



Pipe band mourn loss of Angus MacLennan



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MAKE THE SWITCH

Oban coronavirus survivor pays tribute to mum Jessie

by Kathie Griffiths
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An Oban man has paid tribute to his popular mum who died from COVID-19 while he was in a coma fighting the same virus.

James Scott, who cheated death twice in his own touch-and-go battle, has led the tributes to his '84-year-young' mum Jessie – one of Oban's best known volunteers, a devoted mum, granny, great-grandmother and much-loved friend to everyone.

In her honour, Oban Community Council has donated £1,000 to Hope Kitchen where she was a volunteer.

Mr Scott, 63, who spent 38 days in hospital, said his beautiful mum had been in 'fantastic' health before the virus hit.

It was his wife and 'rock' Sandra, who told him the shock news when he awoke from the induced coma at Glasgow's Queen Elizabeth



Eighty-four-year-old Jessie Scott was one of Oban's best known volunteers.

University Hospital where 'outstanding' medics saved his life.

'I hadn't even known mum was ill. She'd been in fantastic health. I hadn't known I'd been ill either.

'Doctors told me I'd almost died twice but the hardest bit of all that's happened has been losing my mum. It was a total shock because I'd just come

out of a coma, although I'd remembered a dream I'd gone to visit her in hospital and taken her some fancy biscuits.

'I know the nurses and doctors at Oban would have done what they could for her and we are grateful for that. She'd been in there for 17 days. From my own near-death experience I'm sure she died peacefully. I don't know how either of us got this virus.

'There was just eight at her funeral but we'll have a memorial for her once all this is over. There will be a lot of people wanting to say their goodbyes,' said Mr Scott, who has a brother Adrian in Australia.

'I've been so close to my wee mum all my life. She was a beautiful woman and a strong woman. She loved being with people, always found someone else to worry about rather than herself and loved her 'job' at Hope. She always put other people first.

Continued on page 5.



We'll meet again...

Watch out Captain Tom, Seil octogenarian Kneale Smith has been hitting the high notes to mark VE Day's 75th anniversary.

The 84-year-old, who is self-isolating, this week took to a flag-lined jety to perform We'll Meet Again. Kneale, who was just 15 when he first went to sea with the Merchant Navy, joined the Easdale branch of the Royal British Legion 15 years ago. He also sings with Seil Sound community choir.

The branch invited him to sing the wartime classic as part of a VE Day anniversary video by GH-ProductionsArgyll.

'It took four or five takes. As a contender for the charts, I don't think Captain Tom has much to worry about,' said Kneale.

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Islanders mark VE Day with moving film

by Ellis Butcher
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The Slate Islands of Easdale, Seil and Luing will unite on Friday to mark VE Day with a toast and a moving broadcast on YouTube.

Gary Hamilton and Stuart Abercrombie, of GH Productions Argyll, have created a 14-minute video for the Legion Scotland Easdale Branch which will be shown from around 2.50pm on Friday.

It features a speech and toast given by John Alexander, the Luing-based chairman of the Legion Scotland Easdale branch.

Also starring is David Payn, of Easdale, playing the Last Post, and piper DJ MacDougall, of Seil (pictured), playing 'The Battle's O'er' at Balvicar Memorial.

Standard bearer Donny Reynolds, also of Seil, is filmed lowering the flag.

Film-maker Mr Hamilton, of Seil, told The Oban Times: 'It was spine-chillingly moving. I've had a tear in my eye going through the edit because I know what it means to them and the British Legion.

'What an absolute honour it has been to work on such a beautiful piece of film.'



On Sunday, instead of the planned Interdenominational Church Service at Seil Island Hall, Martin Waddell, reader at Kilbrandon Church, will lead the service, again broadcast on YouTube.

To watch both events members of the public can head to GH Productions Argyll on You Tube from Friday or check out their Facebook at <https://www.facebook.com/ghproductionsargyll/>

Alternatively, people can email jandjalex@gmail.com who will reply with a link to the films.

The Easdale Branch of Legion Scotland had planned to mark the 75th anniversary of Victory in Europe with a toast

outside the The Oyster Bar and Restaurant at Ellenabeich, complete with piper and a bell ringer.

That was part of a super weekend of celebrations it had lined-up including a VE75 Day at Seil Hall, which is now expected to take place later this year.

In his speech ahead of VE Day, Mr Alexander said: 'In this Easdale Branch video,



DJ MacDougall pipes 'The Battle's O'er' to mark VE Day; above, Donny Reynolds of Seil raises the standard to mark VE Day in a new film; below left, John Alexander, chairman of the Easedale Legion Scotland branch.

the communities of the Slate Islands have been united in a unique way.'

Among those remembering the occasion will be Sandy and Pam Shairp, who live on Luing.

Sandy was raised in Oban and is the most senior veteran of the branch and can remember VE Day on Tuesday, May 8, 1945.

That was the moment which signalled the official surrender of Nazi forces, bringing the Second World War to an end after six years, costing the lives of an estimated 70-85 million people worldwide.

How The Oban Times reported VE Day in 1945

'The dictators gone,' was how The Oban Times and West Highland Times reported Victory in Europe 75 years ago this week, writes Ellis Butcher.

Proudly declaring its status as the 'County Paper of Argyll,' it had reported extensively on the Second World War by carrying a weekly diary detailing day-by-day news of the six-year-long conflict.

Its eight-page edition of the week ending Saturday May 5, 1945 carried a historic leader column marking the moment Allied forces had been victorious: 'German and Italian military power has been shattered,' the paper said. 'German Government in any shape or form, no longer exists. Mussolini has been shot by his own countrymen. The death of Hitler is announced.'

Of VE Day arrangements, the paper, priced two pence, recorded: 'VE Day, and the day following will be public holidays. At nine o'clock in the evening of VE Day His Majesty the King will speak to his peoples throughout the world.'

'It is expected that churches of all denominations will be open for services and for private prayer on VE Day. It is the wish of the King that the Sunday following VE Day as a day of thanksgiving and prayer.'

The Oban Times frequently ran articles featuring the homecoming of freed prisoners



of war, servicemen and women home on leave, and poignant memoriams from those who had lost sons, brothers and fathers, during the many years of battle. In addition, the paper regularly devoted column inches to praise those winning recognition for their 'distinguished service' in land, at sea, or by air.

It also told of the efforts of the local community, which had prided its role as the 'Home Front'. Stories told of cash being donated to pay for a 'welcome home fund,' for servicemen while events were held in village halls to roll out the red carpet for 'overcome' prisoners of war - some held captive for as long as five year - returning home to packed train stations or on buses.

Homecomings were often marked by great ovations, bunting and pipers as returning soldiers were safely restored to their communities.



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Source: YouGov 2018

Parents told do not stress over home schooling

by Fiona Scott
fscott@obantimes.co.uk



Parents from Oban, Lorn and the Isles have been sharing their experiences as they take on the mantle of teacher during the lockdown.

Last week the Oban Times invited a group of mums to tell us of the highs and lows that had come as a result of bringing the classroom into the home and received a large and varied response.

'He wouldn't sit for me as he says it's embarrassing, but he sits and learns with his big sister who is doing a fantastic job,' said May Mackenzie who is finding it hard to know what to teach her son who is starting primary one in August.

'Last week Early Years put up the Gruffalo to learn and read. We have to remember they have to enjoy what they are doing,' she added.



Cody McGuigan is a P4 pupil at Columba's School and, while he misses school, is good at working from home.

Anyone struggling with home-schooling or needing to chat, can call the helpline on 01546 605524.

Catriona Banks has opted for more of a school of life approach and has taught her daughter to ride her bike.

'She is delighted with her achievement,' she told us.

Hazel Kelso's five girls are in Gaelic medium education and in five different primaries which she admits has been a huge challenge.

She told us: 'The teachers have

included videos in their daily learning to explain what they have to do so that has helped a lot. We felt really stressed at first but have decided to just do what we can and like others to teach some life skills.'

While Alison Jones commented: 'Information overload has been difficult. There are loads of online resources which are useful but which also take hours to sort through.'

Having listened to some of the concerns from parents, Argyll and Bute Council's policy lead for education, Councillor Yvonne McNeilly, agreed that lockdown was a difficult time for parents: 'We fully understand parents aren't trained teachers and we don't expect them to be,' she told us.

'Our teaching staff are working tirelessly to continue to provide a wide range of educational resources for children.

'The last thing we want,

however, is for parents to put unnecessary pressure on themselves. From our very youngest pupils to young adults in our secondary schools, every child is at a different stage on their educational journey and every child has different needs. Parents need to do what works best for their household.'

Charlotte Reffin, who works in a school herself, revealed that an hour into her first day of homeschooling, her daughter asked when it was home time and her children also set alarms in Alexa for their break times. 'We like the structure of having things to do,' she added. 'The kids have work set by their teachers, but we don't spend all day at it so the kids get plenty time to play.'

'Some days are better than others but we do what we can and don't stress about the rest.'

Councillor McNeilly agreed that a 'no stress' approach was

best for the mental health and wellbeing of both parents and children.

'Like us all, children have had their whole routines turned upside down and are going through a lot of uncertainty at the moment,' she said. 'There are lots of things parents can do to promote learning at home without making it appear like a 'school day'. For example, baking, playing with Lego, reading books, searching the internet to find facts, watching educational programmes on TV, playing games etc.'

'I can't stress enough though that the one thing that children will remember from this time is being at home with their family and having fun.'

Councillor McNeilly concluded: 'Please, please don't feel guilty about what you are or aren't doing. We're all in this together and we'll get through it together.'

Wish your little ones a happy birthday

Do you have a child celebrating their birthday during the lockdown?

Since they cannot enjoy a birthday celebration with all

their friends and family, we would love to give them a shout out in the paper.

Send us a photograph of your wee one enjoying their special day and we will publish it and wish them Happy Birthday!



Remember to include their full name, age, where you live - and tell us a little bit about what you did to make the day at home special!

Send all your pictures to editor@obantimes.co.uk

Kerrera spreads its rainbow of hope



All the colours of the rainbow are sending out a message of hope from Kerrera to the mainland.

Work is now complete on the DIY rainbow at the north-end of the island and visible across the water from Oban.

Gill Vollum, who inspired the idea for the community project as a symbol of hope and solidarity with Oban, said it was in position in time for last week's Clap for Carers, adding: 'The final

colour to be added was blue and special credit has to be given to young Oscar and Tilly from Gylen Park who made a special effort to walk up to the north end of the island and add their coloured slates into the rainbow.

'I have never seen two more proud or tired wee faces as Oscar and Tilly's after their epic walk up all the way up there to do their row and finish it off! Bless them!'



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OT

Virus sees cancellation of Lorn Show

This summer's Lorn Agricultural Show has been cancelled in its centenary year due to uncertainty about the coronavirus.

The popular gathering, held at Tralee Beach, Benderloch, was founded in 1920 and has been a landmark get together for the local farming community in the first week of August.

Fiona Dickie, for the show, said the sad decision was due to the risk of COVID-19 which has decimated the national and local events calendar.

However, there are hopes to bring the show back in August 2021.

She explained: 'Should lockdown be lifted there is every possibility that social distancing would be in place. It would be hard to get caterers and there would be no bar facilities.'

'All judges and relevant agencies have been informed. The committee look forward to welcoming all back on August 7, 2021.'

Lego club builds success online

by Kathie Griffiths
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Even lockdown can not block Oban's popular Master Builders Lego Club.

The hands-on club that normally meets fortnightly at the Rockfield Centre has now gone online.

Since the stay at home rules kicked in because of coronavirus, the club has now had six online meets and is building on its success, says Fee Shaw who started the club and is also arts and culture co-ordinator for The Rockfield Centre. She said: 'We meet on the Master Builders Lego and Creative Construction facebook group page every Saturday morning, 10-11am.'

'At this time I chat to folk with a live video at the start. However, the video stays up afterwards so people are welcome to check in any other



time during the week and add photos of their builds as and when they like.'

She added: 'It is very relaxed but that one hour on Saturday morning is a bustle of activity and kids chatting about each others' builds via their parents typing up comments on photos. It is really encouraging to see as the club is staying

connected even from our own homes.'

Each week the young builders are set two challenges and they pick from either one or, for those speedy builders, they can try both. An additional challenge that only appears at the online meetings is a five minute mini build. At 10.45am, Fee posts an un-

Ethan, eight, is one of many children taking part in the online club meetings.

known challenge for every one to complete against the clock.

'Even the adults have even been getting stuck in with this one,' she said.

Fee hopes the online club meets and activities give the children and adults a fun focus point and something familiar to return to each week.

'As with the physical meets at The Rockfield Centre, I also imagine it is a great chance for the adults to also take a break from the stressful times we are all facing and to get back to the simple joy of using Lego to flex your imagination and building skills,' she said.

More information is available on the Master Builders Lego and Creative Construction at therockfieldcentre.org. Click the link to online activities.

Band mourns former pipe major's death

Oban Pipe Band was in shock this week following the sudden death of their former pipe major at the weekend.

Angus MacLennan died while working in his garden at home in Glencruitten. He was in his sixties. He leaves his wife Margaret, daughter Kirsten, son Ronnie and two grandchildren.

Mr MacLennan, who retired as chief mechanic at Shore Street's Post Office last year, was still an active piper in the band and had been a member for 50 years.

He spent about 30 years of that time in the rank of Pipe Major and Pipe Sergeant and also drove the band's bus. Mr MacLennan was well-known in the pipe band world, said Oban Band President and friend Iain Hurst.

'We are all absolutely stunned by his sudden death. Everyone had a soft spot for him, he was a good man and we will miss him greatly,' added Mr Hurst.

A full tribute will appear in next week's Oban Times.

MAY ISSUE

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OUT NOW!

Alison takes Everest in her stride

COVID-19 struck such fear into chronic asthmatic Alison Rennie that she decided to get fit in case the virus hit.

Now the 70-year-old has turned her daily exercise walking up Battleship Hill near her Oban home into a fundraiser for the town's lifeboat station.

Alison, who is secretary of the Oban RNLI Lifeboat fundraising branch, is on a mission to raise £1,000 and has set up a justgiving page.

With arthritic knees, climbing mountains would be impossible but she has worked out a way of climbing Everest - from Oban.

Setting off at 7.30am every day, Alison has already climbed the equivalent of over 4,000m since lockdown and, due to reach the height of Everest's base camp by May 6, expects to make the summit by May 31.

'I'd never get up Everest but doing it in bite-size pieces I can notch up the same even though it's walking rather than climbing,' said Alison who is feeling the health benefits and is going to keep it up after COVID.

She is hoping her efforts now will help fill some of the



Alison Rennie is raising money for Oban RNLI.

funding gap being created by coronavirus cancelling lots of events volunteers would normally be busy - it is also time for the RNLI's national Mayday campaign.

'If I can get some supporters to encourage me by making a donation to Oban Lifeboat I can generate some funds for the RNLI in a difficult year!

'As a charity, the RNLI depends on donations so it can go on saving lives and keeping us and our loved ones safe,' said Alison.

Oban Lifeboat is one of the busiest all-weather lifeboats in Scotland and the service can cost in the region of £215,000 to run per year.

'Please help me get up every

morning and help the RNLI to be there for all of us.

'I guess we all know that many charities are struggling with their income but few are also expected to deliver an emergency service and continue to maintain complex equipment ready for instant deployment,' she added.

Alison's justgiving page is at justgiving.com/funding/alison4obanlifeboat

The charity is urging people not to use the water for their daily exercise. Michael Avril, regional water safety lead for Scotland, said: 'If our crews are paged, it means they have to break social distancing, putting themselves and their families at risk.'

Oban coronavirus survivor pays tribute to mum Jessie

Continued from page one

'Mum was the best. When we were little we never went without, we never went hungry and she has carried that on through her volunteering at Hope by looking after those who need it,' said Mr Scott, who had to learn to stand again after the coma, which lasted more than two weeks followed by another week on critical care and high dependency wards.

It was his wife Sandra who called an ambulance after he took ill at home.

'I didn't have a cough. I'd just gone to bed for a couple of days feeling a bit cold and shivery. I just thought it was a bit of flu,' said Mr Scott.

It was when his wife brought him some toast and noticed he had 'changed colour' that she got help.

'She said I'd changed colour. I don't remember a thing about it. They put me on a ventilator at Oban hospital and then into an induced



James is welcomed home by his grandchildren, who made a welcome home banner.

in Soroba. She said: 'Jessie was well-known in the town for her volunteering. She did so much but got on with it quietly and we wanted to honour her for that. Hope is doing wonderful work looking after so many people during this difficult time that we felt it was a fitting tribute because it's doing what Jessie did best, making sure everyone was cared for.'

Jessie's friend and fellow Hope volunteer Beth Campbell also paid tribute. She said: 'Jessie had a big heart and the kindest nature. She wasn't beyond passing her opinion but always saw the best in people. Front and centre of her life were her family. She loved them completely and we were blessed with many tales of their achievements.'

coma before they took me to Glasgow,' continued Mr Scott, who was told by doctors he was their first coronavirus patient to survive after being so long on a ventilator.

When he was well enough to talk to family on video-link his mum, who died on April 8, had been buried two days earlier, on April 20.

'They told me I was very lucky to survive the virus, I was the first person to have been on a ventilator for so

long and to make it - but I'd have been the luckiest man on earth if my mum was still here,' he said.

Although he lost a lot of muscle strength and it took days to be able to stand up again, Mr Scott is recovering well and tests have confirmed he is coronavirus free.

Community council chairwoman Marri Malloy said its £1,000 donation towards Hope's food boxes was a fitting tribute to Jessie who lived

Tributes paid to respected paramedic

Social media has been flooded with heart-felt tributes to a Campbeltown paramedic who died after a battle with coronavirus.

Robert Black, who also played in several local bands and was an Argyll FM DJ, died in hospital in Glasgow on Saturday.

In 2018, when Robert was awarded a long-service medal after 25 years as a paramedic, he told our sister title the Campbeltown Courier he had the 'best job in town'.

The Scottish Ambulance Service (SAS), which confirmed a member of staff had passed away but did not name Robert, said in a statement: 'It is with very great sadness that we confirm the news that one of our colleagues from the Scottish Ambulance Service has passed away after contracting COVID-19.'

Pauline Howie, chief executive of the SAS, said: 'On behalf of everyone at the Scottish Ambulance Service, I would like to offer my heartfelt condolences and deepest sympathies to the family. Our focus will be on supporting them during this very difficult time.'

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.

OT

Around Oban

KAY MCDONALD

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WHERE IS THIS?



I don't know if it's because it's so quiet but I find I'm appreciating my surroundings even more than usual.

I've always extolled the beauty of this area, in fact I may overdo it sometimes, but at the moment it's the little things that are standing out. The buds on the trees, the start of the bluebells and the cherry blossom this year is amazing. Spring is definitely sprung and with the beautiful weather we've been having, it makes me thankful everyday that this is where I live.

On my walk the other day I was able to watch Turnstones on the beach and a wee bit further on there were Black Guillemots in the water who seemed to be there just to entertain me - I love how their legs match the insides of their beaks.

