



# Demand to cancel all Easter ferry bookings

by Hugh Boag  
editor@arranbanner.co.uk



Demands have been made for all ferry bookings to be cancelled to prevent Arran from being considered for visiting with Easter just a week away.

With visitors being actively discouraged from coming to the island and the number of sailings cut on the main Ardrossan to Brodick route it is hoped that keeping the island in lockdown with slow the spread of the coronavirus epidemic.

But there are concerns that could change next weekend, leading the Arran Ferry Committee asking CalMac to cancel all advance bookings to ensure the Easter holidays don't see a lot of visitors turning up at Ardrossan with ferry bookings and expecting to get over.

It came after blow this week that there are now multiple confirmed coronavirus cases

on Arran, emphasising the need for everyone to follow government advice.

A spokesman for the ferry committee said in view of this there was even more reason for people not to travel. He said: 'If I were planning to come over and prepared to chance travelling, I would perhaps be less inclined to do so if I knew my ferry booking was cancelled.'

'Anyone requiring to travel on essential business who didn't have a prior booking is required to "turn up and go" so why would anyone who booked in advance be treated differently and be allowed to retain their booking?

'The AFC's position on this is clear and have requested that all advance bookings should be cancelled to give a clear position. Only essential travel should be allowed and the port staff have guidelines as to what the covers.

'Anyone booking so far in ad-

Continued on page two

## Mine's a Guinness ...

Meet Guinness who was born last Sunday at Kilpatrick Farm and he certainly intends to make sure he stands out in the flock with his distinctive black markings.

### Unusual

Farmer David Henderson said: 'It's fairly unusual to get one with such a large black patch like that. If they do have black spots, they are

usually fairly small but even they are fairly uncommon. She was put out into the field on Monday with her twin.'

Despite the difficult times, farmers are busy lambing just now. More farm pictures, videos and stories can be found on the Kilpatrick Farm, Isle of Arran, Facebook page.



Guinness at just a day old.

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Kilmory Hall manager Paula McGuire helps unload the delivery van. 01\_B14volunteers01



Paula fills a volunteer's car boot with deliveries. 01\_B14volunteers05

# Inspiring to see the community pulling together

by Hugh Boag  
editor@arranbanner.co.uk



Arran still has the chance to slow the coronavirus epidemic on the island and save lives, according to health chiefs, who this week thanked the public for following the government guidelines.

The message came as it was revealed that there are now multiple confirmed cases of coronavirus on Arran, according to the Arran Medical Group. The total number of cases in the NHS Ayrshire and Arran health board area now stands at 199.

Dr Greg Hamill, Clinical Arran Lead, North Ayrshire Health and Social Care Partnership, said: 'On behalf of all health and care staff, I would like to thank the people of Arran for all that has been done in the past few weeks to support each other and the health and social care teams on Arran. It is inspiring to see how our community pulls together in times like these. We are working hard and are determined to do all we can to maintain our essential services. We will be there if you need our help.'

'The most important action remains for people to please stay at home. This is hard but very important – please do not meet others – this includes your friends, partners and family not in your household. You can spread the virus even if you do not have symptoms.'

## Dependent

'Most people, of all ages, who suffer from COVID-19 will have a mild illness but some will become more unwell. Like community hospitals all over Scotland, we are without intensive care facilities on Arran. We are dependent on ferries and helicopters to transfer seriously unwell people to mainland hospitals. No one on Arran needs to be told that weather, mechanical issues and demand can pressure these services – but by staying at home we are all reducing the chance of people needing this type of care.'

'We still have a chance to slow the epidemic on Arran and to save lives. This will only happen if we all follow the advice stay at home and stop the spread of the virus,' Dr Hamill added.

Meanwhile, the SNP government, Scottish Ambulance



Dr Greg Hamill 01\_B14hamill01

Service (SAS) and other key stakeholders have acted to increase capacity for airlifting coronavirus patients from Arran, should it prove necessary. These include the procurement of epishuttles, which are single patient isolation pods, to ensure the safety of the patient and healthcare staff during transfer.

Arran MSP Kenneth Gibson said: 'No island community is immune and it is reassuring

to know that capacity has increased in order to provide patients on Arran with the best care as soon as possible, having them airlifted to facilities on the mainland if necessary.'

Arran Community Council held its monthly meeting using the Zoom app linking each of the members via video link in their homes. At the outset chairman Bill Calderwood said: 'I would like to start with a note of recognition to our superb NHS staff, chemists, the vast number of volunteers and the many businesses such as Co-op who are delivering exceptional services around the island during these unique times. Other support staff from the council and other bodies who are also doing their bit to keep services operating, everyone's efforts are much appreciated, and we thank them everyone.'

## Volunteers

Meanwhile, the North Ayrshire Council Community Hub, based at the Arran Outdoor Centre in Lamlash, swung into action this week with an army of coordinators and volunteers helping those most in need across the island.

## Demand to cancel all Easter ferry bookings

Continued from page one  
vance cannot confidently have anticipated essential travel conditions.

'The easiest and clearest way is to come out and announce that all bookings are cancelled and anyone requiring to travel will need to provide evidence and that puts everyone on an even footing,' the AFC spokesman said.

A CalMac spokesman said: 'All bookings should have been cancelled for non-essential travel. If someone turns up looking to come over for the weekend they won't be permitted to board.'

'Unfortunately, we don't have any way of cancelling bookings as the purpose of the trip is not specified on the booking; for example, we won't know what is an essential booking and what is not.'

The ferry committee spokesman added: 'If that is their stated position, why don't they publish that on their website with a very clear message?'

Managing director Robbie Drummond has confirmed to the CalMac Community Board that staff are enforcing strict essential travel rules and



are seeking evidence of island residency or key worker status for all customers.

'Our staff have been instructed to call the police in the event of any dispute but this has not been required to date. Our experience is that

customers are abiding by the guidance and well prepared to evidence this,' he added.

Over the past few days CalMac traffic for passengers and cars has dropped to around five per cent of normal demand and commercial traffic to around 60 per cent.

The ferry committee has also highlighted that to suggest a utility bill will indicate a primary residence is inappropriate, as these are available to all households, not uniquely principal homes. They have now asked CalMac to take this up with Transport Scotland.

They say the current position leaves a potential imbalance in favour of those who planned ahead and also could leave the guidelines open to interpretations, as we have seen already with friends and family now located on Arran.



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Volunteer Sheenah Fletcher loads up her vehicle while other volunteers wait at a safe distance. 01\_B14volunteers03

Locality leader Ian Staples said: 'We at the Community Hub are here to support the whole community of Arran and its businesses where possible. We see these as a vital lifeline to those who use them but are unable to personally go there due to either self-isolating or shielding.

'We appreciate businesses will be under pressure in the unusual and exceptional circumstances we find ourselves in and being able to get deliveries to their customers. We at the Community Hub have a vast number of volunteers and coordinators totalling 220 across the whole island, Coordinators and volunteers who can and want to help support their communities. Since Monday until Tuesday evening we have helped deliver over 120 food deliveries, medical prescriptions, and have given advice on money matters.'

Another 61 food deliveries were delivered by volunteers in Kilmory and Shiskine on Wednesday after being taken to the villages by the Co-op.

'There are many other vital services who we are signposting people to which are there to help and support those in most need, from the foodbank in Brodick, and NAC food bags to those families who have been affected financially due thought out this crisis.

#### Vulnerable

'What we do know for now is that the demands upon all the home delivery services will become more intense over the coming weeks and we are ready to help, so all of the vital village shops, and larger businesses can continue to serve the most vulnerable and at-risk community members and those in self-isolation in our villages.

'What this situation has shown us is that the community of Arran are all in this together supporting one another,' he added.

Farmers are taking as many precautions as the can at this busy lambing time. However, there are complaints this week that people are still driving on the island to walk their dogs

through fields, many with newborn lambs and often not on their leads. Farmers have kindly asked residents to heed the government instructions buy not driving to walk dogs and to keep them on a lead.

There have not been any reports of companion or other animals becoming sick with COVID-19 and currently there is no evidence that they play a significant role in this human disease.

While this week saw the launch of the Scottish Government's Ready Scotland coronavirus volunteering scheme, anyone on Arran looking to volunteer is asked to do so through the community hub. Please email Cara Miller at [caramiller@north-ayrshire.gov.uk](mailto:caramiller@north-ayrshire.gov.uk) or contact the support hub on 01770 600532 or 07496 658760.

**If you have any stories of acts of kindness and compassion in these difficult times we would love to hear them and share them with our readers. Get in touch at [editor@arranbanner.co.uk](mailto:editor@arranbanner.co.uk).**

## Other coronavirus news in brief

### Brodick Castle and Country Park

All National Trust properties and gardens are now closed and people are being urged to stay at home and not to visit any of these attractions until further notice.

