G	14		
17	G	14				
18	14					
19						
20	K	D	C	Y	M	J
21	A	D	C	Y	M	J
22	W	D	C	Y	M	J
23	P	D	C	Y	M	J
24	N	D	C	Y	M	J
25	Q	D	C	Y	M	J
26	B	D	C	Y	M	J
1	H	V	S	I	X	1
2	H	V	S	I	X	1
3	H	V	S	I	X	1
4	H	V	S	I	X	1
5	H	V	S	I	X	1
6	H	V	S	I	X	1
7	H	V	S	I	X	1
8	H	V	S	I	X	1
9	H	V	S	I	X	1
10	H	V	S	I	X	1
11	H	V	S	I	X	1
12	H	V	S	I	X	1
13	H	V	S	I	X	1

CROSS CODE

Lytham (and St Anne's).
 at Work; 7 One; 8 Cardiff; 9 Portmeirion; 10 Royal
 Argentina; 4 Newt; 5 Reverend Richard Coles; 6 Men
 1 Turco; 2 Foghorn Leghorn; 3 Don't Cry For Me
 I Turo; 4 Newt; 5 Reverend Richard Coles; 6 Men

QUIZ CHALLENGE

Varieties of fish.
 Common link:
 Whiting;
 Trout Quintet; 5
 Strait; 4 The
 Sole; 3 The Bass
 1 The muller; 2

LINK

COMMON

6					
		9			
	2				
		3			
4	4		3		
			5		

BOX CLEVER



Find us on Facebook
www.facebook.com/campbeltowncourier
www.facebook.com/argyllshireadvertiser

Covid-19 Fogging Service

from A. Thompson

PLASTERING • DECORATING & PAINT SPRAYING

We will be offering our new fogging service as of next week.

This entails rooms, cars, offices, schools, canteens, workspaces, kitchens, doctors surgeries, hospitals ... etc all being sprayed with virucidal disinfectants, specifically targeting Covid 19.

Outside can also be done; play equipment, work equipment etc.

We have sourced the world's leading virucidal disinfectant and purchased the best fogging machines available.

Rooms can be re entered 1 hour after the process has been provided.

No residue, smell or vapour trace whatsoever.

The service will be available 24 hours a day, 7 days a week and is open to all sectors.

The virucidal disinfectant is 100% animal, human and environment friendly.

Please note that additional charges will incur if the work is carried out at night.



Please get in touch with Andrew on 07460 820375 or email thompsondecor@hotmail.com

OPEN FOR BUSINESS

Featuring the businesses in Kintyre that are open and able to offer vital products and services to our community during the current Covid-19 pandemic. Many of these businesses are working under extreme pressure to bring quality products and services to the people of Kintyre and beyond. Please remember to exercise caution when shopping and only shop for essential supplies. Along with our wonderful NHS staff and carers, our local food, fuel, news platforms and home supply businesses are our community champions

We realise that many more businesses would love to be open, serving locals and visitors alike – our deepest empathy goes out to these businesses and we look forward to seeing their doors wide open when this is all over. Please feel free to get in touch with us if you would like to feature your business, or know a business that should be included. Email nmurphy@obantimes.co.uk or get in touch via our Facebook page on messenger. Let's spread the word as much as we can!

SUPERMARKETS & FOODHALLS

Tesco Metro
0345 6779130
Open 7am-10pm
Good Friday, Easter Sunday & Easter Monday
8am-8pm
Social distancing measures in place

Co-op Store
Open Mon-Sat 7am-8pm
Key worker exclusive access: Mon-Sat 8am-9am,
Sun 10am-11am
Absolutely essential deliveries only.
Tel: 01586 554504

CONVENIENCE STORES & NEWSAGENTS

County Garage
Petrol and Diesel Esso Service Station and
Londis Store
Lots of supplies in-store including breakfast
packs and firewood
Open Mon-Sat 7.30am-9pm
Sun 8am-9pm
Contactless up to £45
Tel: 01586 552368
Find us on Facebook!

McKellar's Stores Campbeltown
Open 7am-10pm
Plentiful stock. Social distancing measures in
place.
Tel: 01586 551997

Muneroy Stores
Southend
Open 7 days a week.
Whilst the tearoom is currently closed, there is
plentiful stock in the shop for all your essential
grocery needs.
Delivery is available - please call 01586 830 221
to arrange

FRESH PRODUCE SUPPLIES AND DELIVERY

Muasdale Stores
Plentiful supplies of top quality local produce
Open: Mon-Fri 7am-3pm, Sat 8am-3pm (check
FP page for up to date info)
Doors locked, but customers served at back gate
Tel: 01583 421101
Check FB page for up to date info

Glenbarr Stores & Post Office
Essential food supplies aplenty – fruit,
veg and plants
Can deliver locally
Tel: 01583 421200

Fresh Connection, Campbeltown
Cakes, eggs, biscuits and much more including
Easter goodies
Lovely hampers from £15
Call the shop on 01586 553220 (leave message
if not around)
Or message FB Page

Argyll Bakeries
DELIVERY DAYS
Monday - Town
Tuesday - Stewarton, Drumlemble,
Machrihanish, SOK, Kilkenzie & Town
Wednesday--Southend area & Town
Thursday - Kilkenzie, Glenbarr, Muasdale,
Tayinloan & Town
Also Stewarton, Drumlemble,
Machrihanish & SOK.
Friday - Peninver, Torrisdale, Saddell,
Carradale & Town
Fresh produce and freezer ready meals. Check
out menus on FB page.
Tel: 01586 553635

Kintyre Larder
Open 10am-1pm
Deliveries Mon-Fri
Collections Mon, Wed, Fri
Please order ahead: 07725 994521
Or via FB. Payment by card/bank transfer
please
DELIVERY AREAS:
CAMPBELTOWN
PENINVER
MACHRIHANISH
SOUND OF KINTYRE
KILKENZIE

Mclvor's Campbeltown
Open:
Veg Box £10
Fruit & Veg Box £15
Fruit, Veg & Salad Box £20
Add on rolls, eggs, milk, cheese etc
Can deliver.
Tel: 01586 552386 to order.