Colour is everywhere, from all the colour in nature to all the beautiful rainbows as children decorate their windows to cheer everyone up. On my walks I've also noticed and appreciated how well everyone is still doing

with social distancing, the few people about are all taking care not to go too close but everyone says hello and smiles which is fantastic.

As a Town Ambassador I've always said hello to everyone when I'm working and often when I'm not (I forget I'm not in uniform), but now people seem more willing to smile and speak, which I really hope continues when this is all over as it makes everything so much more pleasant.

So in future if a wee lady gives you a big smile and says hello, it's probably me - and I'm not that weird.

The previous photograph was taken at The Gem Box and this week it's a photograph I posted on the LoveOban Facebook page. I think everyone will know where it is.

A lockdown life of luxury at Loch Melfort Hotel

by Kathie Griffiths
kgriffiths@obantimes.co.uk



Staff at an award-winning hotel are living the life of luxury lockdown thousands of miles from home.

When three of its furloughed staff could not get home, Loch Melfort Hotel bosses Rachel and Calum Ross came to the rescue.

Instead of changing beds, greeting guests and attending to their other usual duties, Marta Delgado from Spain, Andrea Lacinova from the Czech Republic and Toni Kashmiri from London are enjoying the four-star hotel all to themselves.

The three workmates have been upgraded to guest bedrooms and have the run of the lounge and decking, with Rachel 'being mum' and doing the shopping and lots of the cooking.



'We're all self-isolating together because we're living as a family,' said Rachel.

And the friends are making the most of the grounds - 17 acres of gardens and beach - enjoying the company of the hotel's only other residents, the Ross's Highland cows and goats.

Marta, who has family in

Madrid, says looking after the hotel's animals is a cheerful daily chore.

'We volunteered to feed them because we love their cheery faces and they are so pleased to see us every day.

'With views like this no wonder they're all happy!'

Andrea said: 'It's a beautiful place to be stuck - locked in on

Toni, Marta and Andrea have been helping out at the hotel, feeding the Highland cos and goats.

lockdown at Loch Melfort.'

Mr and Mrs Ross bought the hotel at Arduaine back in September 2008 embarking on a rolling refurbishment project and their venture has just scooped two top accolades at the virtual Scottish Hotel Awards, picking up the national prize for Small Country Hotel of the Year and receiving a special commendation for industry leadership.

The prizes were announced in a live Facebook ceremony on Sunday April 26, after the awards dinner at Edinburgh's Sheraton GrandHotel and Spa was cancelled due to COVID-19.

Last month's honours adds to the four awards the pet-friendly hotel received in 2019.

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OT

Physios help COVID patients return home

by Kathie Griffiths
kgriffiths@obantimes.co.uk



Physiotherapists in Oban are helping get COVID-19 patients back home with their families.

Derek Laidler, who has recovered from COVID-19 himself and is back at work as physiotherapist lead at Lorn and Islands Hospital, says his team are another link in the NHS chain working hard to get virus patients on the road to recovery and reunited with loved ones.

'We must remember that almost everyone who gets the virus will recover, very few will need hospital treatment and of those who do almost all of them will get better, they will go home to their families again, and we are working hard to ensure we can help that happen as quickly and as smoothly as possible,' said Mr Laidler.



But he is also warning a lot of extra work is expected once coronavirus restrictions are lifted so they can catch up with other people having to wait for physio help. His team are 'grateful' for their patience,

he says. Inside the hospital, physiotherapists are working directly with COVID-19 patients to help with breathing and with energy-saving techniques to help them get better and, together with colleagues

Physiotherapy lead Derek Laidler is back at work after recovering from COVID-19.

from Occupational Therapy, concentrate on getting them home once recovered.

Because of coronavirus, the hospital's physiotherapy service has had to change the way it deals with patients, but they are doing their best to make sure everybody gets the care they need, said Mr Laidler, whose wife has also returned to work at the hospital after recovering from the virus.

Staff are minimising face-to-face contact and instead are contacting their patients by phone to discuss their problems and give exercise programmes based on the information they can gather.

Because it is such a hands-on profession, needing physical contact to check the movement of the patient, social-distanc-

ing creates great challenges for the physiotherapist, said Mr Laidler.

'We anticipate a lot of additional work once all of the restrictions are lifted to ensure we can catch up with everyone who needs our services and we are grateful for the patience of everyone waiting to see us,' he added.

The gestures of wellwishers and those such as Glensanda Quarry donating much-needed PPE has touched the physiotherapists who are 'humbled' by the public's response and by those helping in any way they can.

'Hearing everyone clapping and playing pipes on a Thursday is also a huge boost for all key workers,' said Mr Laidler, who is also hoping people who are now out exercising regularly will keep it up long after lockdown as an 'essential part of long life'.

Bairns needed for new Scots dictionary

Scotland's eight to 18-year-olds are being asked to supply the pronunciation guides for a new Scots school dictionary for mobile devices in a #ScotsVoices campaign.

The guides can be made at home during the current lockdown and recordings of words or phrases must be submitted by May 29.

The dictionary is under development by Scottish Language Dictionaries.

It will be published as a smartphone app for everyone aged eight-to-18 who speaks, reads or writes Scots, or would like to do so.

The dictionary will define around 6,000 Scots words and phrases, ranging from everyday terms such as glaikit 'stupid, foolish'; mind 'to remember'; and bairn 'child'.

The app's designers are keen to incorporate young voices from across Scotland to maximise the dictionary's appeal to young learners.

For full instructions of how to take part, visit <https://dsl.ac.uk/ScotsVoices/>

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Island groups share lottery cash

More than £120,000 of National Lottery cash is to help bolster community efforts of three island community groups.

The groups on Lismore, Mull with Iona and Kerrera are among 141 groups in all across Scotland receiving a split of £7.3 funding.

Many of the projects are to help people support each other through the COVID-19 crisis but others, like on Lismore and Kerrera, are to bring people together and give hope for the future once the outbreak is over.

Lismore Community Trust has been awarded £25,054 to provide a weekly activities programme and lunch club, a soft play zone, a youth club and an IT/Learning space. The one year project will engage up to 100 people with support from 15 local volunteers.

Trust chairman Sebastian Tombs said: 'On behalf of the Community Trust directors, we are delighted to have secured National Lottery Community Fund support for the School House Project at Achnacroish. This will build on the positive activities we have organised to date, and allow them to be expanded with part-time development officer leadership, especially



The isle of Lismore is to receive some of the funding.

for the younger members of the community. It is great to be able to undertake some refurbishment of the facility, to complement the other important community assets on the island, and strengthen our resilience for the future.'

South West Mull and Iona Development has received £10,000 and will use the money in partnership with the Ross of Mull and Iona Community Transport Scheme to make sure people have access to food, medicines, supplies and get telephone and online support.

Over on Kerrera, as previously reported in The Oban Times, the Isle of Kerrera Development Trust will spend its £85,584 on delivering a programme of communi-

ty-led activities including a music group, arts and crafts workshops, a playgroup and a book club.

The National Lottery Community Fund's Scotland director, Neil Ritch, said: 'In these difficult and unprecedented times, it's heartening to see the way Scottish communities are coming together to provide each other with support. These awards, made possible by National Lottery players, recognise the hugely valuable and important contribution that Scotland's voluntary and community sector plays in boosting the health, wellbeing and morale of local people.'

'Many of them have found innovative ways to keep their communities connected during the current crisis, whilst others will support people in the future when they can physically come back together to make great things happen in their community.'

Over the next six months the National Lottery Community Fund will focus its funding in Scotland on projects supporting organisations and communities to respond to the challenge of COVID-19.

To find out more about the awards go to TNLCommunityFund.org.uk



Paul Vukovich is making these visors from home in Balvicar.

Homefront industry helps against COVID

by Kathie Griffiths
kgriffiths@obantimes.co.uk



Neighbours on Seil have created their own home-industry to keep NHS staff and other essential workers COVID-19 free.

Paul Vukovich, former head of an international plastic-making machines company, recently settled on Seil at Balvicar Chalets and is putting his time in lockdown to good use – along with some of the chalets' other residents.

Together they are using their manufacturing, engineering and stitching skills to turn out visors and face masks from home.

So far the project has donated more than 100 visors and masks to NHS workers, shop workers, the Seil community and even some of the island's fishing fleet.

Paul's visor design has been worked on, designed and shared with making-experts around the globe and is being produced to help save lives abroad and here at home in Argyll.

He managed to borrow a machine from his former company Formech and with neighbour Brandon Healy's engineering experience, the pair have been creating the visors that have already got the thumbs-up from nurses in the Oban area.

'They can be worn comfortably for 10-12 hour shifts, they don't fog up, there's good covering right round the head and whoever wears it still has full movement,' said Paul, who until coming to Seil spent most of his time working and living abroad between the USA, Far East and Europe.

'I came to Scotland to spend a few months on holiday and decided to make Seil home. I wanted to do something in lockdown to support my community and to be useful and making these shields are how I can do that best,' he added.

Making face masks with another neighbour as part of the PPE project has been helped by a donation of materials from Oban's Wool and Needlecraft Centre.

The trio are now on the lookout for a workspace in the area to gear up production of the visors and the masks.

Paul, who has been self-funding the project, has also offered to give his time to show others, including school IT departments across the region, how to make the visors that could well be needed for another 12 months or longer.

To keep up the manufacturing for now and meet demand, more materials are needed and donations would be welcome.

Anyone interested in helping can email Paul at paul@scicoustic.com

Health bosses offer free support for troubled NHS workers

NHS Highland has launched a new scheme to give its staff confidential support to cope with problems affecting their work or health.

The free counselling and information service, delivered by The Validium Group, will be accessible 24 hours a day, 365 days a year, via a freephone number and online.

Specialist help will include qualified counsellors, solicitors, a money and debt team, and a range

of health and wellbeing advisors. Fiona Hogg, NHS Highland's director of Human Resources and colleague wellbeing lead, said: 'I'm delighted that we have been able to rapidly advance our plans to offer this invaluable service to our colleagues, at a time when there are so many pressures on our health and wellbeing both inside and outside work.'

And she added: 'The services can be accessed at any time, from any location,

when people need them most and complements our many other channels of support, including our Occupational Health service, our recently launched Psychological Wellbeing support teams and our excellent Spiritual Care department.'

Colleagues across NHS Highland will find full details of how to access the service in their emails, on the intranet site and on posters, leaflets and cards that will be distributed across the organisation.

Coronavirus Help is here for those that need it most.

Staying at home stops the spread of coronavirus, and some need extra help.

If you:

- Have received a letter advising you to stay at home for the next 12 weeks
- Are a disabled person
- Receive mental health support
- Have dementia
- Are over 70, pregnant or received the flu vaccine for health reasons

We've created a helpline to assist you with essential things like food deliveries, medication or practical and emotional support.

If you can't get this help from family, friends or neighbours, call now on **0800 111 4000** or textphone 0800 111 4114

Or go to [readyscotland.org](https://www.readyscotland.org) for more information.



OT

HSCP review to go before ministers

A review of how the integration of health and social care services is operating in Argyll and Bute is set to go before Scottish ministers after councillors gave their approval.

The area's health and social care partnership (HSCP) is required to submit a review of its integration scheme every five years, and this is now due. The HSCP held its first integration joint board (IJB) meeting in shadow form, known as Health and Social Care Argyll and Bute, in 2015.

A consultation was carried out earlier this year, receiving 45 responses from all over Argyll and Bute which helped shape the reviewed strategy.

Although the Scottish Government has indicated it is not in a hurry to receive the review, NHS Highland has already given its approval.

The council's business continuity committee, of which all IJB councillors are members, also approved the review at its electronically-convened meeting on Thursday April 16.

Lockdown Luing gets growing

by Kathie Griffiths
kgriffiths@obantimes.co.uk



More than 3.5 tons of compost has been ferried to Luing much to the delight of lockdown gardeners.

Social-distancing rules applied when Taynuilt-based nursery Corachie Clematis travelled over on the ferry due to make the special delivery, complete with fruit trees, bedding plants, rose feed, seeds and one gardening fork.

The bulk order was the idea of Gemma Wells from the island village of Toberonochy who took away 12 first prizes and six second prizes for her flowers and veg - including an inch-high turnip - from last year's horticultural show in August.

'Lockdown happened so suddenly that there were lots of comments flying about from people wishing they'd got this and got that for their gardens. Because we are on slate, everything in people's



gardens is brought over! If you want soil you've got to go and get it! Or get it brought to you!

'I saw on Facebook that

Corachie Clematis was still doing deliveries, so I contacted them to ask if they would consider coming to Luing - it would be a bit of a trek, but

they said yes,' said Gemma.

She added: 'I put word out in our newsletter and on Facebook, and the orders soon started rolling in!'

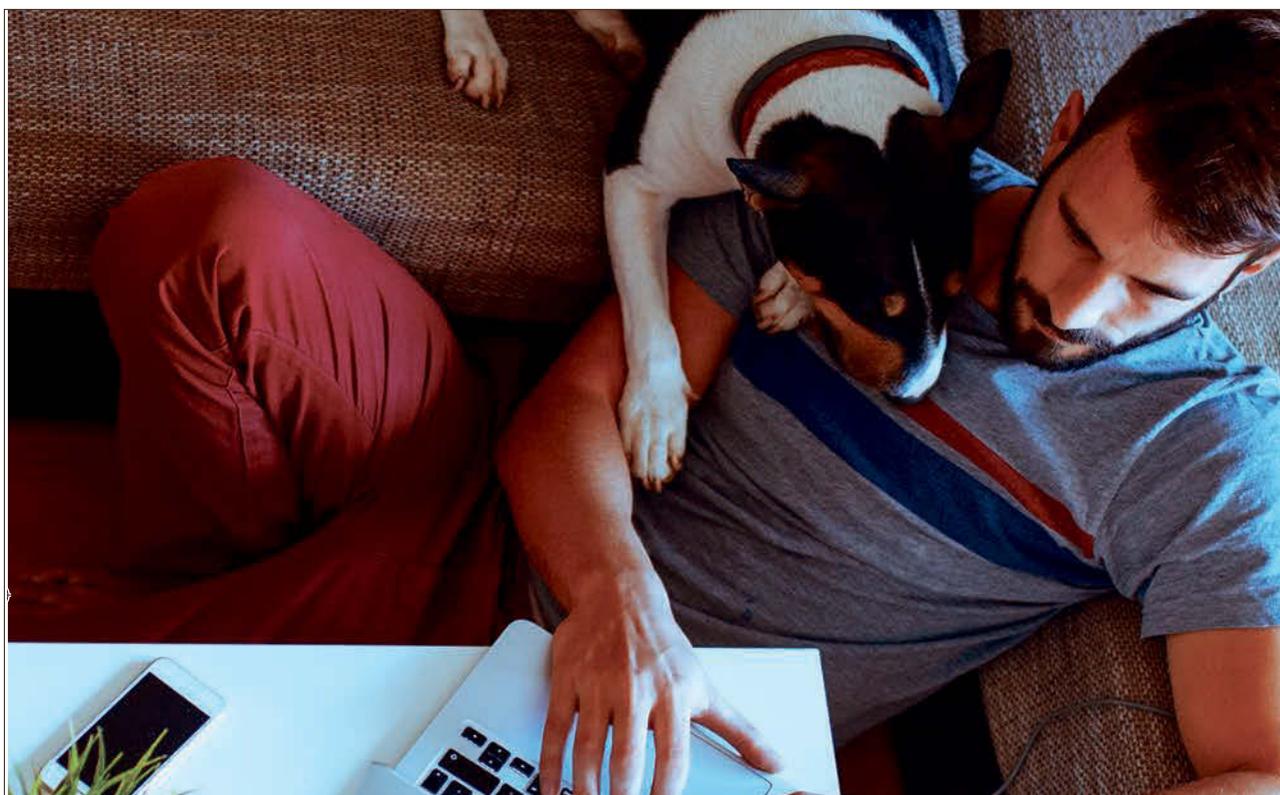
Islanders pick up their supplies from the ferry.

On delivery day, the nursery lorry only came off the ferry enough to unload the orders, put in organised piles for people to collect sticking to social-distancing regulations.

'We've got people gardening on Luing who have never gardened before. People have got to stay at home, so now's a good time as any to start.

'This year's horticultural show could still be on as far as we know. People are saying there should be a lot of entries this year, they're talking as though it's happening. We'll keep our fingers crossed.'

The 2019 show in Cullipool attracted a good turnout of islanders and visitors taking part, and bidding at the event raising cash for Cancer Research UK and the Luing Shopper Club Bus, which runs people weekly to the local store and the ferry.



Just ask

If you don't know where to turn in an unfamiliar world, we are open, available and here for you. Whatever's on your mind, just ask.

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LOOKING FOR HELP DURING CORONAVIRUS?

We know times are tough right now. So, to help, here's a list of organisations that can offer support. Please cut out and keep this page of useful contacts for use when you may need them.



National Assistance Helpline

Staying at home stops the spread of coronavirus, and some need extra help.

If you are over 70 or receive the flu vaccine for medical reasons, you do not have any access to the internet, and do not have anyone to help you get essential supplies like food or medicine, then we have created a helpline just for you.

Call: 0800 111 4000 (Open office hours Monday to Friday)

Textphone: 0800 111 4114 (Open office hours Monday to Friday)

Please remember the helpline and textphone service are dedicated to helping those who cannot leave their home and who cannot get help online.

Health

www.nhsinform.scot/coronavirus
0800 028 2816

(8am –10pm everyday)
for general information only

Call NHS 24 on 111 for advice
if symptoms worsen or if fever
is ongoing after 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

Breathing Space:

www.breathingspace.scot
0800 83 85 87

Scottish Association for Mental Health:

0344 800 0550
info@samh.org.uk

Samaritans Scotland Helpline:

116 123 / jo@samaritans.org

Advice for pregnant women

www.nhsinform.scot/ready-steady-baby or contact
your midwife if concerned.

Easy-read coronavirus guidance

[www.sclد.org.uk/
information-on-coronavirus](http://www.sclد.org.uk/information-on-coronavirus)
Helpline: 0141 248 3733

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
Relay UK: 18001 0300 123 1100

Support for accessing your rights at work

www.stuc.org.uk
Email: info@stuc.org.uk
Call: 0141 337 8100

For business support

[www.findbusinesssupport.gov.
scot/coronavirus-advice](http://www.findbusinesssupport.gov.scot/coronavirus-advice)
Helpline: 0300 303 0660

Helping in your community

www.readyscotland.org

Advice for parents

www.parentclub.scot/coronavirus

Parentline Scotland:

08000 28 22 33

The Money Talk Team:

0800 085 7145

Information for Young People

www.young.scot/coronavirus

Information, friendship and advice for older people, their carers and families

www.ageuk.org.uk
0800 12 44 222

For people with dementia, families, friends and professionals

Alzheimer Scotland

[www.alzscot.org/living-with-
dementia/getting-support](http://www.alzscot.org/living-with-dementia/getting-support)

24-hour Helpline: 0808 808 3000

Scottish Autism Advice Line

www.scottishautism.org
01259 222022

Domestic Abuse Helpline

www.safer.scot

Helpline: 0800 027 1234

Rape Crisis Scotland Helpline

www.rapecrisisscotland.org.uk

Helpline: 08088 01 03 02

CORONAVIRUS

**STAY HOME
PROTECT
THE NHS
SAVE LIVES**

OT

LETTERS

Write to us: send your letters to editor@obantimes.co.uk
or The Editor, PO Box 1, Oban, Argyll PA34 4HBArgyll and the Isles
mark VE Day

'The dictators gone,' was how The Oban Times and West Highland Times reported Victory in Europe this week in 1945.