### VisitArran

VisitArran has announced that the organisation has closed for at least 12 weeks with the two staff in furlough. Emails will be managed on a voluntary basis when possible and are asked to be kept to a minimum.

### Activities/entertainment

Eco Savvy is hosting regular film screenings every Tuesday evening. The films are available for free, but viewers will need a Netflix account to take part. An online discussion will be held after the film on the Facebook event page. Further details can be obtained by email at [charlotte.ecosavvy@gmail.com](mailto:charlotte.ecosavvy@gmail.com)

The Royal Opera House is offering weekly, free full-length productions on its Facebook and YouTube pages. In addition to these there will also be behind-the-scenes productions which will give viewers an insight into the world of opera and ballet.

### Library access

The Scottish Library and Information Council is encouraging households across the country to use free online public library services after public libraries closed for public health and safety reasons. Library services in Scotland offer a range of digital services, including ebooks, online newspapers, downloadable music, games and audiobooks. Online material is available for a range of reading ages and interests, including children's educational resources, fiction and non-fiction, reference material and adult reader development resources. Details of how to access online library services are available on public library service websites.

### Travel latest

CalMac sailings have been reduced to an essential lifeline service only. This means only two daily sailings each way on the Ardrossan to Brodick route for those who have essential reasons to travel to the mainland. Commercial operations will be given priority and only cashless methods of payment are being accepted. There is also a daily service between Lochranza and Tarbert.

ScotRail has announced changes to its regular services, introducing more earlier services and some later services while reducing services in the middle of the day.

These are to assist with getting key workers to medical facilities and will help with cleaning activities on trains, platforms and stations. Please check the timetables before travelling.

Stagecoach services on Arran are operating to a Saturday timetable and the situation is being monitored and subject to change on a daily basis.

### Online shopping

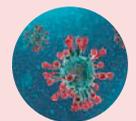
An initiative aimed at supporting local shops on Scottish islands has been established at [www.isle20.com](http://www.isle20.com).

There are 23 islands listed and advertisers are encouraged to add their details at no charge. On Arran there are 23 businesses advertising their online offerings.

It is being run by Rhonda Meek who runs Tiree Tea and works in software on a non-profit basis.

She said: 'There are a lot of island businesses in Scotland who will struggle badly as non-essential travel restrictions reduce numbers of tourists.

'I hope that people who might otherwise spend money in the islands in person, will spend it digitally. Small businesses support a lot of people and your custom is much appreciated.'



Peter Gordon of the Co-op unloads the first van full of totes for people in the area.

01\_B14volunteers07

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# Why second home owners really need to stay away

**In my view: Conservative councillor Timothy Billings gives his personal view on the second homes debate.**

I write this with slight trepidation, aware that a lot has already been said on the topic, particularly on social media.

However, I consider that there needs to be some clarity as to why people moving to holiday/second homes to isolate is such a contentious issue during this health crisis.

Normally, of course, we welcome visitors with open arms, as they are an essential part of our island's economy, as they have been for more than 100 years. However, we are not in normal times and there are concerns that increasing the population of Arran has the potential to create severe issues in the event of an outbreak of COVID-19 on the island.

For many of us Arran residents, this is an opportunity to enjoy our Arran lives. We have wonderful countryside that we can all access from our homes, our essential local shops continue to provide excellent services and with the significant decrease in visitors, when we do go out for our daily walk it is quiet and blissful. We have a lot to be grateful for during

these challenging times. So it's no wonder some people could see Arran as being the perfect place to 'isolate'.

However, all is not so rosy in our island idyll when we look deeper into what could very easily happen should there be an outbreak of the virus on Arran.

Here are some Arran facts: first is that the island does not have an intensive care unit and does not have any ventilators. Anybody needing ventilator support has to be airlifted to the mainland, which presents significant challenges, takes time and uses valuable resources.

The second fact is that Arran already has one of the largest percentages of people aged over 65 in Scotland, making us a highly vulnerable population, and we are all aware that older people tend to need greater medical support.

The third fact is that we are a rural community with some very remote locations that create logistical issues if more remote residents need support.

Whilst we have wonderful



Councillor Timothy Billings.

NHS, care and volunteer services, if there were to be an outbreak of the virus on Arran these high-risk factors have the potential to stretch these services to breaking point.

Anecdotal reports suggest that many second home owners tend to be older adding to the already high-risk status of Arran. So why would anybody choose to come to Arran knowing that if they got sick it would be much harder for them to access support and

healthcare? Especially given that significant number of second/holiday homes are in some of the more remote areas of Arran. We already have a known case of the virus on Arran so being on an island in no way offers protection.

There is a clear message here: if you think Arran would make a great place to isolate, think again. Stay put where you are on the mainland for your own sakes and follow the government guidelines.

## Arran Foodbank now offers a delivery service

The Arran Churches Together Foodbank located at Brodick Church is continuing to operate as normal during the coronavirus outbreak and the service is now being extended to offer home deliveries.

The foodbank is located inside the vestibule of Brodick Church and it is free for those experiencing financial difficulties or those who need some extra help. There is no registration or requirements to make use of the service, users can just visit the church and take what they require.

For those who need to make use of the foodbank but are self-isolating or who live farther away, a doorstep delivery which avoids any contact between driver and recipient can easily be arranged by calling the delivery coordinator, Susan Dobson, on 01770 302365. Deliveries are being undertaken by a team of vol-

unteer drivers and the regular foodbank volunteers.

The foodbank is kept well stocked with donations from churches on Arran and from donations from members of the public, and from organisations on Arran who drop off donations at the church and at the collection point at the Brodick Co-op.

The foodbank has supplies of tinned meat, fish, fruit and puddings as well as toothbrushes, toothpaste, shower gel, shampoo and deodorant along with items suitable for children and babies. There is also a supply of staple food items and a fridge containing meat and chilled products.

For those who can safely reach the foodbank, it is advised to collect from the church but those living further afield or who have difficulties getting there, please call the number provided.

## Newspapers are safe to handle and read

The World Health Organisation (WHO) has confirmed that handling newspapers, even if they are delivered to your house, is safe and that they carry a very low risk of spreading coronavirus.

Describing the risk as infinitely small, the WHO stressed that 'the risk of catching coronavirus from a package that has been moved, travelled and exposed to different conditions and temperature is low'.

Eminent virologist George Lomonosoff, who uses molecular biology to understand the properties of viruses, said: 'Newspapers are pretty sterile because of the way they are printed and the process they've been through.'

Newspapers absorb the virus shortly after coming into contact with it and it quickly dies. Contamination on plastic and wood takes a bit longer but if there is a short interval since coming into contact with the virus, it also quickly dies.

The Scottish Government has committed to allowing news media providers to stay open within lockdown legislation and confirmed journalists as recognised key workers.

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# CORONAVIRUS

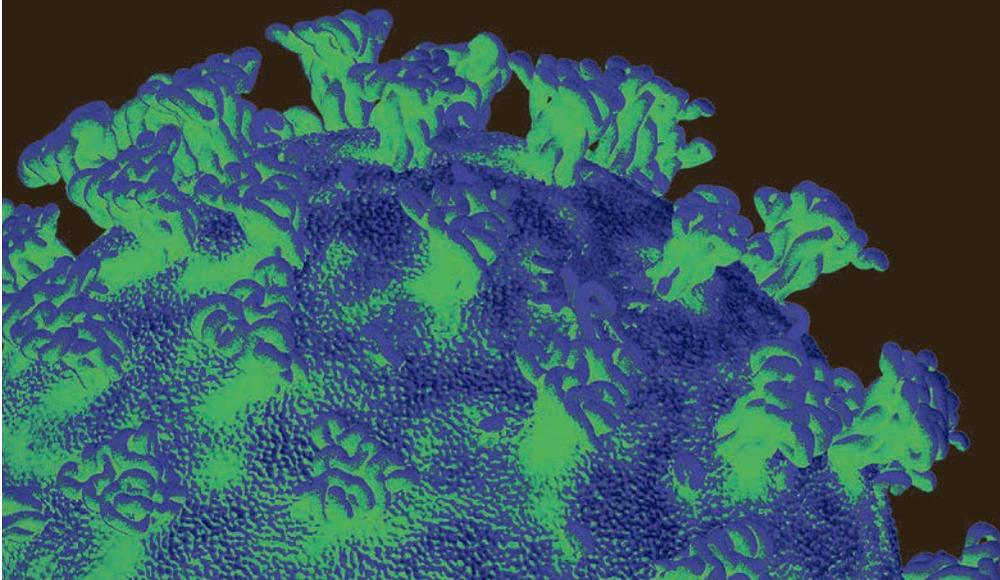
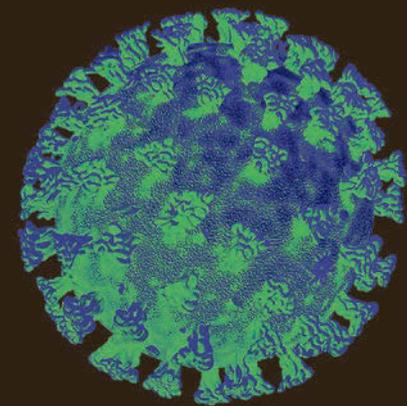
# STAY AT HOME

# SAVE LIVES

Anyone can spread Coronavirus.