MacMillan Foods
(The Fish Shop/Kintyre Smokehouse)
Open: Tues 9am-5pm, Wed 9am-1pm, Thurs/Fri
9am-5pm, Sat 9am-1pm
Free local deliveries
Fish pies, fish, fresh eggs and more
Delivery Thurs and Fri from Campbeltown to
Carradale
Also delivering for Mclvor's
Tel: 01586 552170

DJ Campbell & Son
Dairy Produce
Daily deliveries
Tel: 01546 605273
Call Mon-Fri, 9am-5pm for orders

The Wee Dairy
Direct deliveries for milk and sweet sauces
Sauces also via Royal Mail
Order via FB page or 01583 505400

Kintyre Food Bank
Campbeltown Town Hall from 10am to 12pm
on Tuesdays and Fridays.
Anybody who is self-isolating and in need can
contact the food bank by telephoning 07936
034600 to arrange delivery.

**Harlequin Tearoom & Gift Shop,
Campbeltown**
Soup, Cakes/Cheesecakes, Taster Boxes and
"Wee Teas" (Mini Afternoon Teas)
Open for Takeaways: Wed – Sat from 10:30am
- 2pm
Free Deliveries in Campbeltown: Wed – Sat
from 2pm onwards
To pre-order for Collection or Delivery please
call 07979911137 or message FB page

GARAGE SERVICES / RECOVERY

Campbeltown Motor Company
Servicing only - please call ahead
Tel: 01586 553200

Andrew Smith & Son
Essential repairs, please call ahead to book
Mon-Fri 8am-5pm
Tel: 01586 553173

Argyll Recovery
Open as an essential service providing support
for key workers and other local residents to
keep transport links and roads open for all.
Breakdown recovery, roadside assistance and
haulage for loads of up to 5 tonnes.
Tel: 01586 807063 and we are also available
24/7 on our freephone number 0800 433 2468.

DIY AND HOME SUPPLY SERVICES

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Tel: 01586 552963 / 07979 383140

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Carradale Garden Services
Domestic & Commercial
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CS Civils
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and Small plant
Tel: 07412 624278

D McNair & Son Ltd
Fuel Merchants
Tel: 01586 552020

Graeme Waste Solutions
Tel: 07788 233119

Highland Fuels Ltd
Fuel Distributor
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Tel: 07551 020 307

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am for delivery.

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Tel: 01586 552136
westwardsvet@aol.com

JH HOOPER
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Usual opening hours – emergency care only
Tel: 01586 552427

NARROWFIELD KENNELS
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appointment only & social distancing &
hygiene protocol will be observed.
Tel: 01586 553979
Email: narrowfield@live.co.uk

PET SHOPS AND FARMING SUPPLIES

JIM MARTIN AGRICULTURAL SUPPLIES
Phone and collect
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Sat 9am-1pm
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sales@jms-scotland.com

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Boots the Chemist
Open: Mon-Sat 10am-12pm, 2pm-5pm
Tel: 01586 553208

Kintyre Medical Group
Southend Surgery
Order repeat prescriptions on 01586 830494
Collections only on Mon 1pm-2pm, Tues
5pm-6pm, Thurs 3pm-4pm, Fri 12pm-1pm

TRANSPORT & DELIVERY

The following businesses are helping with
transporting food around Kintyre. Big thanks to
them:

AM Transport
MACC Business Park
A Thomson Painters & Decorators
West Coast Motors

Look up FB pages for more information
on local services:
Look online at www.campbeltowncourier.co.uk,
Kintyre Forum and Explore Campbeltown on
Facebook.

*Information correct at time of going to press.
Check www.campbeltowncourier.co.uk/openforbusiness
for updated information. This page will run in the
Campbeltown Courier every week for as long as necessary
- printed information will be updated weekly.*

West Coast MOTORING

✓ GARAGES ✓ DEALERSHIPS ✓ PRIVATE SALES ✓ NEWS

PRESS RELEASE

MOT extension confusion and vehicle neglect could cause chaos for businesses and their drivers as lockdown is eased

A survey reveals 69 per cent of motorists are unclear about the MoT extension parameters and one in four have not carried out any basic vehicle health checks.

Venson Automotive Solutions is urging fleet managers to encourage company car drivers to ensure their vehicles are road ready as the nation anticipates an easing of lockdown.

The advice from Venson follows its latest survey of UK motorists which revealed that one in five do not know when their MoT is due, and 69 per cent are unclear about when the Government's six-month MoT exemption came into play. The survey also found that one in four drivers has de-

ferred a service or repair until after lockdown is lifted and as many as 28 per cent have failed to carry out any basic vehicle health checks since March 23.

Alison Bell, marketing director at Venson Automotive Solutions comments: 'Even with the current six-month MoT exemption in place, drivers are still responsible for keeping their vehicle in a road-worthy condition - drivers can still be prosecuted if at the wheel of an unsafe vehicle.'

'Businesses also have a duty of care to ensure their employees who drive on company business are safe and should therefore be encouraging regular safety checks. By carrying out basic maintenance checks, drivers will not only help to

reduce the time their vehicle is off the road but importantly, eliminate unnecessary cost for themselves and/or their employer. Additionally, a vehicle kept in a safe, driveable condition, limits their personal inconvenience if it has to be repaired and lessens the burden on roadside assistance providers.'

Encouragingly, respondents to the Venson survey have carried out some basic but important tasks; 51 per cent have checked the tyre pressure and 49 per cent have run the engine regularly to keep the battery charged; 42 per cent have checked the oil level. Other maintenance that drivers have carried out include moving the car to test the brakes (41

per cent), measuring tyre tread depth (39 per cent) and ensuring headlights and brake lights are all fully-functioning (34 per cent).

Alison Bell continued: 'When lockdown is eased, businesses will be keen to begin to make up for lost time, so the last thing they need are drivers to be out of action due to a flat tyre, flat battery, or worse. It's great to see that half of the respondents have checked their tyre pressure and run the engine to keep the battery charged. This is a simple bit of maintenance which is often neglected but could save hundreds of pounds if the vehicle has to be off the road for repairs.'

'What's more, regardless of

the government's extension, we recommend vehicles are booked in for MoTs well in advance of their new due date in order to help avoid bottlenecks building after lockdown. Those responsible for fleet vehicles should also ensure that service routines are maintained to avoid invalidating warranties and generating unnecessary maintenance costs for their business.'

Venson Vehicle Safety Checklist

- Battery care: start the engine once a week and allow it to run for about 15 minutes. This will recharge the battery and help keep the engine in good condition.
- Oil: check oil levels.

- Check windscreen wipers and screen wash
- Coolant: is level correct?
- Damage: is there any damage to bodywork that might affect roadworthiness? If you're not sure ask for advice.
- Dashboard: check for warning lights when the engine is running.
- Rubber: are the tyres safe, correctly inflated and legal? Do you have a working spare or alternative solution in the vehicle?
- Windscreen and mirrors: do you have clear all-round vision and is the glass damage free?