Its eight-page edition of the week ending Saturday May 5, 1945 carried a historic leader column marking the moment Allied forces had been victorious.

And now, 75 years on, communities around Argyll and the Islands will be commemorating that special day in their own special ways.

So many parades, parties and community commemorations had been planned before the lockdown, but now, like in so many other areas of our life, much of the celebrations will be online.

Easdale, Seil and Luing will unite on Friday to mark VE Day with a toast in individual homes and a moving broadcast on YouTube, which has been put together by Gary Hamilton and Stuart Abercrombie, of GH Productions Argyll, based on Seil.

The 14-minute video for the Legion Scotland Easdale Branch will be shown from around 2.50pm on Friday, and we would recommend that you tune in.

To watch both events go to GH Productions Argyll on YouTube on Friday or check out the company's Facebook at <https://www.facebook.com/ghproductionsargyll/>

The editor welcomes letters of approximately 300 words in length for publication on this page. However we reserve the right to shorten, to amend or to refuse to print them. Names and postal addresses must be supplied, including on emails, to indicate good faith. A daytime phone number is also required for verification. Anonymous letters or those supplied without a contact phone number will not be printed. Please email: editor@obantimes.co.uk or write to: Letters page, The Oban Times, PO Box 1, Oban, Argyll, PA34 4HB.

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Greater funding for
Scotland's businesses

Ms Kate Forbes tried to explain why Scottish businesses are not receiving the same grant support here as they are in England and Wales.

This is despite her having told parliament on March 18 that the Scottish Government would replicate or mirror the UK Chancellor's package of support. It turns out the Scottish Government never intended to keep those promises.

Her explanation as to why the same level of support is not being provided in Scotland is not plausible. She pointed out Scotland was home to far more smaller businesses eligible for the lower grant of £10,000. 'As such, there are far more small businesses getting a £10,000 grant in Scotland than they would in either England or Wales,' she said.

Scotland actually has a much lower ratio of businesses per head of population than the average for the rest of the UK. Scotland has 729 businesses per 10,000 head of population versus the average across the UK of 1,090 businesses per 10,000.

The fact that there are less businesses in Scotland per head of population means that Scotland should have greater funding for businesses than the rest of the UK.

Michael Lumsden, Pure Spa & Beauty

Lockdown poem

I composed this poem recently to reflect the times we are living in at the moment. I thought it might be something your readers might like.

In such moments of crises, we all come to reflect that the riches strive for, can have no real effect Mother-nature rebelling, and our Planet is yelling

"Stop the Greed, Speed, Pollution, and show me Respect"

With good Faith, Deeds and Humanity, we are sure to survive

and to truly appreciate, what a material world can't provide

So let's all come together, in our thoughts, and we will cope

No matter how big a crisis, where there's Life... there's Hope!"

Brigid Conway, by email.

Supporting vulnerable
Air Force veterans

The coronavirus crisis has led to financial hardship for a great many people across the UK.

However, work here at the RAF Benevolent Fund hasn't stopped. In fact, we have awarded

Beachd Ailein

ALLAN CAMPBELL

editor@obantimes.co.uk

Saoilidh mi gum bheil adhbhar dith-misneachaidh agam leis mar a tha tachairt neo 's dòcha nach eil a' tachairt san lios am-bliadhna, gu ruige seo co-dhiù! An-uiridh ghobaich barran a' bhuntata taobh a-staigh chola-deug agus bha am fear tràth agus cuid an fhoghair a' fàs gu snog nuair a thàinig oidhche reothaidh deireadh a' Ghiblein a theab cur às dhaibh. Dh'fhàs iad ruadh taobh a-staigh ceithir uairean fichead, agus an toiseach bha mi a' smaoinichadh gur e seòrsa de ghaiseadh a bh' ann ach ged nach d' fhuair iad seachad air chùim iad a' fàs gu deireadh an t-samhraidh. Cha robh an toradh idir cho math 's a bhithinn an dùil agus bha mi a' cur na coire air an reothadh.

Am-bliadhna chan eil sgeul ach air aon bhàrr an dèidh dhan t-siol-cura a bhith san talamh airson faisg air mìos, agus bha mi a' cuimhneachadh air mar a thuirte bodach sa bhaile againn nuair a bha mi òg is e fhèin a' gearan mun aon seòrsa suidheachaidh. "Cha chreid mi", thuirte e, "nach ann a' fàs sìos a tha e am-bliadhna!" An e an trioblaid dìreach gum bheil mise mì-fhoighidneach, neo an do cheannaich mi droch shiol-cura am-bliadhna? Uill 's e firinn na cùise gur i an ùine a dh'innseas, agus chan eil agam ach a bhith foighidneach ged is duilich 's gum bheil sin dhomh!

'S coltach gun robh am mìos a chaidh seachad air Giblean cho tioram 's a chaidh a chlàradh, agus chan eil sin na annas nuair a bheachdaicheas sinn air na bh' againn de làithean

more than £1.5 million in individual grants since lockdown measures were announced on 23 March. These grants help support retired and serving RAF personnel and their families at this challenging and uncertain time.

That's why we have launched a new online application system to allow members of the RAF Family to access financial assistance more easily than ever before.

But beyond the immediate threat to our nation's health, the coronavirus pandemic does not pose financial concerns alone. Many older members of the RAF Family struggle with social isolation and loneliness on a daily basis; a problem that is compounded by the necessary social distancing rules. To tackle this issue, we have introduced a weekly Check and Chat service, and our welfare team are currently contacting

grianach blàth, agus gu dearbh bidh mòran a chuireas failte air beagan uisge a-nise ach an tig fàs. 'S iomadh turas a smaoinich mi air cho math 's a bha an aimsir dhan fheadhainn a tha ri buain mhònadh, agus cho luath 's a bhiodh craiceann cruaidh a' tighinn oirre fo theas den t-seòrsa. Tha deagh chuimhneachain agam bho làithean glè òg air a bhith aig mòine, àm sònraichte dhan chloinn agus dromannan goirt dha na h-inbhich! Dhearbh mise sin dhomh fhìn cuideachd iomadach turas nuair a thàinig mi gu ire na h-obrach, agus saoilidh mi gur e a' chiad togail air na fàdan a bu duilghe is do dhrum crom fad uairean a thide! Ach air an làimh eile b' e amannan toilichte a bh' ann is nàbaidhean a' tighinn còmhla, gu sònraichte aig àm buana agus ga toirt dhachaigh, gus càch a chèile a chuideachadh. Rachadh an obair agus an ùine seachad nas luaithe le beagan dibhearsain agus geur-chainnt an lùib lionmhorachd nan làmh a bha cho cudromach ann am feallsanachd bhailtean croitearachd aig an àm.

Ged 's ann aig astar a dh'fheumte a nochdadh, nach math uimhir den aon seòrsa càirdeis fhàicinn aig an àm dhuilich seo!

Community co-operation with seasonal and other tasks was an important tradition in crofting communities and how good to see the same spirit in evidence, albeit at a distance, during this lockdown.

Allan Campbell, ailean@obantimes.co.uk

vulnerable members of the RAF Family to invite them to use this. We have also expanded our Telephone Friendship Groups service to allow more veterans to join in a weekly chat.

Last year we launched an awareness campaign, Join The Search. Change A Life, aiming to get more veterans and their partners back on our radar. This initiative is more important now than ever before.

I urge your readers to consider their neighbours, their family, and their friends; if they previously served in the RAF, or are the spouse of someone that once served, they are eligible for our support – be it financial, practical, or emotional. To refer someone to the RAF Benevolent Fund, please visit rafbf.org or call 0300 102 1919.

Air Vice-Marshal Chris Elliot, RAF Benevolent Fund.

Battered fish



SYN FREE | Takes 25 minutes | Serves 4

Who can resist those soft flakes of fresh cod or haddock in tempting batter? Our healthy home-cooked version of the classic British takeaway is 100% tasty and 100% Free.

Ingredients

- 4 thick skinless cod or haddock fillets
- 2 eggs, separated + Lemon wedges, to serve

Method:

1. Preheat the oven to 200°C/Fan 180°C/Gas 6.
2. Line a baking tray with non-stick baking parchment. Arrange the fish on the tray and season lightly.
3. Whisk the egg whites in a large bowl until they form soft peaks. Whisk the yolks in another bowl and fold into the egg whites along with a pinch of salt. Stir to mix well and spoon the mixture over the fish.
4. Bake for 10-12 minutes or until the egg is lightly browned and the fish is cooked through.
5. Serve with Slimming World chips, mushy peas and lemon wedges to squeeze over.

* Both canned and frozen mushy peas are Free so there's no need to make them from scratch.

PLEASE NOTE:

**ALL CLASSES ARE CANCELLED
UNTIL FURTHER NOTICE**

Your consultant for Lochaber and Oban is Gillian on 07796 040803, Lochgilphead & Campbeltown Rhona 07880 878906. Available for Slimming World phone support and guidance.



touching hearts, changing lives

Detailed recipes available at:

slimmingworld.co.uk

DISTRICT NEWS

Rotary Club supporting community during COVID-19

The Rotary Club of Oban have mobilised to help fight the effects of coronavirus on the community and hope to continue to support local good cause.

The club has agreed a regular weekly financial donation to Hope Kitchen to assist them in providing help and support for our most vulnerable community members.

President Douglas Small said: 'This fund has been donated by individual Rotary members and will not affect the regular support we give to local good causes through our usual fundraising efforts.'

'The idea was proposed by past president Roger Parry and was unanimously approved by club members.'

In addition, the club has offered its members as volunteers to Argyll and Bute Council and The Lorne Medical Centre. A sub-committee investigated and co-ordinated by Rotarian Ronnie Forbes will spearhead this effort and the club will stand ready and willing to assist in any way it can.

Donations to local causes continue at pace and a cheque for £500 was presented to Christine Hill, secretary of Oban Youth Pipe Band, to help buy equipment for the band's drum core.

A cheque for £500 was presented to William Malone, treasurer of Oban Lorne RFC in support of the club's Mini and Midi sections, while future rugby stars in the making, Aaron Dot, Fergus Macintyre and Calum MacDonald of Oban High School RFC have been supported with a cheque for their trip to Perignon in France. The boys will spend two weeks training as professional sportsmen. It is unclear at this point whether the boys trip will be delayed till later in the year due to coronavirus.

Glencruitten Golf Club Junior section was presented with a cheque for £1,200 to assist with coaching and equipment. Former junior member and golfing star Robert MacIntyre accepted the cheque on behalf of the club.

'Although the situation we find ourselves in is unprecedented it is amazing how the People of Argyll, Bute and The Isles have pulled together in times of adversity,' said Mr Small. 'The Rotary



The iPads were gratefully collected by Claire MacInnes of Eadar Glinn; Aarfon Williams and Michelle Ward of Etive House, and Morag Telfer of North Argyll House. Photograph: Kevin McGlynn

Masons help connect local care home residents with families

A local masonic lodge has stepped up to help connect elderly relatives with their families and friends during the coronavirus, writes Ellis Butcher.

With the lockdown restrictions bringing vital face-to-face visits to an end, Oban Commercial Lodge No 180 decided to see how it could help.

It used lodge funds to pay for three brand

new iPads to go to care homes Eadar Glinn in Oban; North Argyll House in Connel; and Etive House in Benderloch.

Kenny Pearson, Right Worshipful Master for the lodge, told the Oban Times that apps including Facetime and Zoom would allow families, friends and their relatives to connect via video link, providing a much-needed boost to all involved.

Club of Oban stand ready and play their part.'

Mr Small added: 'I would like to say a big thank you to the dedicated team at the Oban Times for doing such a great job in keeping us all informed and together during trying times of social isolation. With their efforts, socially isolated we certainly are not.'

'I hope that everyone stays safe and well and connected by our very special community.'

to keep classmates connected with the help of a puppet.

With the go-ahead from parents, Rachel, ably assisted by her African lion cub puppet Pounce, sets a daily fun challenge for them to complete then show off to their friends online.

Under supervision of parents, the children can use the WhatsApp to send each other messages and stay in touch.

And every Sunday Rachel and Pounce tell them a story.

Rachel, who grew up in Africa, adopted Pounce through the Bookbug scheme and asked children to think up his name.

'I wanted to do something that would be fun and non-schooly to keep them active and in touch with each other, then I remembered I had the puppet and it all went from there. I grew up in Africa so Pounce's accent comes natural to me,' said Rachel.



Rachel with African lion cub puppet, Pounce.

KEEPINTOUCH

email us at editor@obantimes.co.uk
telephone 01631 568000

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Volunteers now required in Oban.

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15 LOCHSIDE STREET, OBAN, PA34 4HP

BUSINESS NEWS

HIE to help with rollout of new £100m funding

Highlands and Islands Enterprise is to help deliver new government funding to businesses across Argyll and the Islands that are impacted by the coronavirus outbreak.

It follows confirmation on Thursday April 30, that an additional £100m is being provided – subject to certain criteria.

The money will bankroll three different funds to pick up those businesses who may not have been eligible for previous state support during the pandemic.

The three funds are the Pivotal Enterprise Resilience Fund, the Creative, Tourism and Hospitality Enterprises Hardship Fund, and the Newly Self-Employed Hardship Fund.

It will deliver both the pivotal resilience fund and the creative hardship fund supported by Creative Scotland and VisitScotland, the South of Scotland Enterprise and Scottish Enterprise.

The Newly Self-Employed Hardship Fund will be delivered by local councils such as Argyll and Bute.

In a joint statement signed by Carroll Buxton, interim chief executive of HIE, it said: 'We are acutely aware of how tough a time this is for businesses in Scotland, so demand for this additional funding is likely to be exceptionally high.'

'A guiding principle for us throughout this crisis has been to provide support to those who need it most.'

'Delivering this extra assistance will be no different and will be of vital importance in order to support the economy.'

'Getting the money to recipients is of critical importance.'

'We anticipate the application process will take no more than ten working days and successful applicants will receive funds paid 100 per cent upfront within that time frame.'

'Full details on what information companies will need to provide as part of the application process can be viewed on the website <https://findbusinesssupport.gov.scot/>

Crerar Hotels offers hospitality for heroes

by Fiona Scott
fscott@obantimes.co.uk



A leading Highland-based hotel company is giving the public an opportunity to express their gratitude to the heroes within the NHS that continue to work tirelessly throughout the COVID-19 crisis.

Crerar Hotels launched their Scottish Hospitality for Heroes campaign last week with two key initiatives which will give our 'heroes' an opportunity to experience the true spirit of Scotland.

Once the lockdown is lifted the company will announce a chosen weekend in 2020 when all Crerar Hotels will be given over exclusively to NHS, care workers and their families.

Every Crerar Hotel will give every bedroom for a very special two-night weekend stay. In addition, dinner (be that AA rosette dining or a casual inn dining) and breakfast during the stay will be gifted and there will even be wine to toast with.

Crerar Hotels CEO, Chris Wayne-Wills, said: 'We are determined to make this as big a thank you as we can.'

Crerar Hotels will be working to encourage local hospitality businesses and local people to get behind this big thank you.

'This is everyone's business and a chance for everyone to say thank you,' added Mr Wayne-Wills. 'Tickets to distilleries, wildlife boat trips, a fiddler for entertainment, access to museums, a cask of beer behind the bar from a local brewery or whatever a local can give would be great. Everybody can make this their special thank you.'

Members of the community can also add their thanks by 'virtually' purchasing a meal, round of drinks or a bottle of wine in advance.

NHS workers can register their interest in applying for a free weekend break by emailing from an NHS account to [hospitalityforheroes@crerar-](mailto:hospitalityforheroes@crerar-hotels.com)



Within the last 18 months Crerar has committed more than £10 million pounds of investment, £7 million of which has already been completed and fully transforming the Golf View, Loch Fyne, Oban Bay and Isle of Mull hotels.

hotels.com. NHS workers can also be nominated by the public via Crerar Hotels Facebook pages.

Details of availability and how to make complimentary bookings will be confirmed once the lockdown is lifted and the dates for the NHS Heroes Celebration Weekend are confirmed.

Crerar Hotels will also be issuing NHS Hero Gift Vouchers. The public will be able to express thanks to any NHS workers by purchasing monetary gift vouchers, with Crerar Hotels adding half as much again to the value.

Details of how to purchase the NHS Hero Gift Vouchers will be available on the company's website www.crerarhotels.com

The Crerar Trust has also gifted a very generous £25,000 towards a Help for Local Heroes scheme to support a Crerar Hotels gift voucher issue to local heroes; key workers such as shop workers, emergency response personnel and refuse collectors who have contributed during the crisis. Crerar Hotel employees and guests can

nominate a local hero who has supported their communities during the crisis, the vouchers would be redeemable at any Crerar Hotel. The nominations can be sent to localheroes@crerar-hotels.com

Paddy Crerar CBE, chairman of Crerar Hotels added: 'These have been exceptionally challenging times, terrifying in fact, and we have a way to go yet. We should all be rightly proud of our NHS workers, the carers and all of those who have done all they can despite the grave risks to themselves.'

'We have some great business partners, including Belhaven Brewery, De Burgh Wine Merchants, Campbell Brothers, Braehead Foods and many more who have already taken deep breaths to support their hospitality partners, and yet once again they have sought to help us where they can with this big thank you.'

'Our hope is that other Scottish hoteliers and hospitality businesses join in too'





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Around Lochaber

ANGUS MACDONALD

fort@obantimes.co.uk



Get a great job

Not long now until thousands of young from the west highlands leave school or university and start looking for their first job.

I have employed hundreds of youngsters over my career and have a pretty firm idea of the sort of person I want working for me.

I left school a year early and that was the end of my education. My four siblings all studied arts and three of my four sons are university educated too; history, business and theology being their subjects. It was the army for me, a fantastic way to grow up, discipline, routine, camaraderie, and the need to earn respect.

The single attribute I look for most when hiring is spark – does the candidate engage, smile, are they confident, and will they work well with colleagues? One spends most of ones waking day at work, you want colleagues you will enjoy being with.

Of course, you need someone who has or can have the requisite skills. I believe that almost everyone has a skillset than can be used – some people are fantastic at fixing things, a mechanic possibly. Someone who has a great eye for detail, gets things just right, doesn't dash onto the next job...a joiner? And of course you have wizards at numbers or love a good discussion or debate, possible accountants or lawyers here.