The only reasons to leave home are:

- ✔ To shop for basic necessities or pick up medicine
- ✔ To travel to work when you absolutely cannot work from home
- ✔ To exercise once a day, alone or with members of your household
- ✘ Do not meet others, even friends or family



**CORONAVIRUS**

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**

## LETTERS

Write to us: send your letters to [editor@arranbanner.co.uk](mailto:editor@arranbanner.co.uk)  
or The Editor, Arran Banner, Brodick, Isle of Arran KA27 8AJ

## Closed for business

Arran is in lockdown and it needs to stay that way in these troubled times.

The news this week that there are now multiple confirmed cases of coronavirus on Arran will have come as a shock to many who thought their island home was a haven in the mad world of the pandemic.

It is worrying, then, that there should be even a suggestion of any visitors heading over for the Easter holidays. The Arran Ferry Committee is right to demand that all ferry bookings should be cancelled and CalMac really should have no hesitation in coming out and saying that is exactly what will happen.

No one should be coming on to the island unless it is for legitimate 'essential travel' – just as islanders should not be going to the mainland and coming back unless it is absolutely necessary – but we have heard it is happening.

Why anyone would even want to come is a mystery. Do they not realise that everything – except the bare essentials – is shut and they would find little of Arran's legendary warm welcome?

Not that we want to be rude. It should be remembered that the very people being asked to stay away now are the same people we will want to come back for the sake of the tourist industry when all this is over.

But for now the message must be sent out loud and clear Arran is closed for business.

## Thought for the week

'God is our refuge and strength, a very present help in trouble.' Psalm 46:1

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## Ormidale welcome

Sir,  
I'd just like to pass on my thanks to everyone at the Ormidale Hotel for making us feel so welcome on our recent visit.

We've been coming to Arran for longer than I care to remember, and to the Ormidale for half a century.

We'd had a difficult year and were badly in need of some quiet time. Arran was the ideal destination. We actually booked months ago and had our original booking cancelled thanks to CalMac, and as we boarded the ferry the idea of bar and restaurant closures was simply a rumour, which might happen at some point in the future.

We didn't expect that the Ormidale would be forced to close down on the Friday night, and we were booked to stay until Monday. Full marks to Tommy, Laura and Trevor for making us feel under no pressure to 'evacuate' until we felt ready to do so.

We eventually left the island one day ahead of schedule, feeling refreshed and delighted by the welcome we had received from the people of Arran.

I only wish we'd left under happier circumstances.

I'm sure Tommy, Laura and Trevor aren't the only hoteliers who face a worrying future, especially after such a difficult start to the year. I'm also sure I speak for very many regular visitors who are thinking of you all at this unhappy time.

Arran is a very special place, populated by very special people. In the dark days ahead, be sure that many of your regulars will often remember the happy times spent with you, and will do their utmost to come back to see you all soon.

We fully expect an invitation to the grand reopening of the Ormidale!

Yours,  
**Alison Allan,  
Gourock.**

## Distancing advice

Sir,  
The government's core injunction to all is to keep a two-metre distance. Essential counsel!

But it is not easy to say to friend or stranger when you meet and they want to chat, or whatever, in effect, 'back off'. They might well comply but may never greet you again!

May I suggest everyone on the island get accustomed to saying (and everyone accustomed

to hearing) the simple, polite and understandable 'keep your safe distance please'.

If this simple greeting spreads, and is obeyed, it will greatly help prevent the spread of coronavirus. And sooner, rather than later, we will be able to meet and greet appropriately once again.

Yours,  
**John G Webster,  
Kings Cross.**

## Bide at home

Sir,  
My prophetic grandmother who passed away 75 years ago regularly dispensed her cure for the world's ills ... 'bide at home'.

Yours,  
**Mr L O Proudfoot,  
Brodick.**

## Stay home, save lives

Sir,  
For the first time in living memory we are facing a global pandemic which tests the ability of our health service, which tests our economies, and which tests our resilience as a country.

I'd like to put on record my sincerest thanks to the heroes in our health service, public services, emergency services and armed forces who are working around the clock to care for us, help us and keep us safe. The unsung army of community volunteers and everyday acts of kindness should not be forgotten either.

The difficult decisions currently being made by both of our governments seem unnatural to us as a society, not least to me as a politician. To be restricted, our freedoms limited, our movements questioned. In a normal democracy these things feel intrusive and difficult to accept. But let me be clear, they are absolutely necessary.

The months ahead will be challenging; many will face difficulties through the loss of income, social contact and routine. Scotland's two governments, as well as our local councils, are trying their best to react to this fast-moving situation. We, too, have a role to play in this. Look after each other and look out for each other. The normal rules of political and societal division should be left behind.

There are many ways we can play our part, be it checking on a vulnerable neighbour, picking up their shopping or prescriptions for them, or staying at home and away from crowds or unnecessary social gatherings.

My staff are working remotely, non-stop, to help with a wide and varied nature of situations.

We don't always or immediately have all the answers, but all your local councillors, MPs and MSPs I know are working flat out to help you.

We can also use technology to create community support networks or use social media to keep in touch and keep each other going. For those without gadgets, pick up the phone.

There will be an end to this crisis and our lives will eventually, we hope, go back to some form of normality, whatever that normality may be. In the meantime, the rules are simple: Stay indoors to halt the spread of the virus, only go out for essential shopping, or for medical reasons and if you can, you must work from home.

Stay home, save lives.  
Yours,  
**Jamie Greene MSP,  
Member of Scottish Parliament for the West  
Scotland Region.**

## Plate Up

Sir,  
We find ourselves writing this in uncertain times.

Thankfully, the brilliant people working hard to keep producing and delivering the food we need have come to the fore, and there is more than enough food for us all, as long as we are careful with our buying choices.

However, for 4.1m UK children living in poverty, this is not the case, and their reality is that they go hungry every day they're not at school. This malnourishment risks long-term physical and mental health difficulties, including poor growth, diabetes, mood swings, and lowered immune systems. Not to mention reduced learning capabilities simply because of being hungry.

As supporters of Plate Up, we are urging your readers to stand with us and donate £5 to help feed two hungry children during these difficult times, by texting PLATEUP to 70085.

Yours,  
**Nadiya Hussain,  
c/o Plate Up, London**

## Thomson apology

In an article in last week's Banner headlined 'Lorry slips from road at tight bend' we referred to the vehicle involved as belonging to John Thomson Ltd. We now accept this statement was made in error and apologise to the company for any inconvenience caused.

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Anything in before 1pm is guaranteed next morning delivery on the Island. Let us know your requirements when you book in with our office, as well as our speedy parcel service, we offer 2 man delivery and Tailift Service throughout the island. Forklift at depot.

## Ardrossan Depot

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Open 9am - 5pm Monday to Friday

We are open to accept all your deliveries large and small. A lot of companies won't deliver to Islands, why not use us as your mainland address and let us bring it to your home. We have all the national parcel companies and pallet networks calling in daily to our Parcelpoint. If you are ordering from a few different companies we can

hold it until all your goods have arrived and deliver it all together to your home. If you're needing special arrangements for your delivery we can help. Just let us know your requirements when you book in. Forklift on site for pallets and as well as our speedy parcel services, we offer a 2 man and tailift service throughout the Island.

# We're here to help on Arran

This list of business services has been compiled by the Arran Community and Voluntary Service (ACVS) to assist everyone who is self-isolating or unwell. There are a range of food delivery services and other resources to keep you busy while staying at home. Please bear in mind that although most of the deliveries are free, the businesses are doing this by goodwill and if you are placing an order be considerate of volume vs cost. Thanks to all concerned for providing information and adapting what they do in these challenging times. Shop local, support your community!