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Around the markets

United Auctions, Stirling, Saturday May 16 had forward 213 heifers and calves.

Heifers with bull calves at foot: West Thomaston (LimX) £3300 & £3100; Little Kilchatten (BP) £3000; The Ross (Cont) £3000; Derry (B Blue) £2750; Crosshouse (Cross) £2750; Little Kichatten (B LimX) £2600 x2; Porterstown (SimX) £2450.

Heifers with heifer calves at foot: The Ross (BP) £3650 & £3400; West Thomaston (LimX) £3500 & £3300; West Thomaston (B LimX) £3300; Crosshouse (Cont) £3050; Mill of Inverarity & Little Kilchatten (B BlueX) £2600; Witton (Cross) £2450; Skeoxh (SimX) £2200.

United Auctions Stirling, Thursday May 14 sold 6184 prime sheep comprising of 481 spring lambs selling to average 252.33p also 4725 prime hogs selling to average 204.31ppk and 978 ewes and rams. New Season Lambs (481) – Easter Ochtermuthill (BTex) £129.00 & £125.00; Penston

(Tex) £125.00; Cauldcoates Holdings & South Ballaird (Tex) £122.00p; Hoprig (Suf) £123.00; Penston (Suf) £121.50; Penston (Cha) £120.00; Netherton (Cha) £118.00; Powblack (Hamp) £107.00; Campbeltown (Dor) £104.00; Greystone (Zwa) £101.00.

New Season Lambs (481) – Easter Ochtermuthill (BTex) 287.00ppk; & 269.00ppk; Bangour (Tex) 283.00ppk' Cauldcoates Holdings (Tex) 271.00ppk; Parks of Garden (Suf) 281.50ppk; Penston (Cha) 272.00ppk; Bangour (Cha) 266.00ppk x4; Campbeltown (Dor) 239.00ppk; Whitehouse (Zwa) 228.00ppk.

Old Season Lambs (4725) – Cultburn (BTex) £119.00; Harviesmailing (BTex) £118.00; Spittal (Tex) £114.00; West Mains (Tex) £113.00; Crofthead (Suf) £112.00 Shannochar (Suf) £111.50; Croftgary (BF) 109.50; St Mungoes (BF) 108.50; Yorkston (Mule) 103.00; West Thomaston (Mule) 103.00; Cummnock House (Chev) £99.00; Snawdon (Chav)

£98.50; Snawdon (Cross) 95.00. Old Season Lambs (4725) – Cultburn (BTex) 269.00ppk; Harviesmailing (BTex) 257.00ppk; Spittal & Shannochar (Tex) 239.00ppk; Wardhead (Chev) 227.00ppk Easter Balgillo (Chev) 226.00p x2; Dall (BF) 218.00ppk; Duncroisk (BF) 217.00ppk; Carriber Mill & Lenaig (Suf) 217.00ppk; Yorkston (Mule) 217.00ppk & 208.00ppk; Snawdon (Cross) 204.00ppk.

Ewes (978) – Cherryfield (Tex) £167.00; Broomknowes (Tex) £152.00; Ballechin (Cont) £148.00; Nether Pratis (Cont) £146.00 & £130.00; Easter Ochtermuthill (BTex) £130.00; Over Hill House & Carrat (TexX) £129.00; Netherton (Cha) £123.00; Easter Ochtermuthill (BTex) £115.00; Gathercauld (Chev) £108.00; Powblack (Hamp) £86.00; Cherryfield (Mule) £78.00; Busses (Mule) £77.00; Cauldcoated (BF) £78.00; Yorkston (BF) £73.00.

Tups – Knock O Ronald (BFL) £108.00; West Mains (Tex) £102.00; Huntingfaulds (Tex) £100.00; Clockan & Coulshill

(Chev) £100.00; North Deanhead (BTex) £90.00; Coulshill (BF) £66.00.

Dingwall & Highland Marts Ltd, May 13 sold 683 store cattle.

Bullocks (336) averaged 219.9p and sold to 273.1p per kg for a pair of 216kg Limousin crosses from 1 Obbe Road, Leverburgh and £1,185 gross for a 595kg Simmental cross from Kincaig Farm, Invergordon.

Heifers (327) averaged 213.8p and sold to 300.0p per kg for a 420kg Aberdeen Angus cross from Kincaig Farm and £1,320 gross for a 530kg Charolais cross also from Kincaig Farm. Young bulls (20) sold to 250.0p per kg for a 152kg Whitebred Shorthorn from Mucomir Farm, Spean Bridge and £1,000 gross for a 465kg Limousin from Strone Farm, Banavie.

Other leading prices per head and per kg: Bullocks up to 250kg – Moy Farm, Banavie, £660, 269.4p; 251-300kg – Balmagaster, Spean

Bridge, £735, 273.1p; 301-350kg – Moy Farm, £860, 261.6p; 351-400kg – The Arr, Lethen, £955, Raitcastle Farm, Nairn, 252.1p; 401-450kg – Easter Craggach, Kirkhill, £1,030, Meikle Geddes Farm, Nairn, 234.5p; 451-500kg – Kirkton Farm, Golspie, £1,120, 235.5p; 501-550kg – Kincaig Farm, £1,125, Borowston Mains, Thurso, 211.9p; 551-600kg – Kincaig Farm, £1,155, 205.2p.

Heifers up to 250kg – Moy Farm, £610, Hillcrest, Kyle, 282.9p; 251-300kg – Ardtornish Farms, Morven, £745, Insh Farm, Spean Bridge, 253.9p; 301-350kg – Pitmain, Kingussie, £840, 254.6p; 351-400kg – Raitcastle & Park Farm, Nairn, £900, 243.2p; 401-450kg – Kincaig Farm, £1,100, 224.5p; 501-550kg – 6 Balnabean, Conon Bridge, £1,085, Kincaig Farm, 249.12p; 551-600kg – Kincaig Farm, £1,185, 209.7p.

OTM prime & feeding cows (99) averaged 128.9p and sold to 172.4p per kg for a 750kg

Beef Shorthorn from Todholes, Thurso, and £1,290 gross for a 935kg Limousin cross from Drumsmittal Croft, North Kessoock.

OTM prime & feeding bulls (8) sold to 119.5p per kg and £1,410 gross for an 1180kg Limousin Knocknagael, Inverness.