I advise kids to look through all the sectors in the back of the Financial Times and tick all those that appeal. Whisky distilling, construction, retail, design...they are all there.

They then need to actively go for jobs in that chosen sector. Don't sit around waiting to be sought, get out there. I was on a stand at a renewable energy conference in Aberdeen, and this well presented 19-year-old young man came up and asked if he could have five minutes of my time, he wanted to work for us and believed he had attributes we would benefit from.

In his hand was a printout from our website, good start, along with a list of questions and observations and his cv. He studied mechanics at Alton College and had travelled 600 miles to meet us. He started a month later, before leaving after three years to join Aston Martin.

How do you get that interview? We have just hired the management team for the Highland Cinema in Fort William, so it's all fresh in my mind. We have also made job offers to a number of people who wrote ahead of the general hiring timetable who wrote very convincingly of why they were a must hire. The people who got the job were really keen, they had great covering letters that focused on our needs and how they were the right person to undertake them – for example, for a kitchen role: 'I love helping my Mum cook and have had summer jobs in the kitchens at these local hotels. I have my food hygiene certificate already'. And this from a girl who is only 18. She was bubbly, had great references

and we had decided to hire her within minutes of meeting her.

I asked another candidate, how many points out of 10 would your current employer give you? He replied 11, and indeed when I did, he did.

Prepare for the interview. The question in the mind of the interviewer is, how can this person help my business thrive? So that is what you want to tell them. Your cv has told them you live in Benderloch, you have a 2.2 in geography from Strathclyde, your interests are art and writing.

The interview is beyond that, tell them why you are fantastic, how you will be a huge asset to their company, a great hire. How much time do you spend preparing for that interview? It should be several hours, almost all the information is on the internet. Who are the customers, their competitors, senior management, have they won business awards, and what for? You can blow other candidates out of the water with your knowledge of the company and its issues.

How about this for a line at an interview with a major fish farm producer? 'I read that there are trials at SAMS (Scottish Association for Marine Science) which have promising results for the control of sealice, is your company involved in that?' Or for a timber haulage company, 'do you think the takeover of your biggest customer by a private equity company will impact your contract with them?'

Ok, I have to break the taboo subject here. Parents, schools and universities all tell you that great grades are what matters, academic ability wins all. In my opinion its not qualifications that lead to success, its energy. The person with 'get up and go' wins every time. The person who organises the Zoom quiz with mates, who plans the holiday for half a dozen of you, who writes the email making a great case for an interview before the role has even been posted.

Good luck with your job hunting, give it energy.

Support for creative businesses in Argyll and Bute

Creative workers, enterprises, venues and organisations across Argyll and Bute are to receive bespoke business development support through a new initiative from Culture, Heritage and Arts Assembly Argyll and Isles (CHARTS), in partnership with the Innovation School at Glasgow School of Art.

Backed by The National Lottery through Creative Scotland's Create: Networks fund, six interconnected creative business communities will be developed throughout the region to encourage knowledge sharing, facilitate peer-to-peer networking, and provide business and market development.

Kathleen O'Neill, development manager at CHARTS, said: 'Our ambition is to build



relationships, encourage more joined-up working across Argyll and Bute and support the CHARTS membership over the coming months. 'We're especially pleased to be receiving support at this time, which will help us introduce

new partnership resources to creative businesses and individuals during lockdown.'

This initiative is one of several creative business support networks being developed across the country as a result of the Create:Networks initiative.

Jessica Bonehill, creative industries officer at Creative Scotland, said: 'In these challenging times, it's more important than ever that support for creative businesses is tailored according to the needs of local sectors.

'These newly strengthened local networks will allow creative enterprises and practitioners to access specialist advice and support, and we hope this will prove valuable for creative businesses through the difficult months to come.'

The announcement follows the launch of three new funding programmes designed to provide dedicated support to help sustain Scotland's creative community during the COVID-19 outbreak.

One-off bursaries are being made available to freelance creative professionals and film and TV sector workers who have lost earnings due to the cancellation of work as a result of COVID-19; and Open Funding: Sustaining Creative Development is providing support for individuals and organisations to develop and create work in the coming months.

A list of other helpful resources and sector specific support groups and organisations is also available on the Creative Scotland website.

Wylie & Bisset giving free business advice to steer Scottish businesses through Coronavirus lockdown

We have launched a helpline to help steer companies through the Coronavirus lockdown period.

We want to assist those businesses that, through no fault of their own, find themselves confronting various pressing business problems as a direct result of the government restrictions to quell the spread of COVID-19.

There are various options available to businesses and if you need a sounding board or to speak to a financial expert about your options, we are here to listen and offer free advice.

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Coronavirus: Helping each other

Extraordinary kindness

The United Kingdom is pulling together as one, with people from all regions and all four nations of the country helping each other through the coronavirus pandemic.

As we all know, we must only leave our homes if we are key workers or cannot work from home, to do essential shopping

and for one period of daily exercise.

By doing this we will all help protect the NHS and save lives.

Despite the absolutely necessary restrictions on our normal lives, people are being encouraged to help neighbours in need where possible. This has led to some amazing acts

of kindness on every street, in every village and town across the country. Communities have never felt stronger. Today, we shine a light on just some of the people from communities across the country to showcase examples of ordinary people doing extraordinarily kind and helpful things.



CASE STUDY GAIL REDMOND

A CHARITY that supports families has noticed a sharp rise in requests for help due to widespread redundancies.

Gail Redmond of Via Wings' in the County Down town of Dromore, in Northern Ireland, says the charity normally gives out 85 food bags a month to people in need.

"But last week we gave out 105 already, many of which are going to people who are self-isolating," she said.

"One guy who contacted me on Friday, said: I have never asked anyone for help like this before.

But I have lost my job and can't afford to feed my kids right now.' You could tell that he was absolutely mortified and so humble. So many people have lost their jobs.

"We have told pensioners not to answer their door when we deliver, but one old lady insisted. We told her she shouldn't be doing that, but she replied: I just want to say thank you'.

"The older generation are so apologetic when asking for help, they all say:



GAIL REDMOND: 'Dromore area hit hard by redundancies'.

I'm sorry to bother you'."

Christian charity Via Wings is offering food deliveries and befriending to anyone who is self-isolating, elderly, vulnerable, an NHS employee, key workers, or those financially impacted by Covid-19.

Volunteers observe social distancing guidelines and food is carefully wiped down before being packed. Food and toiletry donations can be made

at Eurospar, Supervalu and Vivo in Dromore and Tescos (Boulevard) and Lidl in Banbridge.

Via Wings works with local schools and churches, social workers, care workers and other agencies.

"Working in unity is what our grandparents used to do, and that is what we need to get back to doing, caring for each other," Gail added.

"There is no ownership, we are just working together."

CASE STUDY NEIL MUSGROVE

AN ULTRA-MARATHON runner is putting his best foot forward after several running events planned for this year had to be cancelled or postponed.

Last year Neil Musgrove ran seven ultra-marathons and with none looking likely for this year he is running one in his back garden.

He is doing a mile a day in his back garden according to his running watch and is hoping to reach his goal of the 30 mile starting distance for an ultra marathon by the end of April.

For every mile completed, Neil is donating £5 to Leeds Cares and hopes that friends and family will join in with the challenge at their own homes and donate after every mile completed.

He said: "With no ultra-marathons to run I thought I'll run one of my own. Any experience I've had with Leeds Hospitals in the past has been positive, I want to support all of our amazing NHS staff who are currently under huge pressure and working in extremely tough circumstances.

"It is quite a few laps. All being well this takes me to a 30 mile ultra marathon distance. Yes it might get a little tedious but I am thinking of it as an ultra with a checkpoint, food and drink at every mile.

"My young niece and nephew have already got involved and I'm hoping to get my own



MARATHON MAN: Neil Musgrove putting his best foot forward for an ultra marathon in his back garden in Leeds.

PIC COPYRIGHT - NEIL MUSGROVE/SUBMITTED BY LEEDS CARES

kids involved too. I'm sharing the challenge with my colleagues and running club teammates so hopefully lots of us will get involved. Make it as interesting as you like. I am thinking about obstacles, singing, dancing, whatever. I would love it if people joined in. The only rules are it has to be a minimum of one mile. It has to be fully within your own property boundary. If you don't have a garden, special dispensation is given to use your street but remember the two metre rule."

All funds raised through Neil's challenge will go towards Leeds Cares' Support Your NHS Hospitals Appeal and provide vital support to frontline staff at Leeds Teaching Hospitals.

This includes, paying for care packages, assistance with travel

and accommodation where needed, as well as helping to fund other health and wellbeing initiatives to boost morale across the wards. He set a target of £750 on his JustGiving



page and has raised more than £550 already. Leeds Cares is the official charity

partner of Leeds Teaching Hospitals. The organisation supports NHS staff to deliver the best care for patients and their families, by raising funds for equipment, services, education and research.

Leeds Cares works collaboratively with all of the hospitals across Leeds (including Leeds Cancer Centre, Leeds Children's Hospital, St James' University Hospital and Leeds General Infirmary) to identify charitable projects and causes.

Nominate a community hero

Do YOU know a volunteer who deserves to be recognised for making a change in their community?

The Prime Minister recognises one person a day with a Point of Light award.

Read more or nominate someone at www.pointsoflight.gov.uk/

across our communities

CASE STUDY
HARRY RAGLESS

A BOY with spina bifida and his father are both doing their bit for the community - but in completely different ways.

Harry Ragless usually spends 80 per cent of his time in a wheelchair due to his condition, which means his spine did not form properly in the womb and he has neurological damage to his legs and back and cannot feel his feet.

But inspired by the efforts of 100-year-old war veteran Captain Tom Moore, which have seen him raise around £30million for the NHS, Harry decided to raise money by walking with his frame and leg supports.

The determined six-year-old from Oaksheath Gardens in Durrington, near Worthing, has raised £2,400 and rising within days of his parents launching a fundraising page for his efforts - smashing his £100 target.

He said: "I feel really good. I was shocked."

His proud mother Selina Ragless said: "He has shocked us all. Because of his condition he tires easily but the other day he walked from our house to Vancouver Road, which is really far for him. We couldn't believe it."

As word of his exploits spread, Selina said people were coming out of their homes to applaud Harry, who attends West Park School in Marlborough Road, Goring, when he went out for a walk.

She said: "I feel overwhelmed to be honest. We owe the NHS so much; they have been there for him since he was born and will be there for him for the rest of his life. If we can give something back, that is all we want."

In fact, Harry's exploits grabbed the attention of Captain Tom himself - and his



WALKING TALL: Harry Ragless has raised £2,400 with the help of his father and his walking frame and leg supports.

picture was featured on the Second World War veteran's Instagram page.

Harry is not the only person in his family who is raising a smile in the community.

By day, his dad Steve is a warehouse manager - but during his daily walk, he dons his Stars Wars outfit to bring a bit of fun to the neighbourhood. The 45-year-old said: "I love it. From my own experience, I remember the first Comic-Con I went to in Birmingham and I saw all these stormtroopers standing outside, and I went into full fanboy mode."

The opportunity for him to get his own suit arose when a friend was selling theirs.

He said: "When I finally put it on, I just



STAR MAN: Steve in his dramatic outfit.

felt amazing in it. I love seeing the looks and smiles, and people tooting their car horns and waving. It brings a few smiles in these very strange times."

Selina came up with the idea for him to wear it after they were put in lockdown, and during their walks around the estate Steve has posed for 'socially-distant' photos with some of the children who have come out to see him.

In his spare time, Steve has donned the costume to a variety of events, including birthday parties, weddings and charity events.

When the Connaught Cinema has done showings of Star Wars films, Steve has turned up in his gear to raise money for Sussex Association for Spina Bifida and Hydrocephalus, a charity which has helped Harry.

When asked if there was anything he wanted to say to the people who have donated so far to his campaign, Harry said: "Thank you."

To donate, visit justgiving.com/fundraising/selina-ragless1.

CASE STUDY
STENHOUSEMUIR FC

A FOOTBALL club initiative is supporting hundreds of families by delivering school meals to pupils during the coronavirus lockdown.

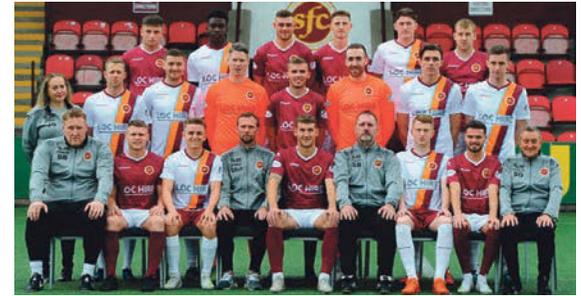
With the season shut down indefinitely, Stenhousemuir FC set up its community help hotline in mid-March to assist the most vulnerable members of society as the effects of the global pandemic began to take hold.

A 30-strong squad of volunteers was assembled in the first week to carry out everyday tasks like shopping or dog walking for those in isolation or for whom such activities would prove difficult. Since then, the number of volunteers has hit 80 although extra help remains welcome.

Government guidelines mean the volunteers can leave their homes to help a vulnerable person and, with almost every volunteer already assigned to an individual, more support is likely to be needed in the weeks ahead.

The idea has been well received by those who live in the Stenhousemuir and Larbert areas and beyond, so much so organisers opted to branch out and ease the strain on mums and dads by collecting and distributing school lunches purchased by Larbert High School to youngsters stuck at home.

Pupils from Larbert High and its cluster primaries are benefitting



ON THE BALL: Stenhousemuir FC players and coaching staff.

from the move.

On just one day last month, volunteers delivered more than 130 meals to schoolchildren.

Stenny chairman Iain McMenemy, who helped to organise the initiative, said: "We put out a few requests for further volunteers and the response to each has been really encouraging.

"We're doing one-to-one tasks for people like dog walking and shopping and we're putting in calls to make sure they're okay.

"The advice was clear: if you're going out for your own shopping, if you have to go to work, if you're going out for one bit of exercise or if you're helping a vulnerable person you're able to go out, particularly because some people have got nobody else.

"We have even had members of family from farther afield saying they have a relative in the area and they want to give you a call.

"We're still looking for volunteers as we're only in week three and the smart money is probably on this being extended for three months. We've also expanded out to do school meal deliveries for

a number of the schools. Carron Bathrooms got in touch and offered two vans so we now have three. On top of that, we're doing deliveries for Falkirk Foodbank."

Though Stenny officials admitted concerns over the impact COVID-19 would have on the club itself, their focus has always been on the "health and well-being" of the community.

When the community help initiative was first announced, Mr McMenemy wrote in a statement: "With the continuing spread of the coronavirus, Scottish football faces an uncertain future.

"It is quite clear that there will be a significant impact on football operations and finances and Stenhousemuir Football Club will no doubt be affected by this.

"However, there are other, more important matters to think about. The coronavirus is a very serious disease that will affect thousands within our communities.

"The health and well-being of friends, neighbours and members of our community should be our top priority."



HOME ADVANTAGE: Stenhousemuir players brought food directly to people's houses.

LEISURE & ENTERTAINMENT

YOUR GUIDE TO WHAT'S ON IN ARGYLL AND LOCHABER

Musicians invited to take inspiration from nature



Scottish Natural Heritage (SNH) and Fèis Rois have teamed up to inspire people to connect with nature through music.

In Tune With Nature is calling on musicians of all genres – whether rock, rap, folk, classical or anything in between – to show their love of nature by writing music inspired by the coasts and waters of Scotland's beautiful nature reserves.

Entrants are invited to compose a piece of music inspired by one of 10 national nature reserves, including Beinn Eighe, Creag Meagaidh and the Isle of



Rum National Nature Reserve, across Scotland.

The competition will be judged by a panel of well-known faces from the Scottish

music industry – including Julie Fowlis, Vic Galloway, Gill Maxwell and Karine Polwart – and is part of the celebrations for the Year of Coasts and

Beinn Eighe. Photograph: SNH/Lorne Gill

Waters 2020.

Winners will receive a £500 cash prize, as well as the opportunity to take part in live performances throughout the year. Each winner will also make a film on the nature reserve which inspired their music with a professional film-maker.

Entries can be in any style of music, and may or may not include lyrics. References to local culture, language and tradition are encouraged. New Gaelic songs are particularly encouraged in the Beinn Eighe and Creag Meagaidh areas, as are songs written in Scots and regional dialects in other areas.

Ian Sargeant, SNH's Natural

Nature Reserve manager for North and West Scotland, said: 'There's so much to be inspired by on our nature reserves, particularly during the Year of Coasts and Waters 2020.'

'We have such an amazing variety of marine wildlife and seabirds in Scotland, as well as stunning beaches, lochs and rivers. It's hard not to be inspired by such beauty.'

'Music and nature have so much in common – they're both moving and give us so much pleasure. We can't wait to hear what people come up with to make us see these special places in a new light.'

Fiona Dalgetty, Chief Executive of Fèis Rois, added: 'We are thrilled to be collaborating on this new project with SNH to encourage musicians

to create new work inspired by our beautiful landscapes in Scotland.'

'We also believe that musicians have an invitation here to make a creative response to the climate challenge affecting our natural heritage in Scotland today. We look forward to receiving entries from all genres of musician.'

The contest closes on May 31, with winners announced on June 26 and is one of several special SNH events and projects to celebrate Scotland's Coasts and Waters and their wildlife during the themed year as well as raising awareness of the importance of healthy freshwater and seas.

For more information about the contest and the NNRs involved, as well as how to enter, visit <https://bit.ly/353RN4Q>



It's not business as usual for veterinary practices.

You can expect delays for non-essential treatments for your animals. Please respect your vet's decision and be patient.

Is it essential for your pet to be vaccinated in the next two months to maintain #animalwelfare?

In some cases, the answer will be no. Please respect your vet's decision if they say some procedures aren't essential right now. #RespectYourVet

Find out more advice for animal owners in our coronavirus information hub: <https://www.bva.co.uk/coronavirus/coronavirus-advice-for-animal-owners/>



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Robert in lockdown!

ROBERT ROBERTSON

robert.d.robertson@hotmail.co.uk



Trying to promote our new album while in lockdown has been an interesting challenge and I write this week of one particularly amusing episode.

I wrote last week about our 'virtual world tour' which took me all over the globe from the comfort of our living room but, of course, there will never be a substitute for playing new material to a real crowd in a live setting.

It was with a huge amount of joy, therefore, that I learned on Monday that Eye of the Storm was sitting at number 3 in the Official Album Charts.

The chart company even mentioned us in their weekly press-release in among such names as Lewis Capaldi, Gerry Cinnamon, and Dua Lipa; and we got some nice reviews in the national press.

This led to renewed enthusiasm among the four of us to push the album further and to try (primarily via social media) to end the week with a decent position when the charts are announced on Friday.

Whether we achieve this, of course, remains to be seen and (when this paper goes to print) everything is likely to be in the balance but, whatever happens, we've been incredibly grateful for the support of our fans and we've had an awful lot of fun trying to promote the album in these bizarre circumstances, as you will now read... At one point, I had to send a video of myself playing our latest single to a newspaper who, in the absence of live gig reviews, are running a series of online sessions.