## Message From pharmacy

Please do not hand in repeat prescriptions at this time. Instead telephone the surgery order line on 01770 600516. Order all items on your repeat and collect from here in no less than four working days

## FOOD:

### Lochranza Centre

Hot meal orders delivered between the hours of 5.00pm and 7.00pm on Tue, Wed and Sun (please do not go to the centre, phone on 01770 830 637). These are in a 'disposable' takeaway form. Kitchen is fully compliant with food safety regulations and we have sufficient stocks of sanitiser etc. Payment should be made through their Justgiving page. Phone for details. Lochranza Centre can be contacted on 01770 830637. They can pick up shopping for people from Pirnmill Stores or the Co-op if you phone the stores direct and place the order. For any other assistance anyone in Pirnmill/Lochranza/Catacol can phone the centre and they will try and help.

### Pirnmill Shop

Grocery provision orders to be picked up or delivered via the following means: Order via telephone: 850235 or email: pirnmillpo@gmail.com - Facebook message: <https://www.facebook.com/pirnmillvillagestore/> Payments by card over the phone or by bank transfer, the bank details for this are as follows Name: Pirnmill Village Store - sort code: 83-23-13, account no: 00601644.

### Wooleys of Arran Bakery Shop, Brodick

Shops are now closed to public. Fresh bread, rolls, potato scone and frozen pies and quiche can be ordered and delivered to Brodick and Lamash. Order via telephone - 302280 by 11am for next day delivery or contact via Facebook messenger.

### Shanghai Takeaway, Brodick

Hot meals delivered island wide as usual. Order via telephone - 303777.

### Co-op, Brodick

Groceries for home delivery, call the store to order. For vulnerable and self-isolating residents. Order via telephone - 302515 or email [elizabeth.mclean@coop.co.uk](mailto:elizabeth.mclean@coop.co.uk) (preferred) including your name, address, telephone number and membership details - it may take up to one day to be called back. Delivery schedule: Monday: Corrie, Sannox, Glen Estate, Brodick. Tuesday: Lamash, Cordon, Whiting Bay. Wednesday: from Whiting Bay to Blackwaterfoot. Thursday: Lochranza, Pirnmill, Machrie. Friday: Brodick and surrounding areas.

### Foodshare at the Co-op, Brodick and Lamash

Short-life orange label food (use by and best before) will be available for the public to collect for free every evening at 6.15pm from the foodshare table within the big Co-op in Brodick and Co-op, Lamash. This scheme is open to all, help yourself to stop food from going to landfill. Please adhere to the 'touch it and take it' policy.

### Bay Kitchen and Stores, Whiting Bay

Drive thru groceries - call ahead - we will bag and bring your shopping (even if just your paper) out to you. Delivery service, suggested spend no less than £10 for Whiting Bay and £20 if further away please, free contactless payment. Order via telephone - 700229 Mon-Sat 9am-4pm - Sunday noon- 3pm deliveries and kerb side pickups. The seating area is now closed, however takeaway coffees/teas and pastries still available. Free hot drinks to any NHS and Coastguard/helicoptering staff/any front line staff and their spouses who all deserve medals too. Deliveries are not only for self-isolators but for any front line staff who need a break.

### The Shore, Whiting Bay

Frozen meals available for collection and will come complete with easy to follow instructions for heating in your oven at home. Order via telephone - 700161 - visit [www.theshorearran.co.uk](http://www.theshorearran.co.uk) - seven days a week, 3pm - 6pm

### Burlington Takeaway, Whiting Bay

Hot meals for collection, can bring out to car, card payment, contactless. Order via telephone - 700255. Available Thurs/Fri/Sat 5-9pm.

### A & C Camerons, Blackwaterfoot

Home delivery from the shop as normal for those distancing, or lambing! Home deliveries cover the whole Shiskine Valley, Machrie and as



far as Lochranza and Kildonnan on specific days. Order via telephone - 01770 860 220 or email [blackwaterfoot-po@live.co.uk](mailto:blackwaterfoot-po@live.co.uk).

### Blackwaterfoot Bakehouse

Opening times Tuesday-Saturday weekly, please see Facebook page for developments. <https://www.facebook.com/bakehouseblackwater/> Their bread will also be available at their usual locations elsewhere on the island.

### Kilmory Hall and Community Centre

Groceries available as previously at the little community shop for those who need to use it. A review will be made at the end of April. Contact us please email [kilmory.hall@btinternet.com](mailto:kilmory.hall@btinternet.com).

### Arran Cheese Shop

Still trading, shop closed to public. Your order can be collected at our shop where we will bring it to your car. You can order by phone 302788 or [emailgordon@arrancheese.com](mailto:emailgordon@arrancheese.com) If emailing please leave a phone number and don't include card details. If ordering on Arran you will get a free piece of Arran Brie, Arran Camembert or Arran Blue as Easter stock of these will eventually go to waste. Our products can be viewed on website.

### Arran Butchers, Blackwaterfoot

Still trading, shop closed to public. Orders can be placed by phoning the shop to arrange a non-contact delivery anywhere on the island - pay for by card. A full range of stock remains at all three Co-ops and at Bay stores. A 20 per cent discount on all home delivery island wide. Order via telephone - 860354.

### Blackwaterfoot Lodge (Hotel)

Take our meals for drive thru collection or home deliveries available Friday and Saturday nights from 5pm-8pm. Delivery in Shiskine Valley area. Weekly menu available on Facebook page or phone 860202.

## CLOTHING:

### Bells Boutique, Brodick

Most of the clothing stock can be viewed with prices on Facebook and Instagram, some photos of stock is also available on Google page Bell's of Arran. Contact Elizabeth via email [bellsofarran@gmail.com](mailto:bellsofarran@gmail.com) Call 01770 860597 (Bridgend Campsite) - whatsapp 07881 400064 (no phone signal at home) / via facebook [bellsofarran](https://www.facebook.com/bellsofarran).

### Arran Active

Any kind of stock requirements can be delivered for free or can be picked up from outside the store. Payment taken over the phone. Order via telephone - call Andrew on 700508 to arrange.

### Chameleon Arran

Basics (T-shirts, underwear etc). See Facebook page or website at [www.chameleonarran.com](http://www.chameleonarran.com) for photos and price. Payment over the phone. Full e-commerce store coming soon on the website. Free delivery island-wide. Email [lynn@chameleonarran.com](mailto:lynn@chameleonarran.com). Phone messages may be left on 600201.

### Old Byre Showroom

Although the doors are closed we are happy to deliver. Online sales receive a 10% discount, use MAYUBESAFE at checkout. <https://www.oldbyre.co.uk/> you can also contact on facebook or telephone 01770 840227.

## HOUSEHOLD ITEMS

### Homestyles, Brodick

Household items or essentials can be delivered free by arrangement or left outside for collection. Order via telephone - 302648 - card payment via phone contact.

### Arran Haulage Service/Armitage, Brodick

Continue to deliver all items as usual adhering strictly to all preventative measures and national guidelines. Armitage is providing regular services and Arran Haulage are still delivering goods, animal feed, coal

and gas as normal, island wide. Order via telephone - 302777 - Can be paid online.

### MBS Building and Timber Supplies

Shop and forecourt closed to public - still trading via delivery service where possible. Order and pay using your card over the phone. Forecourt may reopen for key workers. Order by phone on 01770 700202 Monday to Saturday 8am-noon or email [mbsbuild@yahoo.co.uk](mailto:mbsbuild@yahoo.co.uk)

### Albion Gas

Free delivery on bottled gas, 01770 600113/07884258837

### Arran Heat Pumps

Quality heat pumps supplied and installed. Service and repair, 24 hours call out island wide. Please call for a free estimate 07385 215 140 01770 601214 or email [arranheatpumps@btinternet.com](mailto:arranheatpumps@btinternet.com).

### Sliderry Supplies

Deliveries on Tuesday and Friday. Phone or email your orders as early as possible to allow us to collate orders and plan delivery times. Order via telephone - 870225/348 - or email [sliderrysupplies@yahoo.com](mailto:sliderrysupplies@yahoo.com)

### Brendarran Electricals

Carrying out repairs on appliances but only essential appliances like cookers, washing machines, fridges and freezers. Non-essential repairs will only be carried out when the lockdown has been lifted. Taking all necessary precautionary measures as outlined in government guidelines. Telephone - 07956 324546

## LEGAL ASSISTANCE/ESTATE AGENTS:

### Jas. Campbell & Co, Brodick

Solicitors, financial advisers, estate agents. Normal services but appointments will be by phone rather than face to face. Telephone: 302027

### Arran Estate Agents, Brodick

Normal services but by phone or email rather than face to face. Telephone - 302310 or email: [sales@arranestateagents.co.uk](mailto:sales@arranestateagents.co.uk)

## CRAFT SUPPLIES AND OTHER ITEMS:

### Book and Card Centre/ Brodick Post Office

Newspaper delivery. Books, puzzles, batteries, stationary etc can be delivered too - in Brodick only at moment. Payment over the phone - Order via telephone - call Tom on 302288

### Bay Wool & Crafts

Wool, haberdashery and craft supplies. To purchase anything from any of our makers and crafters, please contact them direct first - these can also be delivered from the shop. Also operating a delivery service. Orders via Telephone: call Kat and Steve Sparshott on 600110 or Linda MacCallum on 302875 with requirements.