Other leading prices per head: OTM prime & feeding cows: Kildun, Dingwall, (Lim), £1,210; Kindeace, Alness, (SalX), £1,170; Kindeace, (AAX), £1,170; Kindeace, (BRBX), £1,150; 192 The Doll, Brora, (LimX), £1,150; Polly Estates, Ullapool, (Lui), £1,050; Balnuran, Culloden Moor, (ShoX), £1,050; Upper Duntulm, Kilmuir, (SimX), £1,030; Raitcastle, Nairn, (GasX), £1,030.

Other leading prices per kg: OTM prime & feeding cows: Balintraid, Invergordon, (AAX), 158.3p; 1 Borrodale, Glendale, (LimX), 157.7p; Morvich Farm, Rogart, (SimX), 157.5p; Kindeace, (SalX), 151.0p; Raitcastle, (BShoX), 148.3p; Upper Duntulm, (SimX), 146.1p; Kindeace, (BRBX), 142.0p; Groam, Kirkhill, (CharX), 138.6p.

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FARM GATES (UK) LTD**FARMGATES UK**

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- All hurdles are 8 railed x 970mm high
- All hot-dipped galvanised finish
- 3000mm (3m) long
- Includes all joining pins/stakes

OPTION 110-foot race and 8-foot holding pen
£1450.00 + VAT

Comes with an 80-foot holding pen and 10-foot race, 2x 2 feet swing gates and all joining pins/stakes included. Our system will safely hold 100 fully grown sheep (approx.)

PARTS LIST:

- 10 x 3m (8 railed) sheep hurdles
- 12 x Joining pins/stakes
- 2 x 2 feet swing gates

**OPTION 2**20-foot race, 100-foot holding pen
£1795.00 + VAT

Comes with a 100-foot holding pen and 20-foot race, 2 x 2-foot swing gates and all joining pins/stakes included. Our system will safely hold 150 fully grown sheep (approx)

PARTS LIST:

- 14 x 3m (8 railed) sheep hurdles
- 12 x joining pins/stakes
- 2 x 2-foot swing gates

MOBILE CATTLE SYSTEM (WITH JOINING PINS)**FROM £1,595.00 + VAT******Crush Gate optional extra** £599.00**

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The system is easy to move and erect where required and can be easily modified to suit your requirements. Also ideal for TB Testing and the cattle sliding gate gives full control of the livestock from outside the race and stops the race from spreading out.

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- Made from heavy tubular steel
- All hurdles are 6 railed x 1.75 m high
- A funnel is incorporated into the race-way
- All hot dipped galvanised finish
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- 20 feet race
- 60 feet holding pen
- Includes all joining pins/stakes
- Total 200 feet of penning

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- 12 x Joining Pins/Stakes
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Caledonian Marts Ltd sale report

Caledonian Marts Limited sold 162 cattle comprising 109 bullocks, heifers and young bulls and 53 OTM cattle at its sale on Thursday May 14.

Prime heifers sold to 235 p/kg for a British Blue X from Dalchirla Farms, Muthill, Crieff, purchased by H A Black, Butcher, Stirling, and to £1408 for the same beast.

Prime bullocks sold to 225 p/kg for a Limousin from W Dandie, Learielaw, Broxburn, purchased by T Johnston, Butcher, Falkirk and to £1468 for an Aberdeen Angus from J & J Brown, Loanrigg, Slamannan.

Bulls (under 30 months) sold to 215 p/kg for a Limousin from W Dick & Sons, Mains of Throsk, Throsk, and to £1361 from J Caldwell, Moorfield, Kilmarnock.

Other leading prices: Bullocks per head: £1434 Penston and Mains of Cultmalundie; £1411 Penston; £1400 LQearielaw; £1394 Riggs; £1394 and £1385 Westwoodlane; £1380 Mains of Cultmalundie and Gillandersland.

Heifers per head: £1385 Mains of Cultmalundie; £1380 Skilmafilly (Ellon); £1377 Wallaceton; £1349 Penston; £1348 Wallaceton; £1338 Mains of Cultmalundie.

Bullocks per kg: 222p Mains

of Cultmalundie; 218p Penston and Nethermyres; 215p Mains of Cultmalundie.

Heifers per kg: 230p Skilmafilly, 228p Penston, Skilmafilly and Meadowend; 225p Skilmafilly and Meadowend. Also forward were 53 OTM cattle. With a large show of feeding OTMs forward they averaged 126 p/kg, selling to 153 p/kg for a Limousin from W Dandie and Sons, Learielaw, Broxburn, and to £1410 for a Limousin from W Dick and Sons, Mains of Throsk, Throsk.

Dairy cows averaged 106 p/kg selling to 117 p/kg from W & M Wylie, Broompark, Torphichen, and to £980 from the same home.

Other leading prices: Beef OTMs per kg: 149p East Dron; 148p Gibbalston and Mains of Throsk; 147p Mains of Throsk; 145p Murrayshall and Bankhead.

Beef OTMs per head: £1160 Meikle Seggie; £1110 Burnhead (MacGregor); £1060 Learielaw and Bankhead; £1040 Templehall.

Dairy cows per head: £970 and £960 Broompark; £780 Wharlawhill.

Cast males sold to £1300 for a Limousin from Rathillet Farms, Cupar and to 168p for a Bazadaise from T & E Tod, Nether Longford, West Calder.

Farmers reminded to 'Look out, look up'

Power company relaunches its safety campaign

Scottish and Southern Electricity Networks (SSEN) is urging everyone across the agricultural industry to stay safe and 'Look out, look up!' when working near overhead power lines and poles.

The relaunch of the electricity distribution company's annual safety campaign comes after an increase in the number of incidents on farms and fields across its network in the past 12 months, with 910 call-outs compared to 865 the year before.

The 910 reported incidents in the last year, which were on agricultural land across SSEN's network areas, were the result of third parties coming into contact with the distribution operator's poles, overhead lines and cables, resulting in electricity supplies being disrupted and potentially causing serious injury, or worse, to those in-



SSEN is urging farm workers to 'Look out, look up'.

involved. To ensure farmers and their teams are armed with the knowledge they need to stay safe in the field, SSEN's safety campaign is using radio and online messaging as well as issuing the following guidance: 'Look out, look up!' before you start work in any areas

where electricity lines are present.

Risk assess and be aware of the height of machinery in use near lines and ensure there's plenty of clearance. Remember electricity can 'jump' if an object comes near enough.

If you do come in to contact with an overhead line or cable, stay in your cab or vehicle and try to avoid touching anything metal within it.

Call 105 immediately. This is the UK-wide emergency number for power companies and is the quickest way to get through to the correct network operator.