'Why don't you film yourself with Ben Nevis in the background?', suggested one of the boys. Sounds great - except for the fact I don't have a tripod on which to perch my phone for filming. I have learned,



Robert's makeshift camera stand as he promotes Tide Lines' new album.

Delia Smith's Complete Illustrated Cookery Book.

Atop this fine selection of publications, I placed my laptop, screen open at a very particular angle, and propped my phone upon it so that my video perfectly displayed Ben Nevis in all its glory rising behind me and my guitar.

If you happen to see the video flying about the internet, you will notice an incredibly satisfied grin on my face as I look directly at my phone perched on this magnificent makeshift stand. Those of you who are particularly observant and who have read my previous lockdown columns, may also notice a perfectly cut lawn leading down to a beautifully symmetrical beech hedge.

however, that, in the confines of quarantine, defeatism is failure. And so I set about fashioning my own camera stand.

I took the highest chair I could find in the house and began stacking books on top of it. It should be noted that, if you ever have the need or desire to forge a camera stand out of books, these are the books that provide the perfect height: Squash A Joyful Game by John Hopkins, 1980 - 75p reduced to 30p; The Church Hymnary (Melody edition); and, the pièce de résistance,

M'ALBA

MY ALBA

DIARDAOIN 7 An Cèitean THURSDAY 7 May

- 17:00 Prògraman Chloinne - Children's programming
- 19:05 Vets: Gach Creutair Beo (rpt)
- 19:30 Speaking Our Language (rpt)
- 19:55 Earrann Eachdraidh (rpt)
- 20:00 An Là - News
- 20:30 Taigheadas Dùthchail/Rural Housing (rpt)
- 21:00 DIY le Donnie (rpt)
- 21:45 Belladrum 2016: Cridhe Tartan - Bwani Junction (rpt)
- 22:00 Mach a Seo! (rpt)
- 22:30 Ameireaga air Film (rpt)
- 23:15 ÙR/NEW: Binneas na Trads
- 23:25 Na Millenni-Gaels (rpt)

DIHAOINE 8 An Cèitean FRIDAY 8 May

- 17:00 Prògraman Chloinne - Children's programming
- 18:35 Machair (rpt)
- 19:00 An Là - News
- 19:15 Sgeul Seirbheis (rpt)
- 19:30 Feis Rois - Bheir dhomh am Fonn (rpt)
- 20:30 Kerry is Kirsty: Caol Reatha gu Drochaid Sheile (rpt)
- 21:00 About Britain: Isle of Skye (rpt)
- 21:45 Mischa@Blas (rpt)
- 22:00 The Flatey Enigma (rpt)
- 22:50 Binneas na Trads (rpt)
- 22:55 ALT (rpt)

DISATHAIRNE 9 An Cèitean SATURDAY 9 May

- 16:00 Prògraman Chloinne - Children's programming
- 17:45 An Là - News
- 18:00 ÙR/NEW: Spors - Shinty Finals 2019
- 19:00 Mach a Seo (rpt)
- 19:30 Fianais (rpt)
- 20:00 Machair (rpt)
- 20:25 Fraochy Bay (rpt)

- 20:30 Dreach Ur (rpt)
- 21:00 ÙR/NEW: ALT
- 22:00 Ameireaga air Film/America in Colour (rpt)
- 22:45 Pìobairean Bhoirnis/Pipers of Bornish (rpt)
- 23:00 Spors - Shinty Finals 2019 (rpt)
- 00:00 Belladrum 2019 (Highlights) (rpt)

DIDÒMHAICH 10 An Cèitean SUNDAY 10 May

- 16:00 Prògraman Chloinne - Children's programming
- 18:15 An Là - News
- 18:30 Fraochy Bay (rpt)
- 18:35 Sgeul Slainte (rpt)
- 18:50 Ar N-Aran Làitheil/ Spiritual Service (rpt)
- 19:30 Sorchar nan Reul (rpt)
- 20:00 Taigheadas Dùthchail/Rural Housing (rpt)
- 20:30 Fuime 55 (rpt)
- 21:00 Cluinneam! /The switch on (rpt)
- 22:00 ALT (rpt)
- 23:00 The Flatey Enigma (rpt)
- 23:50 Dhan Uisge (rpt)

DILUAIN 11 An Cèitean MONDAY 11 May

- 17:00 Prògraman Chloinne - Children's programming
- 19:00 Puirt-adhair (Highland Airports) (rpt)
- 19:30 Speaking Our Language (rpt)
- 19:50 Earrann Eachdraidh (rpt)
- 19:55 Earrann Eachdraidh (rpt)
- 20:00 An Là - News
- 20:30 Kerry is Kirsty: Asainnte (rpt)
- 21:00 Trusadh - Stroc (Stroke) (rpt)
- 22:00 Iul a' Chiuil - An Ceol (The Musical Path - The Music) (rpt)
- 22:30 Farpaisean Chon-Chaorach (rpt)
- 23:30 Mach a Seo (rpt)

DIMÀIRT 12 An Cèitean TUESDAY 12 May

- 17:00 Prògraman Chloinne - Children's programming
- 19:05 Vets: Gach Creutair Beò (rpt)

- 19:35 Speaking Our Language (rpt)
- 19:55 Earrann Eachdraidh (rpt)
- 20:00 An Là - News
- 20:30 ÙR/NEW: Dealbhan Fraoich
- 21:00 Callair Cladach Ile (The Loss on Islay's Shore) (rpt)
- 22:00 Trusadh - Stroc (Stroke) (rpt)
- 23:00 Ceolmhor@ Piping Live (rpt)
- 23:30 Sorchar nan Reul (rpt)

DICIADAIN 13 An Cèitean WEDNESDAY 13 May

- 17:00 Prògraman Chloinne - Children's programming
- 19:00 Puirt-adhair (Highland Airports) (rpt)
- 19:30 Speaking Our Language (rpt)
- 19:50 Earrann Eachdraidh (rpt)
- 19:55 Earrann Eachdraidh (rpt)
- 20:00 An Là - News
- 20:30 ÙR/NEW: Leugh Mi
- 21:00 Farpaisean Chon-Chaorach (rpt)
- 22:00 FUNC (rpt)
- 22:30 Iul a' Chiuil - An Ceol (The Musical Path - The Music) (rpt)
- 23:00 DIY le Donnie (rpt)
- 23:45 Dhan Uisge (rpt)
- 23:50 Binneas na Trads (rpt)

DIARDAOIN 14 An Cèitean THURSDAY 14 May

- 17:00 Prògraman Chloinne - Children's programming
- 19:00 Vets: Gach Creutair Beo (rpt)
- 19:30 Speaking Our Language (rpt)
- 19:55 Earrann Eachdraidh (rpt)
- 20:00 An Là - News
- 20:30 ÙR/NEW: An Taigh-Fuine/The Bakery
- 21:00 DIY le Donnie (rpt)
- 21:45 Belladrum 2016: Cridhe Tartan - Gruff Rhys (rpt)
- 22:00 ÙR/NEW: Aig Baile Le Julie Fowlis - Couch Music
- 22:30 Ameireaga air Film (rpt)
- 23:15 ÙR/NEW: Binneas na Trads
- 23:25 Eadar Chluich (rpt)
- 23:30 FUNC (rpt)



BBC.CO.UK/ALBA | BBC.CO.UK/IPLAYER

Co-bhanntachd eadar MG ALBA agus am BBC | A partnership between BBC and MG ALBA

MacQueen Bros. Ltd.

- Removals • Self Storage
- Packing material sales
- Steel container hire and sales
- Confidential document shredding
- Long stay car parking

01631 564848
info@macqueenbros.com

Are you a family or individual facing financial difficulties due to Covid 19?

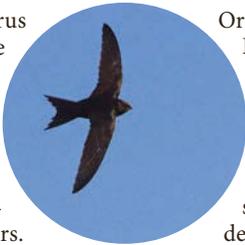
We can provide you with an emergency pack of food and/or toiletries from Hope Kitchen. These can be collected or delivered.

To access this free, confidential service please ring
01631 565730.



Nature makes a Swift return to Argyll

Before coronavirus restrictions were introduced, Argyll Bird Club provided monthly field trip outings around mainland Argyll led by experienced bird watchers.



Ornithology's Breeding Bird Survey indicates that the population of Swifts in Scotland has declined by around 60 per cent since 1995. A similar decline has taken place

in England and Wales. The reasons are not fully known but are believed to be related to changes in insect numbers and a lack of nesting sites as buildings are modernised.

Argyll is at the north-western limit of the world range of Swifts. Their distribution and numbers in Argyll is not well known and the purpose of the Argyll Bird Club Survey is to try to find out the size of the breeding population and where they remain.

If you have a swift nesting in your building, or near you, or would like to take part in this survey further information is available at <http://argyllbirdclub.org/argyll-surveys>

For more information about Argyll Bird Club, contact the Argyll bird recorder Jim Dickson by email at Argyllbirder@outlook.com

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Lockdown learning with help of leading chefs

As people are spending more time at home than ever before, Quality Meat Scotland (QMS) is encouraging peoples to use their extra time with family to cook delicious, nutritious meals with virtual cookery lessons, writes Finoa Scott.

The lessons will be brought to life by a number of recognisable Scottish chefs in a series of recipe videos entitled Chefs' Specials, including top chef Tom Kitchin, Gary Maclean, Justin Maule, Jak O'Donnell and Andrew Doherty.

QMS wants to help these people enhance their culinary skills and bring their families together during lockdown to make the most of meal times by recreating some of their favourite dishes.

The series launched on The Scotch Kitchen IGTV channel with a date night recipe by Andrew Doherty of Dakota Glasgow and will feature the four leading Scottish chefs



Herby Scotch Lamb Meatball Spaghetti.

each week tackling a different cooking theme.

Viewers will also be encouraged to buy meat locally to support butchers, farmers and retailers who are all working doubly hard, with many offering delivery services, to keep people well fed.

Lesley Cameron, director of marketing and communications with QMS, said: 'We hope this campaign will bring people together with their families,

encourage them to learn new cooking skills and ultimately gain some enjoyment during these uncertain times.'

Herby Scotch Lamb Meatball Spaghetti

500g Scotch Lamb Mince
1/2 onion
1 Heaped tsp of dried oregano
50g white breadcrumbs
2 garlic cloves
Sea salt and black pepper
400g tin of chopped tomatoes with herbs
1 to 2 vegetable stock cubes
150ml boiling water
1/2 courgette
2 mini peppers
Rapeseed oil to fry
280g dried spaghetti

Cooking method

Preheat the oven to 200c/400f/gas 6.

Finely chop the onion and garlic. In a large bowl add the minced lamb, chopped onion, garlic, oregano and breadcrumbs, season with salt and pepper.

Mix well then divide into 16 and roll into balls – approx 30g each. Saute the meatballs in some rapeseed oil for 10 mins, stirring as you fry, then transfer to the oven to cook for five minutes.

Pour the boiling water over the stock cubes and stir well. Blend the stock and tinned tomato till smooth.

Chop the peppers finely – discard any white pith or seeds and grate the courgette. Put the chopped peppers, tomato sauce and grated courgette into a pan and heat through.

Meanwhile cook the spaghetti in some salted boiling water with a little oil for about 10 mins or as long as instructed on the pack and drain well.

Serve the meatballs on a bed of spaghetti topped with the tomato sauce.

Visit www.scotchkitchen.com or follow Scotch Kitchen on Facebook, Instagram or Twitter.

Coronavirus

BID4Oban are working to provide information to the business community of Oban as regularly as possible.

We are working with our Key Partners Argyll & Bute Council, Business Gateway, AITC and OLTA on a daily basis.



To enable us to keep in touch, please follow BID4Oban on **Love Oban Facebook page** and website www.bid4oban.co.uk for regular updates.

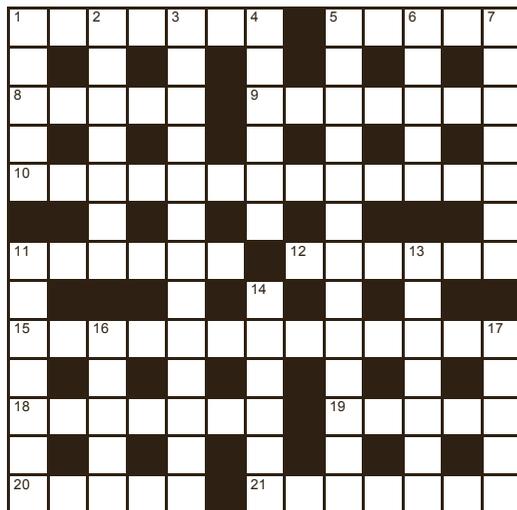
Email info@bid4oban.co.uk



Oban Business Improvement District
www.bid4oban.co.uk



Crossword



- Across**
- 1 Withdraw as judge (7)
 - 5 Contest (5)
 - 8 Sponge (5)
 - 9 Relating to two continuous tracts in one area (7)
 - 10 Anarchistic (13)
 - 11 Eclipse phenomenon (6)
 - 12 Swindler (3,3)
 - 15 Method of working (5,8)
 - 18 Germs (7)
 - 19 Saltpetre (5)
 - 20 Tips (5)
 - 21 Quack medicine (7)
- Down**
- 1 Speed demon (5)
 - 2 Body (7)
 - 3 Ammonium carbonate (8,5)
 - 4 Discuss (6)
 - 5 Those between the highest and lowest female voices (5-8)
 - 6 Horse drawn vehicle used in India (5)
 - 7 Peaceful (7)
 - 11 Put-me-up sleeping apparatus (4,3)
 - 13 Large church (7)
 - 14 Choice (6)
 - 16 Drink without the kick (5)
 - 17 Steel girder (1-4)

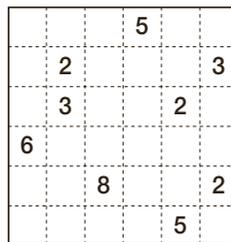
Quiz Challenge

1. What was the married surname of the actress born Sarah Kemble, who lived from 1755 to 1831?
2. Sika and muntjac are species of which animal?
3. Name the only country in Central America not to have a Pacific coastline.
4. From 1982 to 1989, which former BBC newsreader hosted the Channel 4 game show Treasure Hunt?
5. Comedian Richard Blackwood played a character named Vincent Hubbard in which TV soap opera?
6. The vocal chords are found in which organ of the human body?
7. Whose 1981 version of the song Begin the Beguine topped the UK singles chart?
8. Which actress described her role in the Harry Potter films as "Miss Jean Brodie in a wizard's hat"?
9. What A is a company which operates the US passenger railway system?
10. Name the winner of the Wimbledon 1997 ladies' singles who was sometimes known as 'The Swiss Miss'.



Richard Blackwood - see Question 5

BOX CLEVER



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. What name is given to a female swan?
2. Comma, Grayling and Grizzled Skipper are all species of what type of insect?
3. Which character in Charles Dickens's novel Great Expectations is described as a 'pale young gentleman' who challenges Pip to a fight?
4. What is the name of the Scottish biscuit traditionally made with white sugar, butter and oat flour?
5. Who directed the 1968 sci-fi movie 2001: A Space Odyssey?



YOUR LOCAL RADIO LISTINGS
Tune in to 103.3Fm or listen live at www.obanfm.scot or on the TuneIn app

In these unprecedented times Oban Fm are maintaining Breakfast and Drivetime shows with a Covid19 News update in each. This helps keep our volunteers and listeners safe and healthy

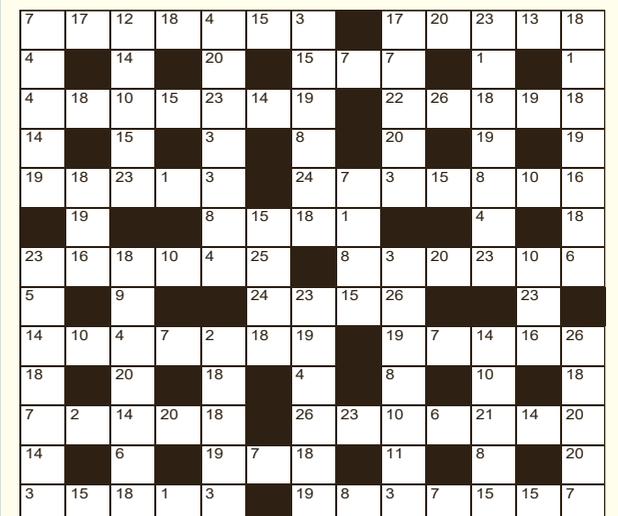
We are broadcasting these hours in association with BID4OBAN and the Oban Times, supported by the Scotland's Towns Partnership. Providing resilience for our local business community.

The Oban Times podcast airs as usual on Wednesday Drivetime and Argyll Talking Newspapers appears through the week.

Radio Clyde 2 will keep you entertained with your favourite hits and National news too.

	Breakfast 8am-10am	Drive Time 5pm-7pm
Monday	Stephen	Marcus
Tuesday	Stephen	Karen
Wednesday	Stephen	Campbell
Thursday	Andy and Sarah	Stephen
Friday	Stephen	Margo

CROSS CODE



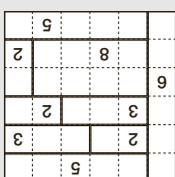
ABCDEFGHIJKLMNOPQRSTUVWXYZ

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

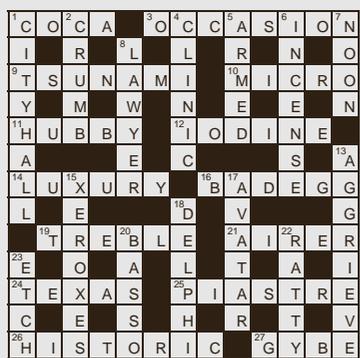
Each number in the Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

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.

SOLUTIONS



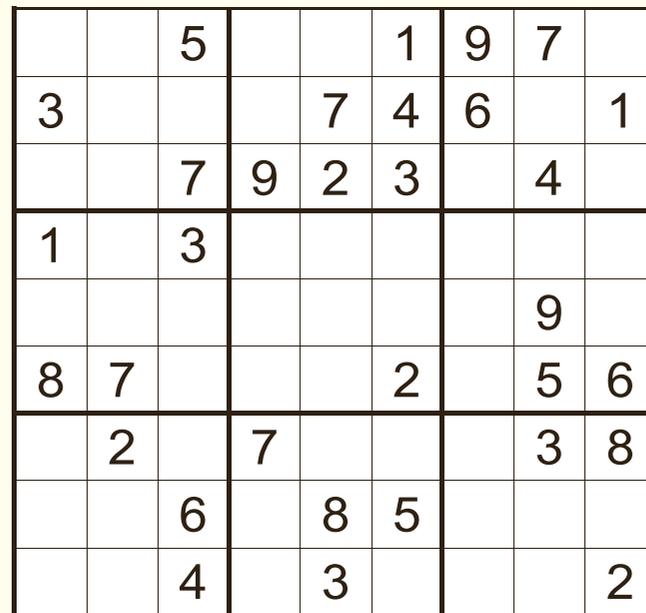
LAST WEEK'S XWORD SOLUTION



SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy



- COMMON LINK**
1 Sidons; 2 Deer; 3 Beltzer; 4 Kenneth Kendall; 5 Eastenders; 6 Larynx; 7 Julio Iglesias; 8 Dame Maggie Smith (plays Professor McGonagall); 9 Amrta; 10 Martina Hingis; 11 Butterfly; 12 Herbert Pocket; 13 Butterly; 14 Shortbread; 15 Stanley Kubrick.