### Bay Pet Care

Dog walking, veterinary transportation, waits with dog and returns. Cover from Brodick to Kildonnan. Uses own leads. An element of paperwork will be required, possibly online. Julie is police checked and insured and hasn't been off the island since xmas. To arrange dog walking call 700541.

### Bogarie Kennels

We have lots of customers that purchase dog food from us and at this time we can still possibly deliver. We are asking for email communication and bank transfers to ensure safety. [Bogarienkennels@mail.com](mailto:Bogarienkennels@mail.com) - we are on the Ross Road.

### The Harbour Shop, Blackwaterfoot

Will be delivering newspapers and any other items required. Phone 860215.

### Arran Foodbank

If in crisis, Brodick Church Building remains open and the foodbank is still operating just inside the front doors for anyone who needs this service. If deliveries are required due to self isolation or otherwise please contact Susan Dobson 01770 302365. Food and other donations for the foodbank would be greatly appreciated, especially during this difficult time, and can be dropped off at the church or big co-op or can be collected by contacting Susan.

### Arran CVS Office - hearing aid batteries

Hearing aid batteries can ordered via telephone on 600611 or via email- [info@arrancvs.org.uk](mailto:info@arrancvs.org.uk) and will be posted out.

### Hear to Help

To order hearing aid batteries or get support for your hearing aid telephone 07391 017781 or email: [heartohelp.ayrshire@hearingloss.org.uk](mailto:heartohelp.ayrshire@hearingloss.org.uk)

### Talking Arran Banner

Your favourite local paper in audio format. Equipment available for those with sight impairment. Call 07743367866 Or 302158



Dr Jim Cassels has compiled the Arran Bird Report: the first 40 years.



Tristan ap Rheinhaulit compiled the report from 1990 to 1992.



The late Audrey Walters compiled the report from 1993 to 2005.

# Arran Bird Report: the first 40 years

by Hugh Boag  
editor@arranbanner.co.uk



The Arran Bird Report has reached a historical milestone.

It is 40 years since the first standalone bird report was produced by the Arran Natural History Society. And to celebrate, a special publication has just been produced covering these years.

Simply titled Arran Bird Report: the first 40 years, it has been compiled by the Arran Bird recorder for the past 14 years, Dr Jim Cassels.

The changes in the report in these first 40 years are outlined. There is an insight into the people who helped shape the report and the birds that help make Arran a special place are highlighted.

The uniqueness of Arran bird life is featured, as are the changes in that bird life, together with a range of birding highlights from these first 40 reports. In addition, the first report, the Arran Bird Report from 1980, is included in its entirety together with the 40th report, the Arran Bird Report for 2019.

It was Maggie H Dunn who produced the very first bird report and was the recorder until 1991. The last two years were in collaboration with

Tristan ap Rheinhaulit, who did the 1992 report. From 1993 to 2005, Audrey Walters was the recorder and in 2006 present recorder Jim took over.

Maggie was the founder member of the Arran Natural History Society, which was formed in 1977, and it was through her enthusiasm and commitment that the first Arran Bird Report was produced. Maggie was also a local primary teacher. Both as a teacher and as a member of the society, Maggie was, and is, an inspiration. Through her, many developed and shared her passion for the birds of Arran.

## Enthusiasm

In her role as bird recorder, she produced the annual report until 1991 but after that she has continued to support all the subsequent recorders and has contributed to every bird report down all the years. Maggie is now 95 years old and, although she now lives in Hampshire, her enthusiasm for Arran and its birds continues undiminished.

Jim said: 'The reader will be the judge of whether or not this publication achieves its aim of celebrating 40 years of Arran bird reports.'

'I hope it does because 40 years is quite an achievement, particularly at a time when the

production of annual bird reports from our adjacent areas is becoming problematic.

'During this viral crisis it may seem an irrelevance but particularly at this time encouraging people to safely enjoy Arran's quiet places and its wide variety of birds is good for people's mental and physical well being.'

Society chairman Jackie Kemp added: 'Over the years it has been my privilege to know and share birding ventures on Arran with those compilers of previous reports.'

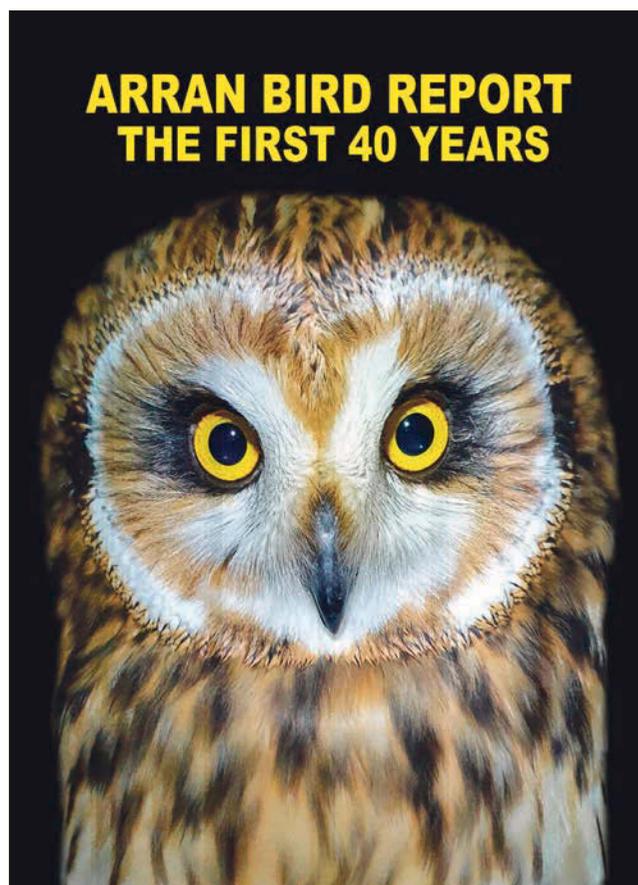
'Margaret Dunn, who had the foresight to see the need for a local report all those years ago, the late Audrey Walters, who stepped in when Margaret temporarily left the island, and the present incumbent Jim Cassels, who has raised the report to a new level and produced the Arran Bird Atlas. Their enthusiasm and desire to extract even the commonest observations from the local and visiting birdwatchers has been positively infectious.'

The report retails for £5 and for a perfect bound book of 110 pages crammed with information it is a bargain.

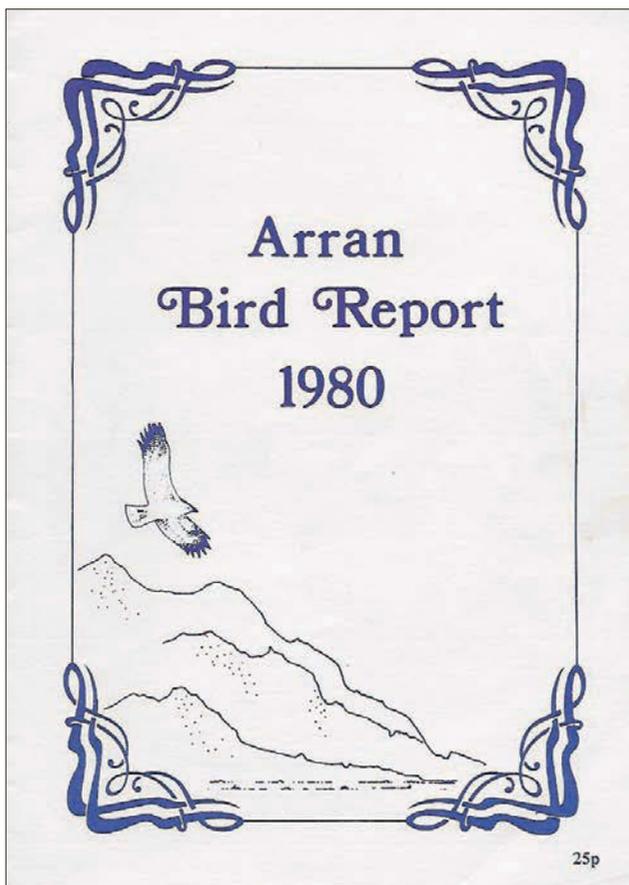
It is available in The Book and Card Centre in Brodick, The Harbour Shop in Blackwaterfoot and Pirnmill Village Store and Post Office.