If the situation is too dangerous to stay put, jump out of the vehicle as high and as far as you can to avoid touching any part of the machinery or electricity network.

Ian Crawley, SSEN's network operational safety manager,

said: 'While it's both worrying and disappointing to see the number of farm-related incidents on the rise, the year-on-year increase is slowing down which is hopefully a sign the 'Look out, look up' campaign is having a positive impact.

'SSEN wants to help its farming communities to stay accident-free throughout the year and hopes that through the 'Look out, look up' campaign, it can continue to raise awareness and lower the risks associated with their invaluable work.'

SSEN is encouraging farmers and agricultural workers with any concerns relating to electrical infrastructure on their land to report this by sending a photograph directly to SSEN's teams via the Power Track app.

For further information on staying safe visit <https://www.ssen.co.uk/safety/>

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Thursdays

Weekly sale of prime cattle, young bulls and OTM Cattle.

Monday 25th May

150 Breeding Cattle to incorporate annual consignments from Pitcairn & West Thomaston.

Monday 1st June

Fortnightly sale of store cattle, young bulls also Native bred cattle.

Wednesday 3rd June

Sale of Store Hoggets, Breeding Sheep to include Ewes & Hoggets with Lambs at foot.

Also sale of Young Calves & Stirks.

Further Details on any of the above sales and upto date trends please contact

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Oliver Shearman 07730 046252

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Callum Buchanan 07542 917531

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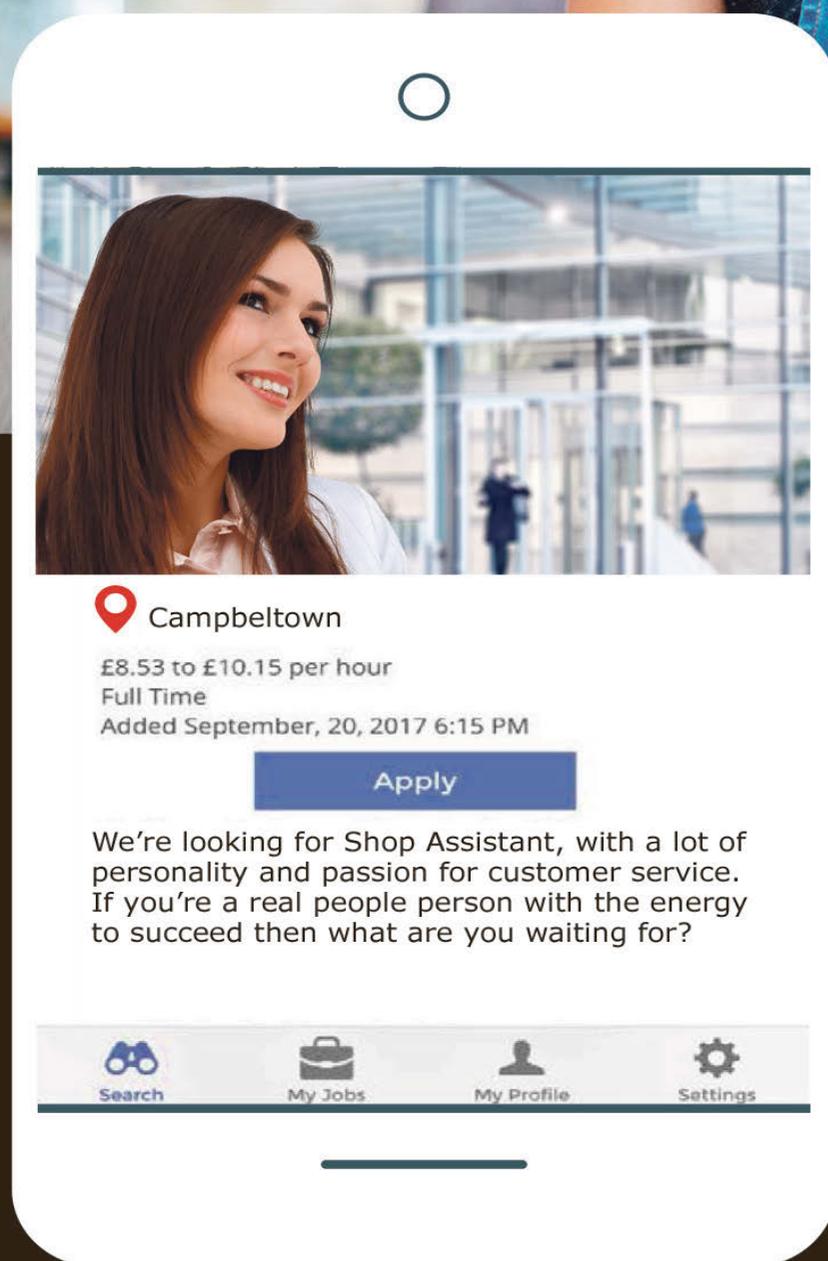


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PUBLIC NOTICES

Goods Vehicle Operator's Licence

Callum Simpson trading as Septic Tank Services Ltd of Camus Stack, Kilmichael Glassary, Lochgilphead, PA31 8QL is applying for a licence to use Camus Stack, Kilmichael Glassary, Lochgilphead, PA31 8QL as an operating centre for 1 goods vehicle and 1 trailer.

Owners or occupiers of land (including buildings) near the operating centre who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A guide to Making Representations is available from the Traffic Commissioner's Office.

Argyll and Bute Council

PLANNING

The applications listed below together with the plans and other documents submitted with them may be viewed electronically through Argyll and Bute Council website at www.argyll-bute.gov.uk. Having regard to Schedule 6, Part 3, s10 of the Coronavirus (Scotland) Act 2020, documents are only available to inspect electronically at this time. Customers requiring assistance can contact us by e-mail: planning.hq@argyll-bute.gov.uk or tel. 01546 605518.