- QUIZ CHALLENGE**
1. Siddons; 2. Deer; 3. Beltzer; 4. Kenneth Kendall; 5. Eastenders; 6. Larynx; 7. Julio Iglesias; 8. Dame Maggie Smith (plays Professor McGonagall); 9. Amrta; 10. Martina Hingis; 11. Butterly; 12. Herbert Pocket; 13. Butterly; 14. Shortbread; 15. Stanley Kubrick.

Varied, vibrant, exciting and regularly changing range of beers from Scotland and beyond.

Tel: 07796 418973

The Oban Beer Seller

Oban Beer Seller

Here's how it works:

Email me at obanbeerseller@gmail.com for the current stocklist

Order before 6pm and I'll supply the next day!

The extensive range includes STEWART BREWING, OVERTONE, BODEN, RIDE, BIG DROP, VOCATION, TEMPEST, GLEN AFFRIC, BREW YORK, BREW TOON, BUXTON, 71 BREWING, CLOUDWATER, ARBOR, CROSS BORDERS, POLLY'S BREW, TINY REBEL, THE KERNEL, WYLAH, GIPSY HILL, PILOT, NORTHERN MONK and many more.

Our customers are loving it...you will too!

Fantastic selection, friendly helpful staff. Definitely got the WOW factor!
Just what Oban needs. 5 star. MacColl.

Karen has done a fantastic job of sourcing a huge selection of beers to satisfy all tastes. A Ross.
Got my first delivery today and now looking forward to weekend of beer tasting!
Great service. H McNeill

Stock up on an amazing collection of beer that you won't find in the Supermarket

Stay safe and enjoy!

*Proof of legal age required at time of delivery

OPEN FOR BUSINESS

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

Most superstores in town are operating crowd control measures to help manage social distancing and product quantity limits are in place. They are working tirelessly to restock shelves daily. Please be patient and kind.

TESCO

Mon-Sat 8am-10pm
Sunday 10am-8pm
Older, Vulnerable Customers - Mon, Wed, & Fri 9am-10am
NHS Staff Tesco Staff - Tues, Thurs & Sun 9am-10am
Petrol Filling Station shop is closed but you will still be able to pay at the hatch.

LIDL

9 Soroba Rd, Oban
Mon-Sat 8am-10pm
Sun 8am-8pm

ALDI

Mon-Sat 9am-7pm
Sunday 9am-6pm
All day everyday key workers in the NHS, Police and Fire Service will take priority ahead of queues into stores upon showing a valid ID. This is in addition to early access on a Sunday, where they can enter stores 30 minutes prior to opening.
• 4 units on all products
• 2 units per customer on nappies and baby products
• 12 units per online order on wines or spirits, 4 units instore.

MARKS AND SPENCER

Mon-Fri 8am-8pm
Sat 8am-7pm
Sun 9am-6pm
Older & Vulnerable Customers Mon & Thurs 8am-9am
NHS & Emergency services Tues & Fri 8am - 9am

FARMFOODS

Mon-Fri 8am-8pm
Sat 8am-7pm
Sun 9am-6pm

BOOKERS CASH AND CARRY

Booker in Oban are still supplying retailers and caterers throughout Oban and Argyll both through normal collect and existing delivered business. Open hours as follows:
Mon-Fri 7.30am-3.00pm
Sat 7.30am-2.00pm
Sunday Closed
Social distancing measures are in place with hand sanitiser for customer and colleague use to ensure we remain as safe as possible whilst trading through this situation.

LOCAL FRESH FOOD & DRINK SUPPLIERS

Argyll has a unique natural larder and a range of passionate artisans and suppliers to choose from. With home deliveries too!

JACKSON BUTCHERS

Opening Hours
Monday - Closed

We are publishing this information in association with BID4OBAN and ObanFM, supported by the Scotland's Towns Partnership. Helping to provide resilience for our local business community. Many of these businesses are working under extreme pressure to bring quality products and services to the people of Oban 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!

Tuesday to Friday 9am - 4pm
Saturday 9am - 2pm
Offering FREE home delivery to Oban - daily
Kilmore and Dunbeg - Wednesday
Connel, North Connel to Appin Thursday
Card Payments preferred. Call the shop on 01631 562016 to place your order. We are open for customers who wish to visit the shop. Also taking phone orders for collection.

IAIN DARLING/WYNNE BUTCHERS

9am-3pm
To place orders call 01631 567400
Cards payments preferred

TASTE OF ARGYLL

Mon-Sat 9am-4pm
Deliveries
OBAN & KILMORE - Daily
TAYNUILT - Tuesday
BENDERLOCH & BARCADDINE - Friday
To place your order call 07882226675.
Fresh and frozen fish, meats, veg, milk, breads, jams, coffees, soaps, flours, pasta, cakes, etc...
*Pre ordered ready meals available

MILLSTONE WHOLEFOODS

Closed but orders can be made by phoning 01631 562704
Orders will be gathered, payment is taken via phone call.
Orders can be collected from the shop between 9.30am-2pm, Mon-Sat.
Delivery can be arranged.

OBAN BEER SELLER

Shop closed but order before 6pm for next day supply - email obanbeerseller@gmail.com for current list of stock
0779 6418973

OBAN FOOD HUB

Order by midnight Tuesday for pick up Thurs 4pm-6pm at the Rockfield Centre
***VERY IMPORTANT NOTICE: COLLECTION @ ROCKFIELD CENTRE**
If you are collecting a veg or fruit box from Go Naked Veg tomorrow please bring a bag to take your veg/fruit home in. Due to the phenomenal amount of orders there are not enough boxes. Check out the Oban Food Hub Facebook page for strict guidelines on collection and delivery.

TASTE OF ARGYLL KITCHEN

From Langoustine Curry to Highland Beefburgers - lots in between
Friday night deliveries (free to Oban, £3 on outskirts)
Tel: 07882226675

FROM CRATE TO GATE (THE OBAN INN)

Drinks supplies - for full menu see Oban Inn Facebook page
Home deliveries daily

TAKE-AWAY FOOD

Featured take-away food businesses are offering collection or delivery. Collections require strict adherence to social distancing regulations with maximum 2 people entering the outlet at any one time:

GEORGE STREET FISH RESTAURANT AND TAKE-AWAY

Open 12pm-8pm daily
Tel 01631 566664
Take-away only

OBAN GRILLHOUSE

Open 7 days, 5pm-11pm
Tel: 01631 358246
Collection or delivery

CORIANDER

Fri, Sat, Sun from 5pm
Tel: 01631 570806
Collection or delivery

PIAZZA

From 5.30pm, Thurs-Sun
Tel: 01631 563628
Collection or delivery

TASTE OF ARGYLL KITCHEN

From Langoustine Curry to Highland Beefburgers - lots in between
Friday night deliveries (free to Oban, £3 on outskirts)
Tel: 07882226675

OBAN FILLING STATION

Hot filled rolls, pies and sausage rolls etc
Open 7am-6pm

BIRCHWOOD FILLING STATION

Hot filled rolls
Open 7am-6pm

BUILDING, TRADES, GARDENING & DIY

CITY PLUMBING SUPPLIES

Closed doors - phone and email orders only
EMERGENCY CALL OUT?
WE ARE HERE FOR YOU
WITH OVER 20,000 SPARE PARTS TO GET THE JOB DONE
Browse online at www.cityplumbing.co.uk
Please call 01631 567640 for free click and collect
Mon-Fri
Kerbside deliveries available
Tel: 01631 567640

CITY ELECTRICAL FACTORS

Closed doors but open Mon-Fri 8am-5.30pm
Telephone orders 01631 562362
Email: sales.oban@cef.co.uk
Along with the 5,000 unique lines we stock at the branch, our customers still have access to over 30,000 product lines from www.cef.co.uk
Delivery or collection

SCREWFIX

Essential supplies only
PPE equipment reserved for frontline personnel only
Click and Collect service only
Mon-Sat 8am-5pm, Sun 9am-4pm Sun
Tel: 03330 112112
www.screwfix.com

HIGHLAND FASTENERS

Mon-Fri, 8am-12pm
Essential supplies only
Tel: 01631 570584

HOWDEN'S JOINERY

Essential supplies for the trade, housing associations etc.
Closed doors but open 9-3 Mon-Fri via telephone/email.
Tel: 01631 567083
Email: oban@howdens.com

HOMEBASE OBAN

Open 10am-5pm daily
Card payment only
It would be useful if you could check the SKU code of the product you want from the website before coming to the store.

POPPIES GARDEN CENTRE

We are not open to the public however we are operating a order and collect service for the garden centre. We have been posting some of our stock on FB but it's difficult to show everything that's available. Most people know what they're after at this time of year and thankfully we have most of it in stock!
Orders can be placed by phone: 01631565718.
Email : sales@poppiesgardencentre.com
Or if preferred by messenger. Card details and a suitable pick up time can be arranged over the phone.

GARAGES

RODDY'S GARAGE

Open but with limited staff.
Booking ahead by telephone required.
Tel: 01631 565882

KWIK FIT

NHS 10% discount on tyres, servicing and batteries
Click HERE for discount
Tel: 01631 566282

FLIT

Essential vehicle hire only for front line staff
Visit Flit self drive Facebook page
Email: flit@btconnect.com
Tel: 07810391753

KERRIE'S TYRES

We are staying open or available for anyone that needs assistance.
Open 9am-1pm contactable by phone thereafter
Tel: 07876762631

MCCONECHY'S

Open as usual: Mon-Fri 8.30am-5.30pm
Sat until 12.30pm
Tel: 01631 570047
Email oban@mcconechys.co.uk

MUNRO'S GARAGE

Must pre-book, no walk-ins
Tel: 01631 564463 to book your vehicles in.

MORRISON MOTORS

Long term vehicle rentals
Tel: 07825 581171

FIN'S PLACE

Open for essential servicing
Tyres, brakes, batteries etc
Tel: 01631 566 220 or 07766 757 013

TRAILWEST

Closed doors but open for essential services for repair plus new supply and hire to the agricultural industry by telephone.
Tel: 01631 563638

LEGAL SERVICES

DM MACKINNON - SOLICITORS & NOTARIES

If you need to get in contact please call us on 01631 563 014. If you are put through to our answering machine, we will get back to you as soon as possible. Alternatively, please email us at info@dmmk.co.uk and your email will be directed to an appropriate member of staff who will respond to you at the earliest opportunity.

ANDERSON BANKS SOLICITORS & ESTATE AGENTS

(OBAN AND BENBECULA)
Due to Government guidelines our offices are currently closed to the public but our staff are working remotely from home to continue to offer the highest level of service.
Contact us on our usual numbers for telephone appts or Skype/Facetime video calls can be arranged.
Contact us:
www.andersonbanks.co.uk
Anderson Banks Facebook page.
Oban Office: 01631 563158 Email: info@andersonbanks.co.uk
Benbecula office: 01870 602061 Email: uist@andersonbanks.co.uk
Our legal services include: Conveyancing, Wills, Trusts & Executives, Power of Attorney, Family law, Commercial leases and all aspects of private client work plus estate agency for residential sales and leases.

STEVENSON KENNEDY SOLICITORS

open for business as usual but our priority has to be the safety of our staff and clients. The office door is locked as recommended by the Authorities. We are here for you and can be in touch by phone, mobile, Skype etc. We realise that life and business must go on. We can still meet by appointment and at a safe distance.
Stay safe and well, Gordon, Sorley, Cat, Louise and Sarah.
Main office line: 01631 562317
E-mail addresses:
gordon@stevensonkennedy.co.uk
sorley@stevensonkennedy.co.uk
catherine@stevensonkennedy.co.uk
louise@stevensonkennedy.co.uk
sarah@stevensonkennedy.co.uk



IN ASSOCIATION WITH

Oban Business Improvement District

www.bid4oban.co.uk



INSURANCE

JELF CLARKE THOMSON

Open for Business As Usual.
Office is currently closed, but Jelf Clark Thomson staff are working from home from 9am-5pm, Mon-Fri. If you email us, we will respond. If you call us, the phone will be answered (or the call returned if a message is left). Whether it's the renewal of an existing policy, enquiries about new insurance arrangements, queries on cover or guidance on loss prevention and risk mitigation, we are here to help. Please don't hesitate to get in touch.
Office telephone number: 01631 567675 (please note calls to this number are being re-routed and thus will not always be answered immediately - please DO leave a message);
Graeme Bass mobile: 07872 131073

BANKS

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Open for essential business:
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Open for essential business:
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Open for essential business
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10am-2pm
Tel: 0345 602 0000

TSB

Open for essential business:
Mon-Fri
10am-4pm closed 12.30-1.30 for lunch
Tel: 01631 399 998

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ARGYLL TAXIS

Tel: 01631 565293

LORN TAXIS

Tel: 01631 564744

OBAN TAXIS

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ETIVE TAXIS

Tel: 01631 566880

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Mon-Sun 7am-7pm

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CHEMISTS & HEALTHCARE

Try to avoid contacting your pharmacy by telephone, unless it is essential.
Most in town are operating crowd control measures to help manage social distancing:
• Only order medication 1 week in advance of needing it;
• Let your GP Practice know which pharmacy you'd like to collect this from;
• And please be understanding of small delays at this time.

BOOTS THE CHEMIST, GEORGE STREET

Mon-Sat 9am-4pm
Closed 1.30pm-2.30pm for lunch

BOOTS THE CHEMIST, BESIDE DOCTORS

Mon-Fri 11am-6pm
Closed 1pm-2pm for lunch

GORDON'S CHEMIST

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Closed 1pm-2pm for lunch

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Reduced staff and hours, for emergency and essential eye care services.
We are here behind closed doors for phone and video consultations and onward emergency referral to hospital eye service when needed.

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ALBANY STORES

Mon-Sun 7am-6pm

SOROBA SHOP

Mon-Sun 10am-8pm

McCOLLS Oban

Mon-Sun 7am-8pm

DUNOLLIE SHOP

Tues-Sat 10am-8pm, Sun & Mon 12pm-6pm

DUNBEG STORES

Mon-Sun 8am till 8pm

CONNEL SHOP

Mon-Fri 6am-4pm
Sat 7.30am-1pm, Sun 7.30am-1pm
In store post office Mon-Sat 9am till 1pm

THE PINK SHOP, BENDERLOCH

7.30am to 10.00pm daily.

BALVICAR STORES

Mon - Thurs 8.30am - 6.00pm
Fri 8.30am - 7.00pm
Sat 9am - 7.00pm
Sun 9.30am - 2pm
A little light entertainment from Wendy on their Facebook page...

PET SUPPLIES

PETS AT HOME

Mon-Sat 9am - 6pm
Sun 10am - 5pm

Crowd control system in place to help manage social distancing in stores

CREATURE COMFORTS

Mon, Wed, Fri 9am-1pm
Creature Comforts is your local pet shop for Oban & surrounding area. We stock feeds & accessories for all kinds of pets & wild birds. Mail order deliveries available.

KINTALINE FARM

Mon-Sun 10am - 5pm by arrangement

SHOPS AND ONLINE SHOPPING

OBAN MUSIC SHOP

Oban Music is still trading through its web site:-
www.musicscotland.com
Tel: 01631 566304

ORSAY

Trading online at www.orsayoban.co.uk.

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TRAVEL & LEISURE

ERIC SMITH TRAVEL

We are still open for new and existing bookings although agency closed at present.
By email eric@gowestravel.co.uk,
dianne@gowestravel.co.uk
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IT AND COMPUTER SERVICES

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Computer Support
providing telephone and remote support to home and business customers, new and existing. Tel: 01631 571571
Email info@matrixcomputers.co.uk

OBAN COMPUTER SERVICES

Limited service for essential assistance
Tel: 01631 566561

OTHER INFORMATION

WEST COAST MOTORS

is now offering FREE travel to NHS and workers. The company is also working with local communities and offering a delivery service for those most vulnerable. Well done WCM!

ROYAL MAIL

Royal Mail have restricted sorting office hours to 9am-11am
Closed Wed and Sun.

HOME-START LORN

Are you finding it difficult with your children at home all day, need some adult conversation - our volunteers are here to help
Tel: 07718 768305

HOPE KITCHEN

Hope Kitchen is now delivering/providing food assistance to people who are experiencing financial difficulty at this time. Please don't hesitate to get in touch either via messenger or on 01631 565730 if you find yourself short of essentials.
Those who can afford to pay for food but are self-isolating and unable to get supplies, Argyll and Bute Council has a dedicated phone line 01546 605524 to help you.

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



West Highland Housing Association would like to thank all our tenants and residents for their understanding during these difficult times. Our organisation is following the Government guidelines and the office is closed but our staff are taking calls and working as much as possible in the circumstances.

We will try and provide as much help and assistance during this crisis. We can help make claims for universal credit and other benefits and provide a listening ear if you just need to have a chat with someone.

Please contact us either by phone on our FREE number **0300 3231170**

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OPEN FOR BUSINESS



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Oban Business Improvement District

www.bid4oban.co.uk



New business club launched for Oban

by Ellis Butcher
ebutcher@obantimes.co.uk



A virtual business club is setting up in Oban to connect local firms and hold monthly breakfast meetings once the lockdown rules are relaxed.

The idea has come from Daniel MacIntyre, a business and marketing consultant who runs The Little Bay Trading Company in Oban, which represents clients across Argyll and even as far away as France.

Andrew Spence, chief executive of BID4Oban, has welcomed the new initiative which was due to be discussed at a virtual meeting involving Mr MacIntyre and the BID board on Tuesday, May 5.

Mr Spence said: 'This is all about pulling together and working together because if we all pull and work together, we can make sure we come out the other side of this.'

Mr MacIntyre, a director at The View on George Street, said the aim of the Oban Business Club is to create a free network of people in the town to work together and share expertise.

He said: 'The Oban Business Club will help encourage a team spirit among our business community. It will provide an opportunity for key players to come together and help cham-



Oban businessman Daniel MacIntyre.

pion and address our collective needs.

'What can we do to help each other recover in the coming months and years? There is a lot of support out there which will help individual businesses in the short term, but Oban also needs to take a medium-to-long term view of recovery.'

'To do so, we will need to encourage fresh ideas and club together to respond to the big changes that are going to im-

pact our businesses, jobs and livelihoods. I firmly believe that Oban needs to collaborate better and innovate faster. In its simplest form that means doing business with one another, or maybe having that coffee with another business person to discuss a new product or service development.