Maggie H Dunn who compiled the very first report. Photo Hugh Boag



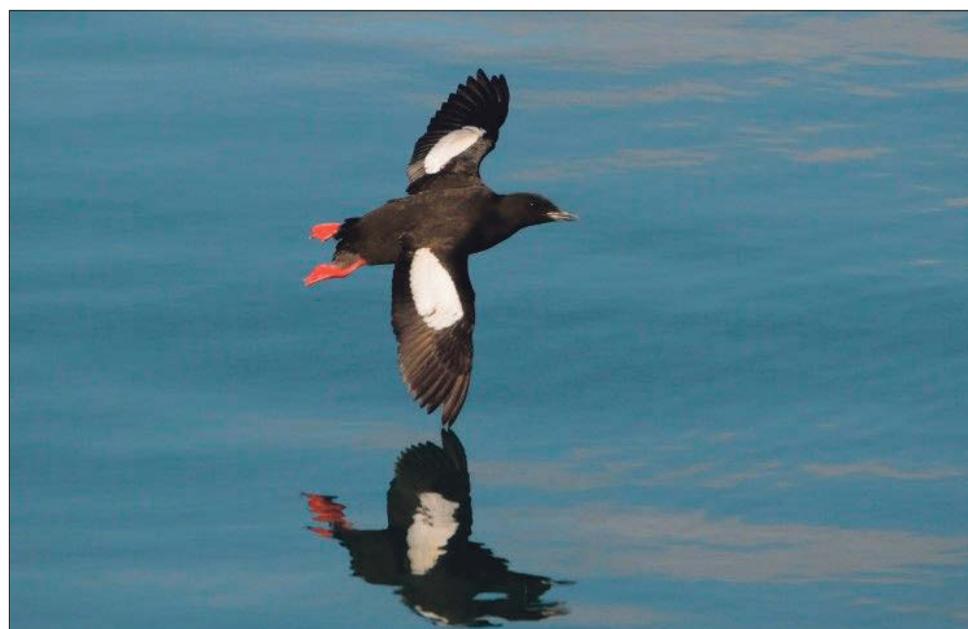
The striking cover of the 40th anniversary report.



The cover of the very first bird report from 1980.



The cover of the 2015 bird report.



Black guillemot – a species on the increase.  
Photo Angus Hogg.



Ptarmigan – a species in decline. Photo Tony Church.



Snowy egret an American bird, a first for Arran and a first for the UK. Photo Lee Hesp.



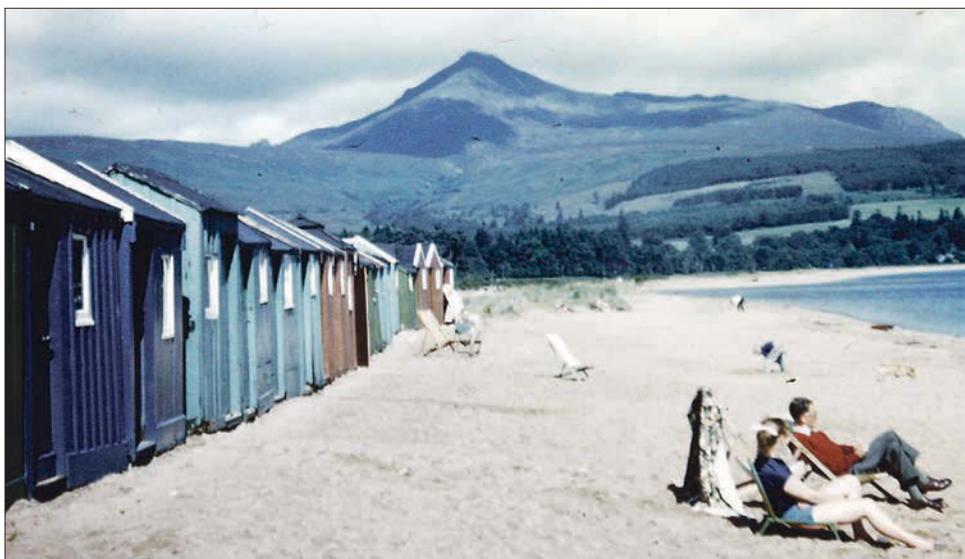
Hoopoe – a rare bird that turned up in 2006 while the bird recorder was in Australia only seen by one person but photographed. Photo Graham Ross

# LEISURE & ENTERTAINMENT

YOUR GUIDE TO WHAT'S ON IN ARRAN



Colin leaping from a boat carrying John and Helen, two McPhersons and a Kelso in 1958.



The Brodick beach huts in 1958.



Alice and Colin at beach hut 15 Brown in 1962.

## Memories of Arran childhood holidays – part two

Colin Bowes has fond memories of his childhood holidays on Arran. Although he now lives in Lytham in Lancashire, he has compiled them into an essay which has been serialised in the Banner. This is part two of the three-part series. We hope our readers enjoy this trip down memory lane in these dark times.

The family made lots of friends, who, as returnees, we met each year. There were many boys and girls in those families of my age. We became good friends, most of those families also renting a bungalow or a house for the month or in some cases staying at guest houses or hotels such as Saint Denys, Saint Elmo, Ennismor, Kingsley, Douglas, Invercloy, Kilmichael House, Altanna or Auchrannie. One thing that was common in those days was for us children to travel to our holiday destination in our school uniforms. We also wore them on occasion during the holiday particularly if we attended a church service.

The Lyndene Tearooms (now The Byre at Brodick) run by the McNicols were frequented by the smartly dressed parents but at night when the tearooms (the left-hand side of the property as you entered by the front door) were closed for business, the right-hand side of the building was open as a takeaway fish and chip

shop run by Archie McNicol, a son of the business owners. This is where 'the young ones' would visit for six pennyworth of chips or a fish supper but perhaps more importantly to listen to the hits of the day. You see, there was a record player in the ordering and waiting area where Archie would play his gramophone records.

It must have been in August 1957 when a bunch of us walked in for our usual poke of chips and heard for the first time the opening bars of 'All shook up' sung by Elvis Presley. Of course we knew and loved Elvis already but this was his latest record. It was magical!

*Awella bless my soul awhat's wrong with me?  
I'm itchin' like a man on a fuzzy tree  
Ma friends say I'm acting wild as a bug  
I'm in love ... I'm all shook up*

The record was played over and over again.

The chippy at the Lyndene had competition from the chip

van, a converted charabanc which parked on certain evenings of the week at the side of Curries and from where, via a central serving hatch, we could purchase chips or fish suppers to be eaten with the fingers once the delicacy had been coated with an unhealthy amount of salt and vinegar. The main problem which arose from this alfresco dining was the midges as we were continually smacking them from our faces with greasy, salty, vinegary hands.

Pellegrini's café and ice cream parlour (now The Book and Card Centre and Post Office) was a must visit venue famous for the wonderful home-made ice cream. My choice of the offerings was two scoops of vanilla ice cream served in a glass dish and eaten with a spoon, the delight being smothered in marshmallow sauce.

Mr Pellegrini's jukebox was important to us as we could pay for and select our favourite hits of the day. In addition to



Colin's brother and sister, Alice and John, enjoy time on the beach in 1958.

All shook up, there are other tunes that bring back memories of those happy days spent with my family and my fondly remembered holiday friends. They are Wonderful Land by The Shadows, Because They're Young by Duane Eddy and the The Rebels, I Remember You by Frank Ifield and Adios Amigo by Jim Reeves.

'Away from these memories my life I must spend adios my friend.'

The 'cinema' held at the Brodick Public Hall was a mighty favourite, most of us not missing a showing. Films that I saw there include The Silent Enemy, Violent Playground, Pal Joey (where I fell in love with Kim Novak), Geordie (Come away ma wee Geordie!) 6.5 Special (featuring my hero Lonnie Donegan), Campbell's Kingdom, The 39 Steps (the Kenneth More one), The Hound of the Baskervilles (the one with Peter Cushing and Andre Morell), Idol On Parade, Carry On Constable and The Two Way Stretch.

What should we do after a visit to the pictures and a walk along Shore Road? A visit to the back of Wooley's bakers shop to the bakery where the door was always wide open to let some heat out and where for a penny the bakers sold a freshly baked breakfast roll still hot from the baking and eaten there and then and just as they were. No filling needed.

An annual treat would be when dad took us to Alexanders (up until recently Hair and

Beauty) and let us chose our holiday book. Alexanders, newsagents, bookshop, tobacconist, toys and games, fishing tackle and buckets and spades, was a special place and is sorely missed. The split front door is still the same as I imagine is the door knob. The shadows of those thousands of folk who have passed through those doors and who are no longer with us remain. I seem to recall a bell ringing when the door was opened into that magical kingdom.

'Every time a bell rings an angel gets its wings.'