TOWN AND COUNTRY PLANNING DEVELOPMENT MANAGEMENT PROCEDURE (SCOTLAND) REGULATIONS 2013 REGULATION 20(1) ADVERT STATEMENT
TOWN AND COUNTRY PLANNING (SCOTLAND) ACT 1997 (AS AMENDED), RELATED PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) (SCOTLAND) ACT 1997

Ref. No.	Proposal	Site Address
20/00728/MFF	Installation of 80 floating baskets attached to a 158 metre longline to grow oysters	Land Off Eilean Buidhe Craignish Lochgilphead Argyll And Bute
20/00724/PP	Change of use of land for temporary siting of container to be used as a Class 1 retail shop - retrospective	Carradale Temporary Shop Mains Hall Carradale Campbeltown Argyll And Bute
20/00091/PP	Change of use of land for the siting of 2 glamping pods	Land West Of Davaar Lighthouse Davaar Island Campbeltown Argyll And Bute

Written comments can be submitted online <http://www.argyll-bute.gov.uk/planning-and-environment/find-and-comment-planning-applications-or-to-argyll-and-bute-council-development-management-kilmory-castle-lochgilphead-argyll-pa31-8rt> within 21 days of this advert. Please quote the reference number in any correspondence. Any letter of representation the Council receives is considered a public document and will be published on our website. Anonymous or marked confidential correspondence will not be considered. A weekly list of all applications can be viewed on the Councils website. Customers are requested to use electronic communication where possible during the coronavirus pandemic as our ability to process postal mail is restricted.

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Thank You

Cheryl and Craig would like to thank everyone for their generous gifts that we received on the birth of our daughter Isabelle Alexandra Lang. We would have liked to hand out personal thank you letters but with the times we won't manage for just now. Please take this as a token of our gratitude. THANK YOU X



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Thought for the Week
with Marilyn Shedden

I am enjoying watching the many online church services.

I love the variety, the creativity, the scenery and so much more.

There is, of course, much ongoing discussion as to what the church of the future will look like.

I feel a sense of excitement when I think of a new chapter in our spiritual lives, a sense of wondering where and how God will lead us. This future may be uncertain, but God's companionship and guidance on that journey is certain.

From Abraham's first pilgrimage into the unknown, God has been faithful in leading and nurturing his people.

I know too, however, that people are anxious about this aspect of change, and many would just like things to go back to how they were before this COVID time.

But I think we all have to be prepared that things will not be the same again.

The various faith denominations are having meetings, using technology of course, to try to work out the way forward.

How do we tell the old, old story in a new time and new way?

I was reading recently that the first immigrants to Australia, anxious their Bibles would be confiscated, took the stories of the Bible with them by means of their tattoos.

As I go around some of the beautiful churches in Argyll, I find these Bible stories also portrayed in beautiful stained glass windows.

So here is another challenge for you. If you could only tell one Bible story by means of a tattoo, a stained glass window, or any other means, which story would it be?

Which story would you use to convey the message to a worried and waiting world?

Sponsored by your local Citizens Advice team - They need you!

Volunteers now required in Mid Argyll. Call **01546 60 5550** or email info@abcab.org.uk to find out more.



ISLAY

Scottish Water is due to begin work on upgrades at Torra Water Treatment Works, which serves around 1,900 customers in Bowmore and Port Ellen, on Monday May 25.

Four filters will be replaced. Taking around three days for each filter to be replaced, then a further ten days for each of them to be tested, it is anticipated the work will take around eight weeks to complete, at an estimated cost of £60,000.

While Scottish Water's capital investment programme has temporarily halted in line with government guidance, works which have a critical impact on core water supply or waste water management are continuing.

Ruaridh MacGregor, Scottish Water's corporate affairs manager in the west, said: 'Scottish Water employees will be visible in the area carrying out this essential work. To protect public health and our employees, they will adhere to government guidelines on social distancing.'

ARROCHAR

At the end of its fourth week of operation, a volunteer group helping people in Arrochar under lockdown was delivering almost 100 meals per day.

Arrochar, Succoth and Tarbet COVID-19 Community Support Group is helping the elderly, isolated and vulnerable population during this trying and troubling coronavirus crisis

Initially, Ardgartan resident Fiona Paterson and her husband Iain (Shonny) set up a phone contact list before Succoth-based Ayrton Becherston set up an online COVID-19 support group. Many volunteers signed up and local hotel manager Hamish Mackinnon got in touch to kindly offer his surplus supplies, as did Robert McEwan, Vivienne McTavish from the Arrochar Kitchen Garden and Rachael from Vanilla Rose/Perch Café.

A van load of vegetables, toilet rolls, cakes and biscuits was duly delivered to elderly residents around the villages.

The idea of a weekly - soon to be bi-weekly



Bars will benefit from a whisky auction to help cope with lockdown.

Auction cash boost for famous Campbeltown whisky bar

A Campbeltown hotel famous for its whisky bar will benefit after a special auction of the amber nectar.

The Ardsheel will be one of seven bars receiving a share of £35,000, raised by the exclusive auction of rare Daftmill Single Malt by online whisky auction specialists Whisky Auctioneer.

Held on World Whisky Day, May 16, the auction - which included seven bottles of the highly collectible Daftmill 2008 Single

Bourbon Cask #68 and an exclusive tour of this Lowland distillery which is not usually open to the public - reached a price of £35,300. No fewer than 252 bids were placed from countries including Japan, the USA, the Netherlands, Germany and the UK.

Joining bars in Glasgow, Dornoch, Wishaw, Drumnadrochit, Inverness and Craigellachie, the Ardsheel will receive a donation of £4,941.53 to support it during the current COVID-19 crisis.

- community meal drop was launched. Using the culinary skills of the Melanie Tonks at the Community Café, Fiona and Shonny make up the meal drop bags - containing soup, sandwiches and cake - at Ardgartan Visitor Centre hub, which are then decorated by their children, Coll and Tillie. Volunteers collect the bags and

distribute them to residents within the three villages. Also in the bags are pictures and poems by Arrochar Primary School pupils along with word-search puzzles compiled by other residents - all to bring a smile to those isolated at home.

The support line number is 01301 70247 0047.

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BIRTHS

MILLAR - Eoghan and Laura née Arthur are delighted to announce the birth of their daughter Marsaili Barbara on March 27, 2020. Granddaughter to Robert Eric and Barbara, Lochgilphead and Michael and Pearl, Braidwood, Carluke. Cousin to Ailish, Anna, Ruairidh and Olivia.

PATERSON - Craig and Kyra would like to announce the quick but safe arrival at home of Blake Marc Martin Paterson on April 21, 2020. First grandson for Peter and Moyra Paterson, John and Nichola Lamont and the late Flora Paterson. A special thanks to all the midwives at Campbeltown Maternity Unit and Royal Alexandra Hospital and also the paramedics at the Scottish Ambulance Service. Both families are over the moon to welcome this special little boy.

DEATHS

ARMOUR - Peacefully at home, Knockdene, Campbeltown, on May 17, 2020, Margaret Clark Young, in her 89th year, dearly beloved wife of the late John Armour, formerly of High Knockrioch Farm, Campbeltown, much loved mother of Anne, Mary and Donald, loving grandmother of Lynsey, Shona, Neil, Mhairi, Iain, Craig and John and great-grandmother of Elsie. Funeral service private in line with current government guidelines.