'I feel we need to take a good long hard look at seasonality and how we embrace a digital economy to increase our resilience by having more all year round trade.'

The club could end up hosting a quarterly social event featuring 'inspirational speakers, a round-table discussion and networking opportunities'.

At first, the plan is to connect online and once the lockdown restrictions are relaxed, a monthly breakfast meeting would take place at an alternating venue in Oban to help businesses 'meet, learn and support each other'.

The aim is to help firms with business development and position Oban as a place of 'enterprise, culture, tourism and a University town', said Mr MacIntyre.

He said: 'The (virtual) club is inclusive, so it doesn't matter if you are a start-up, small-medium enterprise, social enterprise or a high-growth international business.'

Businesses are encouraged to sign-up at www.obanview.com/obanbusinessclub/



Calum and Rachel Ross, owners of the Loch Melfort Hotel

Hotel receives 'morale boosting' awards win

A family-run hotel on the Argyll coast has had something to cheer after scooping two awards.

The four-star Loch Melfort Hotel at Arduaine, run by Calum and Rachel Ross, has been recognised at the virtual Scottish Hotel Awards.

The hotel, set in 17 acres of gardens and beaches, won a national award for Small Country Hotel of the Year and received a special commendation for industry leadership.

Scottish Hotel of the Year was named as The Machrie Hotel & Golf Links at Port Ellen on Islay, which is also the national Golf Hotel of the Year 2020.

The prizes were announced in a live Facebook ceremony on Sunday April 26, after the cancellation of the annual gala awards dinner planned for the Sheraton Grand Hotel and Spa in Edinburgh.

Mr and Mrs Ross said: 'At this really difficult time, it is a fantastic morale boost to receive these two awards on behalf of our hotel and team.'

'We are proud to work with and for the Scottish hospitality industry and hope we can all come out of the other side of this difficult time stronger together.'

The awards aim to recognise and raise standards for the Scottish hospitality industry and were developed to help those looking for accommodation in Scotland, by highlighting excellence and outstanding character.

The pet-friendly hotel won four awards in 2019 and boasts island views, a bistro, a fine dining restaurant and sea-view bedrooms.

If you have some good news to share about your business, email ebutcher@obantimes.co.uk

Dentist's advice for Oban and Lorn patients

Patients with dental problems can still get help during the coronavirus, an Oban dentist has reminded people, writes Ellis Butcher.

The Scottish Government and Chief Dental Officer has told dental practices nationwide not to offer appointments or see patients face to face.

But Fearghas Lafferty, principle dentist at Oban Dental Care on Lochside Street, said it can still help and talk to patients.

He and colleagues Lindsey Mathers and Constanza Ambrus



Dentist Fearghas Lafferty.

Mella are still working for the practice, which has a 6,000-strong patient list.

Mr Lafferty said: 'I have heard lots of stories from people with dental problems, frustrated that they cannot be seen and concerned about their dental health and not knowing what to do.'

'Your registered dental practice will be able to help you. We are all here to help, please phone your dentist for advice. If you don't

have a dentist or can't get a hold of them, we will help you.'

Mr Lafferty explained said the virus posed risks to people in the surgery from patients to dentists, dental nurses and support staff. This had 'made it impossible' for routine dentistry to be carried out safely, he said.

But Oban Dental Care remained available during working hours by phone or email if patients had dental questions or problems, he said.

NHS-24 online or on 111 can also help with out-of-hours dental emergencies.

Mr Lafferty said the team had volunteered at an NHS urgent care hub to carry out basic treat-

ments in cases of severe dental emergencies.

'As a dentist, there are lots of minor dental issues which, under normal circumstances, I would want to fix as soon as possible,' said Mr Lafferty.

'The new guidelines go against a lot of my instincts as a dentist. However, during a pandemic, staying safe and stopping the virus spread has to take priority. We all have to do our bit to protect the NHS and save lives.'

'All dentists are waiting for updated guidance from the government and chief dental officer. Hopefully soon, we will be allowed to open our doors and see our patients again.'

West Coast **MOTORING**

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Speed limits still matter during the Coronavirus lockdown

Road safety and breakdown organisation GEM Motoring Assist is asking drivers to pay close attention to the speeds they use while out and about during the current period of lockdown.

GEM says that speed limits continue to apply and that ignoring them brings significantly increased risks.

In London alone, for example, eight people have died and many others have been seriously injured in road collisions, with speeding being the most frequent factor identified by police.

GEM road safety officer Neil Worth commented: 'Restrictions on movement in the past three weeks have led to sharp drops in vehicle use.

But police chiefs across the country have been sharing examples of shocking behaviour by drivers who appear to be using the quieter roads as an opportunity to flout the speed limits.

'Speeding increases the risk of a collision which could lead to a serious injury or even a fatality. In today's climate that puts

unnecessary pressure on the NHS and could potentially deprive a desperate COVID-19 patient of vital medical care. We can help reduce this pressure if we are on essential journeys in the coming days and weeks - by respecting all speed limits, by challenging others who don't see speeding as a problem and by treating all speeding as socially unacceptable.'

GEM's top tips for slowing down

- Don't rush on a journey. Leave earlier and ensure you have plenty of time, with no reason to speed.
- Keep a close eye out for speed limit signs, and watch for clues that the speed limit may soon be about to change.
- Scan the speedometer frequently so you always know your own speed.
- Always ask yourself: is my speed both legal and safe? After all, the speed limit is just that - a limit, not a target, and there will be circumstances when you will feel much safer driving below the limit.



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Livestock marts remain open

The latest guidance on how livestock marts can continue to operate during the coronavirus (COVID-19) pandemic has been published.

Developed by the Institute of Auctioneers and Appraisers in Scotland (IAAS) and the Scottish Government, the guidance sets out ways in which vulnerable people, farmers delivering livestock, hauliers and buyers can safely attend and run livestock auctions.

Rural Economy Secretary Fergus Ewing said: 'Livestock markets are a vital link in the food chain, and we know how important their continued operation is to the livelihoods of farmers and breeders at this challenging time.'

'At all times we have been led by the science and the



latest guidance sets out best practice for the livestock trade to continue to operate in a safe manner, by observing physical distancing and protecting

vulnerable people in the community.

'Crucially, it aligns with the core aspects of the Scottish Government's guidance for

businesses on social distancing and will help livestock markets play their part in preventing the spread of the virus, protect our NHS and save lives.

Livestock marts are a vital link in the food chain.

'As well as helping to ensure the continued supply of food for people and communities and provide an important revenue stream for livestock farmers and breeders, keeping auction marts open will support hauliers and other businesses involved in the agricultural supply chain. That will help to protect livelihoods in the rural economy, while at all times adhering to social distancing rules.'

Neil Wilson, IAAS Executive Director, said: 'IAAS members have been working diligently to ensure the implementation of these guidelines to protect

human health while playing their important part in the food chain.

'The addition of breeding sales to the schedule now means that we can also ensure the continuity of the food chain in the longer term.'

'We would also like to thank the Scottish Government for their work to support the continued operations of our markets as well as our wider customer base, both sellers and buyers, and hauliers, who have really worked hard alongside us to make sure human health protection is at the centre of everything we do.'

KEEPINTOUCHemail us at editor@obantimes.co.uk
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MAIN FEATURES:

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

OPTION 1

10-foot race and 8-foot holding pen
£1450.00 + VAT

Comes with a n 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

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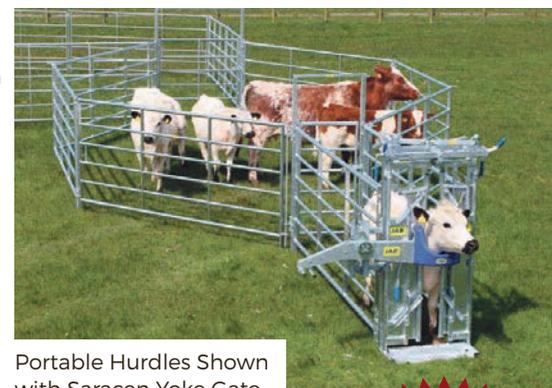
The system is easy to move and erect where required and can be easily modified to suit your requirements. Also ideal for TB Testing and the cattle sliding gate gives full control of the livestock from outside the race and stops the race from spreading out.

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- Made from heavy tubular steel
- All hurdles are 6 railed x 1.75 m high
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Benchmarking farm performance

New benchmarking tools have been created to help farmers improve their profitability by comparing their performance against other businesses in the sector.

The tools use information collected by the annual Scottish Farm Business Survey, which measures the performance of the main farm types found in Scotland.

Published on the Farm Advisory Service (FAS) website, the Whole Farm Benchmarks and Enterprise Gross Margins tools allow farmers to check how their business compares to other dairy, specialist beef, mixed cattle and sheep, specialist sheep, specialist cereals, general cropping or mixed farms.

By comparing their performance against national performance levels, they can then identify opportunities for improvement.

The Farm Business Survey is carried out by SAC Consulting – part of Scotland's Rural College (SRUC), and is funded by the Scottish Government's Rural and Environment Science and Analytical

Services (RESAS) team. It is completed with the assistance of co-operating farmers who give up their time on a voluntary basis and allow access to sensitive farm business records.

Kev Bevan, Principal Consultant at SAC Consulting, said: 'Looking for opportunities to lift profitability has never been more important given the uncertainties created by Covid-19 and Brexit, but any search depends on knowing how well your farm is currently performing.'

'The latest whole farm and enterprise costings from the Scottish Farm Business Survey for 2018/19 have been created to help you check your performance and are available in a user-friendly form on the FAS website.'

While gross margins are useful tools for improving farm performance, farmers are also advised to establish 'current performance' based on several years, in order to allow for factors such as the weather in a particular year.

For more information visit www.fas.scot

Around the markets

Dingwall & Highland Marts Ltd, April 29: sold 773 store cattle and 38 OTM cattle.

Bullocks (407) averaged 228.6p and sold to 270.9p per kg for a 275kg Limousin cross from 1 Howbeg, Lochboisdale and £1,155 gross for a pair of 567kg Aberdeen Angus crosses from Torispardon, Boat of Garten.

Heifers (359) averaged 218.2p and sold to 306.9p per kg for a pair of 277kg British Blue crosses from Achnahannet, Dulnain Bridge and £1,260 gross for a 536kg British Blue cross also from Achnahannet.

Young Bulls (7) sold to 242.2p per kg for a 310kg Aberdeen Angus cross and £1,020 gross for a 530kg Aberdeen Angus from Culrain Mains, Ardgay.

Other leading prices per head and per kg:

Bullocks Up to 250kg – Dell of Killiehuntly, Kingussie, £630, 252.0p; 251 – 300kg – Dell of Killiehuntly, £750, 259.5p; 301 – 350kg – 2 Lochend, Thurso, £895, Charleston Farm, Thurso, 267.5p; 351-400kg – Dunain Farms, Inverness, £960, 250.7p; 401 – 450kg – Seafeld Park Farm, Nairn, £1,065, 240.4p; 451 – 500kg – Meikle Ussie, Dingwall, £1,120, Tulchan Estate, Advie, 231.1p; 501 – 550kg – Achnahannet, £1,100, Woodside, Muir of Ord, 211.5p;

551 – 600kg – 230 The Doll, Brora, £1,130, Torispardon, 203.7p.

Heifers up to 250kg – Balvullich Farm, Muir of Ord, £590, Drumgask, Newtonmore, 262.4p; 251 – 300kg – Achnahannet, £850, 241.4p; 301 – 350kg – 2 Lochend, £860, 263.0p; 351 – 400kg – Achnahannet, £1,020, 256.4p; 401 – 450kg – 103 Carnan, Lochboisdale, £1,160, 257.8p; 451 – 500kg – Achnahannet, £1,110, 228.3p; 501 – 550kg – Achnahannet, £1,070, 235.1p.

Dingwall & Highland Marts Ltd, April 29: OTM prime and feeding cows (38) sold to 137.9p per kg for a 805kg Limousin cross from Meikle Ussie and £1,230 gross for a 965kg Charolais cross from Penick Farms.

Other leading prices per head:

OTM prime & feeding cows: Kinchyle Farm, Scaniport, (LimX), £1,190; Fiddlefield, Muir of Ord, (CharX), £1,110; Moy Farm, Banavie, (SimX), £1,090; Altyre Estate, Forres, (AAX), £1,070; 4 Kingsburgh, Snizort, (Lui), £1,030.

Other leading prices per kg
OTM prime & feeding cows: 4 Kingsburgh, (Lui), 137.3p; Kinchyle Farm, (LimX), 135.6p; Strathglass Farms, Cannich, (AAX), 133.8p; Rosebrae Farm, Elgin, (SimX), 131.1p;

Fiddlefield, (CharX), 128.3p.

United Auctions Stirling, April 30: sold 5919 prime sheep comprising of 196 spring lambs selling to average 223.21p also 5167 prime hogs selling to average 200.22ppk and 556 ewes and rams.

New Season Lambs (196) – Catcune (Suf) £118.00, £113.00 & £110.00; Penston (Tex) £113.00, £112.00 & £111.00; Southfield (Cha) £111.00; Smailholm Mains (HB) £109.00 & £106.00; Barbarafield (Hamp) £109.00.

New Season Lambs (196) – Bangour (Cha) 254.00p; Catcune (Suf) 251.00p & 248.00p; Penston (Tex) 249.00p; Gillbank (Tex) 247.00p; Castleton (Dor) 229.00p; Smailholm Mains (HB) 227.00p & 222.00p; Barbarafield (Hamp) 222.00p.

Old Season Lambs (5167) – Cultburn (BTeX) £131.00 & £128.00; Wardhead (BTeX) £125.00; East Shawtonhil & South Hill of Drips (Tex) £116.00; Dalchirla (Tex) £112.00; Raecruick (Suf) £108.00; Wardhead (Suf) £100.00; Snawdon (Chev) £102.50; Balleny (Chev) £102.00; Pityot (BF) £98.00 x2; Kilmundie & Bogburn (BF) £97.00; West Thomaston (Cross) £97.50; Over Finlarg (Mule) £96.50; Strathtyrum &

Fossoway (Mule) £96.00.

Old Season Lambs (5167) – Wardhead (BTeX) £291.00p; Luckenburn (BTeX) 282.00p & 279.00p; South Hill of Drips (Tex) 264.00p; Dalchirla (Tex) 260.00p; Mid Seat (Chev) 226.00p; Snawdon (Chev) 218.00p & 217.00p; Raecruick (Suf) 216.00p; Glenrig (Suf) 207.00p; Mid Seat (BF) 214.00p; Penicuik Est (BF) £210.00p; West Thomaston (Cross) 209.00p; East Bracklinn (Cross) 208.00p; Cowiehillock (Mule) 200.00p; Yorkston (BF) 198.00p.

Ewes (556) – Carrabus (Tex) £159.00; Mid Shawton (Tex) £151.00; Hatton Knowe (Cont) £138.00; Saddlebank (Cont) £128.00; Lochend (BTeX) £124.00; Smalladh (Suf) £122.00; Smailholm Mains (Suf) 116.00; Southfield (Cha) £111.00; Smailholm Mains (HB) £102.00; Saddlebank (Chev) £91.00; Edengrove (Chev) £86.00; Mid Shawton (Cross) £88.00; Powblack (Hamp) £87.00; Carroch (BL) £86.00; Hardiston (Mule) £85.00; Crosswood Hill (Mule) £83.00; Auchenrivoch (BF) £70.00; Crosswood Hill (BF) £69.00
Tups – Hatton Knowe (Suf) £124.00; Lilyburn (Suf) £109.00; Nether Falla (Tex) £120.00; Hatton Knowe (Tex) £103.00; Gateside (Chev) £85.00; The Hope (BF) £85.00.

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

Monday 4th May

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

Wednesday 6th May

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

Monday 18th May

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

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

Alastair Logan 07713 342514

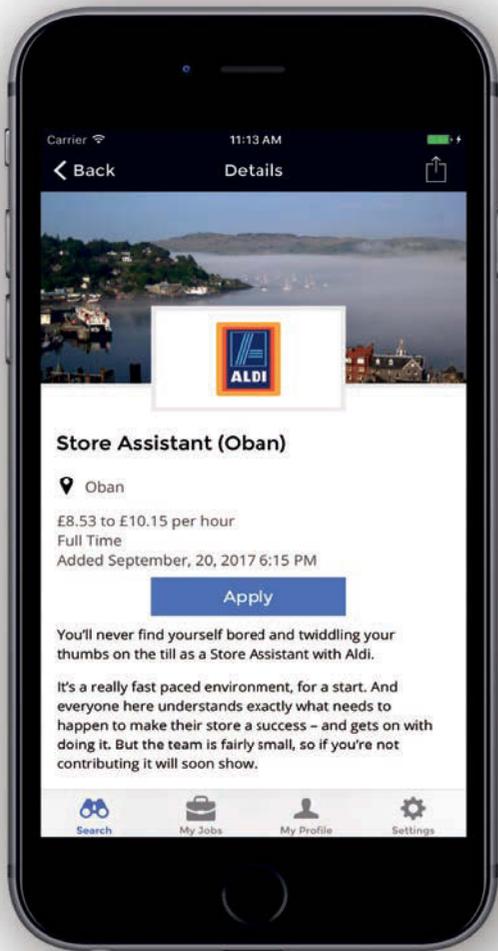
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TOWN AND COUNTRY PLANNING (SCOTLAND) ACT 1997
PLANNING (LISTED BUILDING AND CONSERVATION AREAS) (SCOTLAND) ACT 1997

The applications listed below, along with plans and other documents submitted with them, may be examined online at <http://wam.highland.gov.uk>.

Written comments should be made to the EPC at the contact details below within the time period indicated from the date of this notice. Anyone making a representation about this proposal should note that their letter or email will be disclosed to any individual or body who requests sight of representations in respect of this proposal.