#### The Broons

At that time I was not a great reader. Comics such as The Eagle, yes, cowboy comics and annuals featuring Buck Jones, Kit Carson, Roy Rogers and Buffalo Bill, yes, Oor Wullie and The Broons annuals, yes! Books? Not really.

To encourage me, mum chose a book in Alexanders entitled 'A Princess of Mars' a science fantasy novel by Edgar Rice Burroughs who was, I would guess, more famous for his Tarzan books. One day the two of us went for a walk and she brought along the book and as we walked she started to read to me. The story captivated me and that night I started to read the book from the page that mum has reached and found that I couldn't put it down.

Thereafter I discovered John Buchan, Arthur Conan Doyle, Edgar Allan Poe and 'A Christmas Carol' by Charles Dickens, but I still

liked comics.

I mentioned hiring a rowing boat and fishing in Brodick Bay but our best fishing experience was from beneath the pier. In those days – pre-nanny state and disproportionate health and safety regulations – you could wander up and down the pier day or night. There is still a set of fixed vertical ladders down the side of the old pier where we boys would descend and then clamber over barnacle covered beams clutching our wooden fishing reels to a position about centre of the pier and from there catch dozens of what I was assured were called saithe.

Having the pier decking above us created perfect visibility into the waters below there being no sky reflection. Not one of my pals fell in but it was a worry to our fertile imaginations that a slip into the depths below could be the end. We had once seen a basking shark just off the pier and knew it would be waiting to gobble up any poor unfortunate chap who lost his footing. The fish were only small and seemed to like being caught whether the hook was baited or not. The bounty from our fishing trip would then be thrown to the squawking gulls from the pier head with us watching them catching the fish mid flight. There were no 'Do not feed the gulls signs' in those days ...

See next week for the third and final instalment

## Stories sought on history of Arran lifeboat service

A volunteer at the Arran RNLI is researching the history of the lifeboat service on the island and learning more about how things have progressed over the last half century.

Amanda Pirie, who takes care of care of press releases, social media and promotion for the Arran RNLI, is compiling the history as the charity looks towards its 50th anniversary celebrations in July.

It was in 1970 that the Lamlash lifeboat station was established with a D-class lifeboat, a far cry from the sophisticated Atlantic 85 class B-876 Rachel Hedderwick which has been in service since July 2014.

Amanda told the Banner: 'I would love to

hear from you if you have any stories to tell about lifeboats here on Arran, whether you've been crew, supporter or an interested patron. Or any interesting stories or photos about the people who have served the RNLI on the island over the past 50 years.

'I'm particularly interested in old photos as I'm trying to piece together a visual timeline. I would also love to hear from anyone who has been rescued by the crew and would be happy to talk about it.'

Amanda can be contacted on facebook via messenger, or at [amanda\\_pirie@rnli.org.uk](mailto:amanda_pirie@rnli.org.uk) or by post to Springridge, 11 West Mayish Road, Brodick.



The Rachel Hedderwick is put through her paces at a recent open day.

## Arran Banner Leisure Section

in association with Isle of Arran Brewery



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# THE ARRAN BANNER 20 YEARS AGO

Saturday April 8, 2000

## Weighty problem

Vehicle inspectors visited Arran recently to check that weight limits were being observed by lorries.

They particularly had in mind timber lorries and, to help them in their task, they were equipped with Swiss-made mobile weight pads. Instead of the need for a vehicle to drive to a weighbridge, the small flat pads are placed under one wheel, front and back, to weigh the whole lorry and calculate the load.

They set themselves up in Brodick and weighed the various vehicles passing. One cement mixer was overweight, one prohibited from continuing its journey, another is to be prosecuted and an earth mover driver was warned that driving with a scoop on the front was dangerous.

Inspectors said that both company and drivers

are liable for a fine if overloaded but that they did allow a certain amount of leeway.

## Church generosity

The congregation of Whiting Bay and Kildonan Church decided to mark the millennium year by having an appeal to refurbish a classroom for blind students at the Ekwendeni School in Malawi. Anne Dawson is a teacher at this school and has been a missionary partner to Whiting Bay Church for the past 25 years. It was hoped to raise £2,000 for the project with coffee mornings, bike rides, a Burns Supper, lunches and jumble sales and other events. The initiative proved hugely successful as, by the end of February, Rev Elizabeth Watson was able to hand Anne Dawson a cheque for £4,000 at a function in the church hall.



Shiskine Golf and Tennis Club is the third organisation on Arran to gain the Investors in People Award. Pictured are the club's committee with John Sillars and Rosie Milne, who helped attain the award. 01\_B14tweY01



Trophy winners and competitors in the piping section of the Arran Music Festival, which was held last week. 01\_B14tweY04



The children of Corrie primary school are in the Guinness Book of Records for the largest simultaneous sing-a-long. The Corrie pupils, along with 72 schools in Ayrshire, received a certificate confirming the new record. 01\_B14tweY02



Brodick Primary pupils reached the semi-finals of the Strathclyde Police general knowledge and safety quiz. Pictured are Catriona McIntyre, Kirsty Weir, June Bunyan, James Rennick, Craig West and Mark MacDonald. 01\_B14tweY05



Margaret Stewart retired last week after having been the social work department's receptionist and administrator for 17 years. Here she is shown with her colleagues after her farewell party. 01\_B14tweY03

# Coronavirus

## How you can stay home and get fresh air safely.

We value everyone in our society – and we want you to stay safe and well. And that particularly applies if you are over 70, pregnant (in early pregnancy and after 28 weeks) or eligible for the flu vaccine for health reasons.

You can still get fresh air and stay safe. Got a garden? Make the most of it. A walk around the block is just as good.

**Limit outings to once a day and please remember to stay 2 metres away from others** to avoid putting yourself and other people at risk.

Older people or those who may be concerned can call Age Scotland for information, friendship and advice, FREE on **0800 12 44 222**.

You can find the latest information and practical advice at **[readyscotland.org](https://www.readyscotland.org)**



# BANNER CLASSIFIEDS PUBLIC NOTICES

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The Scottish Parliament  
Pàrlamaid na h-Alba

**Jamie Greene MSP**

Member of Scottish Parliament for West Scotland Region

Jamie Greene MSP – Coronavirus Update  
Whilst I've had to take the difficult decision to temporarily  
close the regional office and suspend surgeries, my team  
and I are still available to help.

If you want to get in touch or have any questions, please  
email: [jamie.greene.msp@parliament.scot](mailto:jamie.greene.msp@parliament.scot) or  
call 0131 348 6137.

Many people will have concerns during these difficult times,  
please go to

<https://www.nhsinform.scot/coronavirus>

<https://www.gov.uk/coronavirus>

or

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

for official guidance on COVID-19

The cost of this publication has been met from parliamentary  
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5 Cancellation of display advertising must be received by the Publisher before the publishing deadline, failing which, the publisher reserves the right to invoice the customer in full for the whole cost of the advertisement.

6 The parties submit to the jurisdiction of the Scottish Courts and Scots Law. In the event of any dispute or action by the Publisher to recover payment from an advertiser, it is agreed that matters will be settled in the Oban, Argyll Sheriff Court or such other Court as the Publisher may choose.

7 The Publisher shall not be liable for any loss or damage occasioned by any total or partial failure (however caused) of publication or distribution of any newspaper or edition in which any advertisement is scheduled to appear. In the event of any error, misprint or omission in the printing of an advertisement or part of an advertisement, the Publisher will either re-insert the advertisement or relevant part of the advertisement, as the case may be, or make reasonable refund or adjustment to the cost. No re-insertion, refund or adjustment will be made where the error, misprint or omission does not materially detract from the advertisement.

8 Errors must be notified to the Publisher in writing within fourteen days of publication. In no circumstances shall the total liability of the Publisher for any error, misprint or omission exceed the amount of a full refund of any price paid to the Publisher for the particular advertisement in connection with which liability arose or the cost of a further or corrective advertisement of a type and standard reasonably comparable to that in connection with which liability arose.

9 The Advertiser/Advertising Agency agrees to indemnify the Publisher in respect of all costs, damages or other charges falling upon the publication as the result of legal actions or threatened legal actions arising from the publication of the advertisement in any one or more of a series of advertisements published in accordance with copy instructions supplied to the publication in pursuance of the Advertiser/Advertising Agency order.

10 Adverts under the value of £75 must be paid on acceptance of order by the Publisher. All advertising on a credit basis must be agreed with the Publisher in advance.

11 Payment of any invoice raised by the Publisher will be due 15 days from the date of invoice or as otherwise directed on the invoice. In the event of non-payment the Publisher may charge late payment interest at a rate of 2% and this is chargeable on a daily basis from the due date until the bill is paid. In addition the Publisher may charge a late payment levy of £10 as an administration fee. In the event of late payment the Publisher reserves the right to disallow any discounts given and to raise an additional invoice for the discount which will be treated as though it has been raised with the original invoice.