BARR - Peacefully, at home in Tayvallich and surrounded by her loving children, on Friday, May 15, 2020, Eileen Margaret Barr, née Unkles, in her 92nd year. Beloved wife of the late Oliver, adored mother to Rod, Iona, Colin, Graham and Ailsa, and cherished granny of Hannah, Kelvin, Nora and Ollie. She lived a long, adventurous and creative life and will be greatly missed by everyone. The private funeral took place on Thursday, May 21, 2020. Donations, if wished, can be made to the RNLI, Eileen's favourite charity.

HARVEY - Suddenly at home Longrow, Campbeltown, on May 10, 2020, Neil McEachran Harvey, in his 74th year, formerly of Larachmor and Southend, dearly beloved husband of Catherine McLean, father of Steven, father-in-law of Kim and papa to Tamara, Laya, Steven, Peyton and Aubree. R.I.P. Funeral service private in line with current government guidelines.

MACVICAR - Suddenly but peacefully on May 14, 2020, in the attentive care

of staff at Ardnahein Care Home, Dunoon. Niven, Barrachuile, Kilmichael Glassary, in his 100th year; the last surviving member of the family of Niven McVicar and Sarah Currie, both late of Knockalva. Loved and missed by his nine surviving nieces and nephews and wider family. One of life's true characters, born with great spirit and determination and a sharp wit, hugely respected and admired by all who knew him. Private funeral and interment in accordance with current restrictions. A memorial service in celebration of Niven's life will be held at a later date when circumstances allow. All correspondence to Caladh Funeral Services, 57 Marine Parade, Kirn, Dunoon, PA23 8HF.

MCMURCHY - Peacefully at home, 3 Drumore Gardens, Campbeltown, on May 17, 2020, Dorothy McMurchy, in her 71st year, dearly beloved mum of Susan and Fiona and a loving gran of Alan, Mason, Ciaran and Jess. Funeral service private in line with current government guidelines.

ACKNOWLEDGEMENTS

HAMILTON - The family of the late Agnes (Nancy) Hamilton of the Anchorage, Brenfield, Ardrishaig, who passed away suddenly on March 10, 2020, would like to belatedly offer our heartfelt thanks to all relatives, friends, neighbours and community who attended the funeral and graveside, providing emotional support at this difficult time. We also thank those who were unable to attend, but conveyed sympathy, sent cards or donations in her memory, and helped in other ways. We are especially indebted to mum's caregivers and NHS and ambulance staff for their excellent service and to Rev David Carruthers and her church friends and to D MacDonald Funeral Directors for supportive funeral care. Mum's memory will be cherished by Catherine, Andy and Tracy in the USA, her grandsons, Jack, George and Jimmy and by the community she loved so well. A sum of £120.00 was raised for Diabetes UK and Chest Heart and Stroke Scotland in her memory. Thank you.

RONALD - The family of the late Elizabeth (Betty) would like to thank everyone for the kind expressions of sympathy received following the passing of their beloved Mum and Granny. Special thanks to the staff at Lorne Campbell Court for all of the care, support and friendship they pro-

vided. Thanks to the staff at Campbeltown Hospital, Community Nursing Team, Highland Parish Church, all at Craigowan Park and Shopper-Aide. Thanks also to Rev. Steve Fulcher for his comforting graveside service and to Kenneth Blair and family for their help and guidance. We would also like to thank all family and friends for their support over the years and to everyone who paid their respects on Betty's final journey which was a great comfort to us at this difficult time.

MEMORIAMS

GILCHRIST - In loving memory of Malcolm (Shorty), who died May 20, 2012, loving husband, dad and granda. You are always in our minds.

MACDONALD - In loving memory of Caroline MacDonald (February 11, 1967 - May 23, 2019). Loved beyond words, and missed beyond measure. Forever in our hearts. - Calum, Iona and wee Calum.

MACDONALD - In loving memory of Caroline MacDonald, who sadly and peacefully passed away on May 23, 2019. Those we love don't go away, They walk beside us every day, Unseen, unheard, but always near, So loved, so missed, so very dear. Always in our hearts - Love Mum, Neil, Linda and Duncan.

MACDONALD - In memory of Caroline, who passed away May 23, 2019. Always in our thoughts. - Grampa John, Zigby and Patricia.

MACDONALD - In loving memory of my beautiful sister-in-law Caroline MacDonald, who sadly left us on May 23, 2019. Always in our hearts. - Jeanne and all her nephews and nieces.

MACDONALD - In loving memory of Caroline, a dear sister-in-law and auntie. Sadly missed by us all. - Donald, Irene, Caitlin, Eoghan and Isla.

MCDUGALL - In loving memory of our beloved mother and granny, Mary McDougall, who passed away May 27, 2010. Always in our thoughts. - Donald, Sandra, Joe, Jem, Katie and Alisdair.

MCGOUGAN - Respectfully remembering my best friend, Angus McGougan (The Cat), who left us on May 22, 2016. Sadly missed along life's rocky road. - Welly.

CHURCH NOTICES

SPRINGBANK EVANGELICAL CHURCH



75 Longrow, Campbeltown
Regular messages and devotionals will be recorded and available on: www.springbank-church.org.uk
Meetings will not take place until further notice.
Pastor Steve Davies
01586 551200
SC014646

ST KIERAN RC CHURCH

St. John Street, Campbeltown
01586 552160
Rev Tony Wood
stkieransrc.org
Holy Mass on weekdays 9.30 am via Facebook - <https://www.facebook.com/campbeltownrcchurch> or Zoom (Meeting ID: 659 378 7274)
Sundays at 10.00 am
All public masses suspended for the foreseeable future
Anyone requiring pastoral care or help please contact
Father Tony
(SC002876)

HIGHLAND PARISH CHURCH OF SCOTLAND

South Kintyre Team Ministry
Serving Campbeltown Highland, Carradale and Southend Parishes



Charity Number: SC002493
Ministers:
Revd Steve Fulcher
Revd Chris Fulcher
01586830504
During the Lockdown recorded Sunday worship is available on our website www.kintyreparishes.org.uk

SALVATION ARMY



All services and group meetings are currently cancelled due to the coronavirus outbreak
If we can be of any assistance to anyone during this time please call us on 01586 552046
Major Ruth Russell
Scottish Charity Number SC009359

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CAMPBELTOWN FREE CHURCH

George Street, Campbeltown



There will be no services in the church building until further notice.
Rev Rodger Crooks will record the service for this Sunday and it will be available on our website (see below) and on YouTube.
Please contact us if you require help or would like someone to talk to or pray with you.
Rev Rodger Crooks
01586 554589
www.campbeltownfree-church.co.uk
Scottish Charity Number: SC046745

CAMPBELTOWN COMMUNITY CHURCH



We invite you to join us for our weekly online service available from 10:30 each Sunday morning, on our Facebook page and website
Pastor Mark Jasper
01586 554 092
pastor@campbeltown-communitychurch.co.uk
www.campbeltowncommunitychurch.co.uk
SC043322

ARDRISHAIG AND SOUTH KNAPDALE PARISHES

"Sing praises to God" (Psalm 47)
Reflection are available at the gates of the churches

SCOTTISH EPISCOPAL CHURCH

in Mid-Argyll & Arran DAILY WORSHIP
@ChristChurch Lochgilphead
Fr Simon Mackenzie
01546 602315

ST MARGARET'S RC CHURCH

Church building closed and all masses suspended until further notice
For the most up to date information visit our website: www.lochgilpheadcatholic.com or our Facebook page.
lochgilphead@rcdai.org.uk
Fr Ronald Campbell
01546 602380
(SC0002876)

NORTH KNAPDALE PARISH CHURCH

charity number SC001002
Although our buildings are closed we are still active. Our website is full of information & links to keep you informed & provide opportunities for worship on-line
Please look it up & keep in touch
www.northknapdale.org

A time of reflection

I have always been fascinated by the concept of time: how quickly it disappears when you are having a good time and how slowly it passes when all you want is to get something over and done with! As a teenager, I used the words of the Pink Floyd song 'Time' for the very first reflection I led at my local youth group. "Ticking away the moments that make up a dull day. Fritter and waste the hours in an offhand way.... And then one day you find ten years have got behind you. No one told you when to run, you missed the starting gun." At the moment we are all conscious of time

one way or another. We think about what has gone, what is happening now and what might lie ahead. We realise that we may have taken a lot of things for granted in the past, especially now that we cannot access them... travel, commodities, family etc.. Now, in the present time, we feel vulnerable and we lament what we have lost whilst trying to be thankful for the small things we have and the big sacrifices others are making. As for the future, what will for the world be like? Is life changed forever or will we slip back into old habits?

One of the Bible texts I used all those years ago was this: "For a thousand

years in your sight are like a day that has just gone by." (Psalm 90:4) In fact the Psalms are full of phrases which are really pertinent today. Some look back in time and lament things that have been lost, others look to the future and to what God will do. Some bring us hope, comfort and encouragement and yet others say thank you to God for his unfailing care.

There are 150 of them, each with words that will be right for us at one time or another in our lives. They give us permission to lament, to be angry. They offer solace and hope as we put our trust in God. In fact, the Psalm that lies

at the very centre of the Bible say this: "It is better to trust in the Lord than to put your confidence in Man." (Psalm 118:8)

Why not take a look for yourself? If you do, or if you already know the Psalms well, I wonder which one speaks most clearly to you during this strange time that we find ourselves in today?

Revd. Christine Fulcher
Church of Scotland
South Kintyre Team Ministry
Serving the Parishes of Carradale, Campbeltown Highland and Southend



Tarbert spruced up and ready for tee-off

Members will come back – in good time – to a spruced up, tidy Glenralloch.

Maintenance and improvement work has carried on at Tarbert Golf Club in line with current guidelines.

The committee reports the course is in immaculate condition with greenkeeper Graham Prentice on top of things.

The greens were hollow-cored earlier in the year and are gradually filling in and some welcome heat and rain (not too much) will enhance the greens.

Other 'rainy day' jobs have been carried out by volunteer members, which has helped the overall appearance of the course.

Club secretary John MacNab successfully applied for the

small business grant. This has helped club finances as membership is currently down by one third.

Typically, after receiving the grant, a major piece of machinery blew up which will cause some strain on club finances.

Bruce MacNab of Tarbert Golf Club said: 'We continue to follow the guidelines as set out by the Scottish Government

and the Scottish Golf Union so the course will remain closed until restrictions are lifted.

'As soon as this happens, the course will open and competitions will commence. The club plans to reschedule all competitions on the fixture list wherever possible.'

Right: The course is in tip-top condition.



Plotting a route back to hills



Walkers and climbers are keen to get back into the hills. T22_Eight-Wee-Hills-with-Big-Views_01_Ben-Aan

Two months into lockdown, mountaineering organisations in Scotland are asking the hill walking and climbing community to 'hold the line' and stay local for their daily exercise in accordance with current Scottish Government COVID-19 guidance.

Despite an easing of restrictions in England, the advice for people in Scotland remains the same – stay home and only go out for essential work, food or health reasons – though people in Scotland may now go outside to exercise twice daily.

Walkers and climbers are keen to get back out to the hills and crags and Mountaineering Scotland – the organisation representing hill walkers, climbers and ski tourers in Scotland – is leading discussions with partners in the Mountain Safety Group on how to deliver a phased return to the hills and mountains.

The group, including Scottish Mountain Rescue, Police Scotland, Mountain Training Scotland, Glenmore Lodge and the Association of

'We hope to see everyone out there soon, but preferably not on a rescue.'

Mountaineering Instructors, has developed proposals which are being submitted to the Scottish Government outlining how mountaineering activities such as hill walking, climbing and bouldering can be reintroduced.

Damon Powell, chairman of Scottish Mountain Rescue said: 'It is good to be working as part of the Mountain Safety Group to ensure we can get people back outdoors undertaking their preferred activities as soon as there is a safe and responsible way to do so within Scottish Government guidelines. We hope to see everyone out there soon, but preferably not on a rescue!'

Mountain Training Scotland chief officer George McEwan added: 'Prior to lockdown our leaders, instructors,

coaches and guides supported active public participation, voluntarily and professionally, in walking, climbing and mountaineering, which does so much to support improved health and well-being. As we look forward to reactivation, we are supporting the work of Mountaineering Scotland and the rest of the Mountain Safety Group to facilitate a phased return to the outdoors which is safe and socially responsible.'

'These are unprecedented times,' said Stuart Younie, chief executive officer of Mountaineering Scotland, 'and I thank Mountaineering Scotland members for keeping to the current guidelines. We know it's been a challenge but it's great to see the mountaineering community pulling together.'



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Campbeltown, PA28 6NU

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