12 A request to insert an advertisement assumes acceptance of our conditions.

## Final game at Shiskine Golf Club

Thursday March 19, ladies 12 hole medal. 1 Lynda Howie 41pts, 2 Jerry Arthur 43pts, 3 Alice Anderson 45pts BIH. Scratch Ann May 49pts.

## GETINTOUCH

email us at [editor@arranbanner.co.uk](mailto:editor@arranbanner.co.uk)  
telephone 01770 302142

## DEATHS

**WALLACE** - Graeme. The Wallace family announce with immense sadness the sudden death of Graeme on Monday 23rd March 2020, aged 65. He is survived by his wife Anne, sons Adam and Finlay and brother Euan. Graeme was the elder son of Dr and Mrs William Wallace of Rosalynn, Brodick. Graeme was an engineer and sailor and had a life long fascination with Clyde Puffers. His family will miss him greatly. A funeral service for immediate family will take place at Sannox on Tuesday 7th April 2020.

## CHURCH NOTICES

With regret, due to the threat of Covid-19,  
**ALL CHURCH SERVICES ARE CANCELLED  
UNTIL FURTHER NOTICE.**

### CHURCH OF SCOTLAND

Parishes of North Arran, Brodick, Corrie, Lochranza,  
Pirnmill and Shiskine

Although the Church is still closed an internet  
service at 11am Sunday morning and over the  
rest of the week can be received at  
[www.brodickchurch.com](http://www.brodickchurch.com) or [www.stmoliosshiskine.org.uk](http://www.stmoliosshiskine.org.uk)

Please note that Brodick Church is still accessible for the Food bank.

## WHAT'S ON

### EVERY DAY

Eco Savvy & Co-op Food  
Share Big Co, Brodick. 6.15pm

### TUESDAYS

Savvy Film Club | Online--  
through Eco Savvy Facebook  
Events | 7pm

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## Junior football strips up for grabs

Branded products and clothing specialists Recognition Express has extended the deadline for U16 junior and juvenile football clubs to nominate their unsung club heroes to be in line to win new strips for the whole team.

As a result of the coronavirus outbreak, the company has extended the deadline until Thursday April 30 for entrants in Scotland and England.

The Recognition Express franchise has local branches in Scotland and England and each is run by owner operators who play an active part in the communities they serve.

Nigel Toplis, managing director of Recognition Express, said: 'Our annual Unsung Heroes competition is a fantastic way to recognise those who support junior football clubs. In these unprecedented times, we appreciate that clubs need all the help they can get, which is why we are extending the deadline for entries.'

To enter visit <https://www.recognition-express.com/nominate-football-hero> and complete the simple entry form. The competition closes on Thursday April 30 and the winner will be announced Monday May 11.

# Malt and music festival is latest event cancelled

## But Arran whisky features in lockdown event at weekend

The latest casualty of the coronavirus outbreak is the Arran Malt and Music Festival which was not due to be held until the end of June.

This would have been the 11th staging of the event by Arran Distillers at the Lochranza Distillery but they say that in light of the recent developments and restrictions due to COVID-19 they have taken the difficult decision to cancel this year's event due to be held from June 26 to 28.

A company spokesman said: 'We will be in touch with everyone who has purchased tickets to arrange refunds in due course. These are tough, unprecedented times but our top priority must remain our amazing whisky friends and employees.'

'We hope you are all keeping safe and well and we look forward to sharing a dram with you all sometime in the near future.'

However, it may be some consolation that Arran whisky will be part of the world's first Lockdown Whisky Festival this weekend.



Serving up whisky cocktails at a previous Arran Malt and Music Festival.

Hosted by Tomatin single malt, it will feature an array of whisky brands including Arran, Glen Moray and BenRiach, with a view to bringing enjoyment to the general public and the whisky industry which, like many others, has faced event cancellations and postponements in recent weeks.

The festival will be live-streamed on Tomatin's own YouTube channel today

(Saturday April 4) from 2pm to 5pm and will be hosted by independent whisky influencer, Aqvavitae.

The virtual whisky festival will see brand ambassadors from multiple international producers unite to engage with the global audience.

Scott Adamson, global brands ambassador at Tomatin Distillery, said: 'The greatest benefit to organising the Lockdown Whisky Festival

is that it's virtual, so we can bring the community together to enjoy and learn from some of the best distilleries in the industry, all from the comfort of home at a time when staying in and staying safe has never been more important.

'It's exciting to be the first distillery to host a virtual whisky festival and we're thankful for the other distilleries who have chosen to get involved and support it. We will be encouraging viewers to use #LockdownWhiskyFestival on social when they raise a dram with us next week.'

Aqvavitae, an independent whisky influencer, will be hosting the entirety of the livestream, asking questions and hosting the festival as it virtually explores the expressions on offer during each brand's mini showcase.

A spokesman for Aqvavitae said: 'Following weeks of unfortunate postponements and cancellations, it's really refreshing to be part of the world's first virtual whisky festival.'

# Online movement training launched for older people

**Continued from page 16**  
part and professional bodies like the Chartered Society of Physiotherapy encouraging all their physios to recommend it has been phenomenal. We've been getting lots of support on Twitter from all over the world.

'We've also had great endorsement from leisure trusts across the UK and they've got it up on their websites recommending people go there. We've had amazing support from people all over the world from the US, Canada and all across Europe including Greece and Hungary.'

Professor Skelton said the classes could be extended beyond April 20 if the coronavirus lockdown continues. The sessions help people change their movement patterns throughout the day and are

led by Rebecca Townley, also a director of Later Life Training, with interaction in the comments from Professor Skelton bringing in key facts to help boost motivation and answer queries.

She added: 'It's not a home exercise programme. It's about concentrating on your movement, style and pattern and to try to integrate movement into your daily life. Bex has a wonderful relaxed manner and offers options for different levels of ability. Many are already seeing benefits like reduced neck and back soreness and are enjoying the routine of seeing the community online three times a day.'

'It's about breaking up long periods of sitting and within that we are giving people some actual movements. Every time

you stand to do your washing up or answer the phone, why not do two or three sit to stands rather than just one. Regularly mobilising your back, ankles and shoulders will help reduce tension and get the blood flowing to those stiff muscles. Our research at GCU on the physical and mental effects of prolonged sitting is clear, we benefit hugely from moving about regularly.'

'There is live interaction to the comments during the 10-minute sessions and I give behavioural prompts and motivating tips based on years of research, for example, GCU has shown that if you add 10 sit to stands a day over a 10-week period you improve lower limb function.'

'Facebook automatically saves it so if you miss the slots

you can flick down the page and watch it. For those who are not on Facebook, we've put it on YouTube. It's a great free resource, especially just now when we're all stuck indoors. I would encourage those of you that can visit vulnerable older relatives to set this up on a tablet or computer for them so they can take part,' Professor Skelton said.

The three times per day 10-minute live Facebook Make Movement your Mission can be found here <https://bit.ly/LLTcalendar> (free to download and print). THE Facebook site is <https://bit.ly/2QMDDPF> (or search for Make Movement your Mission) and for those who can't join live or are not on Facebook - they can be viewed afterwards on YouTube - <https://bit.ly/3apxPnc>

# Online movement training launched for older people

Expert reassures people 'this is not an exercise programme but a way of life'

Later life training guru Professor Dawn Skelton is on a mission to help older people cope in the coronavirus crisis and improve their lives with new live online movement sessions.

Almost 2,000 people from all over the world have already signed up to take part in the research-based Make Movement your Mission for 10 minutes three times per day for 30 days on Facebook and YouTube interactive platforms.

With many older people on Arran self-isolating, it is important that they keep physically active during the day and this is one way of doing so. But it is not only older people who are getting involved in the free classes – younger people who are physically restricted are getting in on the act, too, and enjoying every minute of it.

The professor of ageing and health at Glasgow Caledonian University (GCU), Professor Skelton is a world-renowned

ageing well researcher and also director not-for-profit organisation Later Life Training in collaboration with GCU. She has been blown away by the response to the new online channel and the support it has had from a host of professional bodies.

Professor Skelton said: 'This is not a home exercise programme – the whole point is to change behaviour of those currently stuck at home. It's about just getting people to move more regularly throughout the day. It's based on years of research.

'We are getting lots of people who would normally go to exercise classes for older adults signing up but we also have loads of people who have joined who've never done any form of exercise before getting involved.

'We've only just launched it and the feedback we are getting from those taking

**Continued pn page 15**



Professor Dawn Skelton is a later life training guru. Photo Peter Devlin



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