Reference Number	Development	Address	Proposal Description
20/01444/FUL	Land 225M East of Schoolhouse	Isle of Rum	Erection of Accessible Toilet Block
20/01607/FUL	Land 130M NE of Achmor	Arisaig	Erection of house

Time period for comments is 14 days
ePlanning Centre, The Highland Council, Glenurquhart Road, INVERNESS IV3 5NX
Email: eplanning@highland.gov.uk

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
20/00717/PPP	Site for the erection of dwellinghouse	Land East Of Lorn Sawmills Taynuilt Argyll And Bute
20/00589/PP	Erection of wind turbine, with maximum tip height of 45 metres (hub height of 30 metres and blade diameter of 27 metres)	Land East Of Camas Nan Gall Toberonochy Isle Of Luing Argyll And Bute
20/00652/PP	Change of use of land for the siting of 2 holiday pods	Island View Croft North Connel Oban Argyll And Bute PA37 1RA
20/00682/PP	Demolition of workshop building and store and erection of extension to workshop	Argyll Commercials Glenshellach Road Oban Argyll And Bute PA34 4ER
20/00660/PP	Renewal of planning permission reference 17/00044/PP (Alterations, refurbishment and change of use of bothy building to provide workshop and garage)	The Old Bothy House Ledaig Oban Argyll And Bute PA37 1NY
20/00583/PP	Formation of secondary access	Valley View Port Ellen Isle Of Islay Argyll And Bute PA42 7AT
20/00612/PP	Erection of dwellinghouse, detached garage and agricultural barn, installation of septic tank and associated works	Land North Of Coultorsay Farm Bruichladdich Isle Of Islay 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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DEATHS

CLARK - Mr Robert 'Robin' Vaughan (FRCS), formerly consultant surgeon West Highland Hospital, Oban, Argyll, 1967-1986, died peacefully at Willow House Care Home, Cellardyke, Fife on Friday, April 24, 2020, aged 87 years. Robin, beloved husband of Marnie, much loved and loving father of Andrew, Alison, Ian and Catriona, loving father-in-law of Valerie, David, Shirley and Ian. Devoted grandfather to Claire, Kirsty, Mairi, Eilidh and Heather and great-grandfather to Lily and Maisie (born March 8, 2020). A family funeral will take place at the Dundee Crematorium on Tuesday, May 12, 2020 and a celebration of Robin's long and well lived life will be organised at Hope Park and Martyrs Church, St. Andrews when present circumstances allow.

DAY - Valerie Maureen (née Mercer), peacefully at home in Ardfern on Wednesday, April 29, 2020. Much loved mother to Rory and Angus (died 1991); former wife to Chris (died 2018); wonderful grandmother

to Rosie and Jamie. Private burial service at Craignish, with a celebration of her life to come later.

FACCENDA - HARRIS - CAIRNS - Jacqueline, aged 98, on April 2, 2020, peacefully in her sleep at Glenafton Care Home, Glasgow where she was well cared for. Wife of the late Charles Harris of the Highland Homespun Company, loving daughter of Joseph and Josephine Faccenda of the Rendezvous Cafe and Granite House, Fort William. Lived for many years in Kilmacolm with her late husband Leonard Cairns. Jacqueline had a full and healthy life and was well loved. She will leave a big void in the lives of those who survive, her daughter Vivien, son-in-law Kenneth, grandsons Charles and John and great-grandchildren Chloe, Joshua and Luca. RIP.

GARNETT - (Insch/Hornby). Peacefully, at Drumdarroch Care Home, Insch, on Friday, May 1, 2020, Pamela (née Smalley), aged 86 years, formerly of Accrington and Hornby, Lancashire, Isle of Coll,

Argyll and Bute and Kinbroom House, Rothienorman. Loving mother, sister, aunt and good friend to many. Funeral private due to current restrictions.

MASON - Peacefully at home on April 29, 2020, aged 74 years, Robert Mason, loving husband of Christine, brother of Eric, Mabel and the late Sandra and John, brother-in-law of Jackie, Drew, David, Tricia and Maureen and a loving uncle. Now at peace after a long illness. Forever in our thoughts and sorely missed.

MCCOARD - Ina (Alexanderina) McCoard née Ferguson, of Glasgow and North Uist. Ina sadly passed away at home on April 23, 2020 in her 91st year. She was the wife of the late Gordon, mother to Christine, granny to Andy and Ian, great-granny to Lauren, Freya and Isla and sister of Archie and Neil. Ina was a past Secretary of the Uist and Barra Association and served on the committee of An Comunn Gàidhealach for many years. A memorial service will be held on North Uist at a later date.

MCQUEEN - Peacefully at home, on April 30, 2020, in her 79th year, Frances Mary née MacDonald, beloved wife of the late Fraser McQueen, much loved mother of Gael, Kenneth, Helen and Fraser, dear mother-in-law to Andrea and Irene, loving granny to Natalie, Lisa, Jamie, Steven, Daniel, Sam and Cameron, super-gran to Aidan and great-granny to Liam, Ryan and Kayla in Germany.

MONTGOMERY - Suddenly and unexpectedly, at home on April 28, 2020. Marlene, aged 66 years, Rob Roy Road, Kinlochleven. Much loved mum to Donnie and beloved wife of the late Kenneth. A private funeral service will take place on Wednesday, May 13 in Kinlochmore Cemetery. Family flowers only please. Arrangements by Manson & MacBeath, Fort William Tel: 01397 701110.

STITT - Peacefully at Raigmore Hospital, Inverness on Thursday, April 23, 2020, Brenda Stitt (née Stewart), aged 69 years, beloved wife of Willie, cherished mum

of Jamie and Ross, devoted granny of Tyler, Imogen and Anna. Funeral service will be held in private on Monday, May 11, 2020 at Inverness Crematorium. A celebration will be held at a later date. Enquiries to Greenlees & Son, Kilmallie Road, Caol. Tel: 01397 719600.

THOMSON - Peacefully at her home on May 1, 2020, Marion Pauline Thomson, née Leitch, in her 85th year, of 24 Kilmartin, Argyll and formerly The Cairn Restaurant. Beloved wife of the late Ian Thomson. Adored mother of Gillian, Graeme and Amanda. Cherished nanny of Douglas, Kirsten, Louis, Ian, Tessa and Zoe. Much loved daughter of the late William and Ruby Leitch and dear sister of the late Burton Leitch. A good neighbour and very dear friend to many. Marion will be sadly missed by all who knew her. In line with current government restrictions a private family service will be held at Kilmartin Cemetery on Friday, May 8, 2020.

TONKIN - Mary Christine (née Folland). Peacefully, at Parkland House Home, Exeter on Sunday, April 26, 2020, in her 94th year, Mary Christine, widow of Fred, dearly loved cousin of Sheila Colquhoun or Terry, and second cousin of Frances at Crinan and Ross, Glasgow, daughter of the late Rody Ross of Ardtoe and Oban. Mary Christine herself of Oban after Plymouth blitz (Dux at Oban High). Deeply loved and missed by all successors of the late Jessie and Mary Ross.

WILSON - Peacefully at Erskine Park Home on April 26, 2020, following a long and determined battle with Alzheimer's, Marion (née MacKenzie) beloved wife of the late John, devoted mum and mother-in-law of Jean and Drew, Andrew and Carol-Ann and adored nana of Callum, Fraser, Kenzie and Dean. A much loved sister of Morvern and the late Jessie and Hector and loved cousin and aunt. With grateful thanks for a life well lived, full of love and joy. At rest.

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ACKNOWLEDGEMENTS

DOW - David and all the family wish to thank sincerely, all relatives, friends and neighbours for the cards, letters, flowers, telephone calls and home baking following the sad loss of Marion. We would also like to express our heartfelt gratitude to all the wonderful staff at Oban, Lorn and Islands Hospital, in particular the staff in Ward I. The staff at Wyndford Locks Care Home, Glasgow who looked after Marion so well in her last few weeks. Catriona and staff at Hamish Hoey & Son and the Reverend Tom Telfer for the lovely graveside service. Council staff and Petals of Oban for the beautiful flowers. Finally thank you to all those who kept us in their thoughts despite being unable to attend the funeral due to current restrictions. All family and friends will be invited to a memorial service to celebrate Marion's life at a later date.

MEMORIAMS

CLARK - Thomas Goldie. Cherished memories of my dear uncle Tom, loved and loving brother of the late Alasdair, Effie and Mary and wonderful uncle, who died May 4, 2009.
"Loved, missed and remembered every day".
- Mary and Bobby.

GROUNDWATER - In loving memory of Marie, dearly loved wife, mother and granny who died May 12, 2014.
Always in our thoughts.
- John and family.

MACDONALD - In loving memory of a darling son and brother Johnnie, who died May 12, 2014, also a dear husband and father Calum (Auch), died August 31, 1997.
We hold you close within our hearts
And there you shall remain
To walk with us throughout our lives
Until we meet again.

- Your loving mum, sister Marie and brother-in-law Calum, Killin and Roybridge.

MACDONALD - Precious memories of my dear wife Marilyn and darling mother to Morven, William and Andrea, who passed away suddenly on May 10, 1998.
Always in our hearts and thoughts.
- Billy.

MACINTOSH - In loving memory of Margaret MacIntosh, née MacLennan, who passed away peacefully on May 4, 2019. Sorely missed wife of Alec, mother of Christine, Donna and Allison and nana of Chloe, Lydia and Ryan. Loved, cherished and remembered every day.
'Goodness and mercy all my days shall surely follow me: And in God's house forever more my dwelling place shall be'. Psalm 23.

MACPHEE - In memory of our dad Alexander (Sandy), who died at his home Coire-Leis, Camaghael on May 11, 1974.

To us you were so special
Someone good and true
You'll never be forgotten dad
As we thought the world of you.
We miss you dad.
- Daughter Mary and family and son Alex and family.

McAFFER - Fondest memories of a dear uncle John, who passed away May 4, 2009. Also remembering a dear mother and granny Annie, who passed away May 15, 1990.
Loved and remembered every day.
- Dugie, Teen, Angela and Alexander.

SINCLAIR - Precious memories of our dear grandparents Donald, who died March 21, 1985 and Duncan, who died May 6, 2003.
A tribute to grandparents so dear
So close to our hearts each day of the year
We will always have memories to cherish and hold
Of wonderful grandparents more precious than gold.
- Your loving grandchildren and all the family xxx

STEELE - Loving memories of our dad Ian, who died May 9, 1984.
- Morag and Alan.



Nurse Pierce Massey and ambulance driver Richard Kellett are pictured holding two of the tablet devices and funds to buy the bladder screening machine.

Donated devices help to keep islands' loved ones in touch

Mull and Iona Rangers supporters club has been delivering electronic tablet devices to help residents keep in touch with loved ones during lockdown, writes Kathie Griffiths.
The tablets were donated to Mull and Iona Community Hospital, Bowman Court assisted living complex and

Glen Isal Retirement Home.
There are still more of the tablets to be delivered to Bunessan care workers.
The donations were to say a huge thank you to all the NHS workers and care workers who are helping some of the island's most vulnerable people.

Money was raised by selling bonus ball tickets. The club also donated £325 to Mull COVID-19 Emergency Fund.
One of the club's committee members Colin Morrison donated £305 he raised to buy a new bladder screening machine for the hospital at Craignure.

THOUGHT FOR THE WEEK

Jesus said, 'Suffer little children to come unto me ... for of such is the Kingdom of God.' **Luke 18:16**
For me, these last few weeks have been a bit like going back to school. 'Stand there', 'don't cross the line', 'wait until you're called'. Like going to a new school, I am not sure of the rules, and the rules keep changing.
Part of me says, these rules are good and necessary in the

present crisis, but another part of me says, 'don't treat me like a child', my pride is hurt.
Although its uncomfortable, it is a lesson in humility, I am not self-sufficient, I depend on others.
Children depend on others all the time. Jesus wants His disciples to see that although they think of themselves as grown-ups, they should be like little children, depending on their heavenly Father for

everything. He tells them that unless they accept God's authority with the simplicity of a child, they will not enter His Kingdom.
So often we trust in ourselves and grieve the Spirit of Jesus who yearns to show us the pathway through our pain and difficulties. It is His power and wisdom that we need at times like these.
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Top team spot for Mull's rising rugby star Ciaran

by Fiona Scott
fscott@obantimes.co.uk



A rugby player from Mull has been named in the inaugural FOSROC Super6 Team of the Tournament after his first season playing at semi-pro level in Scotland.

Ciaran Whyte signed for Borders outfit Southern Knights in September last year and wasted no time in making an impact, scoring four tries for the Melrose-based team, being named Man of the Match following his team's 46-27 win over Boroughmuir Bears in January, and playing a major part in all 10 of their games.

The tournament completed all 10 rounds of the regular season before the COVID-19 restrictions were introduced, with the Knights finishing fourth.

Super6 head coaches were asked to put forward players who stood out to make a Team of the Tournament, the only caveat being they could not select any player from their own squad.

From the players put forward, tournament director Stephen Gemmell and on-field lead Sean Lineen selected the final match-day 23 to make up the 2019/20 FOSROC Super6 Team of the Tournament. The squad was announced last week with 25-year-old Ciaran named on the subs bench.

Speaking to The Oban Times from his family home on Mull,



Ciaran in action.

Ciaran said: 'It was a nice surprise to find out I had made the squad.

'There are some big names on

the list so it's great to be named in amongst them.'

Having started his rugby career at Tobermory High School

and Mull Rugby Football Club, Ciaran is working his way up the Scottish rugby echelons, rubbing shoulders with top players on the way.

Former Scotland stand-off John Rutherford, a founding member of the Garmony club, got the ball rolling by inviting the talented utility back to play for his home team Selkirk in the Scottish Borders for the 2016/17 season.

'There are some big names on the list so it's great to be named in amongst them.'

Following a spell with Premiership side Boroughmuir in 2017/18, during which he earned himself a cap with the Glasgow Warriors age-grade team, Ciaran jumped the border to join Amphil RUCF where he played a big part in their promotion to the second tier of English Rugby Union.

A phone call from Southern Knights coach Rob Chrystie offering a place in the Borders' new Super6 team saw Ciaran return to this side of Hadrian's Wall for the 2019/20 season.

'It was great to get back up to the Borders,' Ciaran added.

'It's similar to Argyll in the lay out and the friendliness of folk in all the towns and villages. They love their rugby too and the area has a fantastic rugby heritage.

'Playing at The Greenyards, home of the World Famous Melrose 7s, has been an experience. The synthetic pitch lends itself to the kind of fast-paced rugby I really enjoy.'

Having been furloughed from his part-time rugby position and his job as an activity leader at the MacKenzie School of English in Edinburgh, Ciaran is spending lockdown on Mull where he is helping out with the new family business at Salen Bay Campsite.

He is not being allowed to rest on his laurels, however, as Southern Knights strength and conditioning coach Ross Ford, Scotland's most capped player (110), is still permitted to keep in touch, a duty which the former Kelso hooker is keeping on top of.

'It is important we keep our fitness levels up. That's one of the things I enjoy about the sport and I'm lucky I have the most beautiful of settings to do it in,' concluded Ciaran.

FOSROC Super6 Team of the Tournament 2019/20:

Ollie Smith, Ayrshire Bulls; Rory McMichael, Heriot's Rugby; Joe Reynolds, Watsonians Rugby; Cameron Hutchison, Heriot's Rugby; Jordan Edmunds, Boroughmuir Bears; Lee Millar, Watsonians Rugby; Andrew Simmers, Heriot's Rugby; Grant Shiells, Southern Knights; Reynor Kennedy, Stirling County; Murphy Walker, Stirling County; Marshall Sykes, Ayrshire Bulls; Jamie Hodgson, Watsonians; Iain Wilson, Heriot's Rugby; Conor Boyle, Watsonians Rugby; Morgan Innes, Watsonians Rugby. Replacements: Sam Kitchen, Ayrshire Bulls; Gordon Reid, Ayrshire Bulls; Dan Gamble, Heriot's Rugby; Cameron Henderson, Stirling County; Jack Maclean, Heriot's Rugby; Struan Hutchison, Southern Knights; Ross Thompson, Ayrshire Bulls; Ciaran Whyte, Southern Knights.



Left: Ciaran Whyte received the Man of the Match accolade following Southern Knights victory over Boroughmuir back in January.



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MAKE THE SWITCH

Lochaber councillor slams 'secret' planning meetings

by Mark Entwistle
mentwistle@obantimes.co.uk

A Fort William councillor has claimed possibly hundreds of planning decisions, which could affect the lives of Lochaber residents for years to come, are being taken in 'secret'.

The allegation from Lochaber Area Committee chairman Councillor Andrew Baxter refers to Highland Council's temporary suspension of the current Scheme of Delegation for dealing with planning applications during the coronavirus crisis.

The council's revisions to the Scheme were agreed by the Scottish Government and essentially mean that only the chairman of the relevant committee has to agree or not agree with a planning officer's recommendation, in order to determine applications.

If at the consultation with the chairman there is no agreement on the officer recommendation, that particular application will be deferred until planning

committees restart or further arrangements are put in place.

However, Mr Baxter said that while Aberdeenshire Council managed to have a full council meeting virtually, Highland Council has continued with its planning meetings being held, in effect, in secret with only one councillor present.

'My concerns are that officers and councillors are hiding behind emergency powers...'

'Highland councillors will be prevented, until the end of June, from scrutinising the dozens, maybe hundreds, of decisions that will affect our lives for years,' he added.

'My concerns are that officers and senior councillors are hiding behind emergency powers to effectively end any democratic scrutiny for the time being. There are important and controversial planning applications that are going to be decided behind closed doors,

with one councillor present. There is no local knowledge or representation of local views in this process.

'Until councillors like me started asking questions and kicking up a fuss, we weren't even going to be told what applications were due to be discussed. Because of my pressure I was able to comment and seek deferral of a number of applications until the planning committee can meet.

'This goes way beyond the planning process, as decisions that will affect the Highlands for years are being made by a select group. All others councillors are in the dark.

'If Westminster can conduct Prime Minister's Questions remotely surely Highland Council can continue with some public scrutiny.'

The council says it has a statutory duty to determine applications and that it is not able to indefinitely hold off determining on these as this would impact on employment, investment and public confidence.



Lochaber set to salute VE Day 75th anniversary

As the Royal British Legion Scotland (RBLs) gets ready to mark tomorrow's 75th anniversary of VE Day with a series of virtual online events, James Porter, pictured left, Standard Bearer for the RBLs' Fort William branch, along with branch chairman Hugh Macinnes, mark the historic anniversary at the Commando Memorial at Spean Bridge. Full story Page four.

Photograph: Iain Ferguson

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Message of caution from Fort survivor

by Fiona Scott
fscott@obantimes.co.uk

A 21-year-old Fort William girl who became seriously ill from coronavirus has issued a warning to others who may think they are immune to the disease.

Lily Burns was released from Raigmore Hospital in Inverness on Monday after spending 13 frightening days in the COVID unit there.

Having just finished training as a barber in Glasgow, Lily celebrated her 21st birthday at the beginning of March, but little did she know what the next two months would bring.

Posting on Facebook earlier this week Lily said: I feel like I need to write this so people know what happened and how quickly and easily things can change.

'You think this couldn't happen to you, but it shouldn't have happened to me.'

Lily began to feel unwell on Thursday April 16, when she experienced shooting pains in her stomach. After her temperature soared to 39.7 in a matter of hours her family phoned 111.

Having moved back home to Fort William before lockdown, Lily attended the outpatients



Lily Burns gives a thumbs up as she is collected from Raigmore hospital by her family.

clinic at Belford Hospital only to be told she had a UTI and possible kidney infection. She was given anti-sickness medication and sent home.

Early the next morning however she was admitted to hospital and over the space of five days was given numerous tests - a coronavirus test proved negative.

By Wednesday April 23, Lily was feeling much better. But at 10pm her world was rocked

when a second COVID-19 test came back positive.

'Over lockdown I had only been to collect prescriptions for my family and necessary shopping. Anyone I saw was at the recommended two metre distance,' she added.

'I was also in the 0.2 per cent of people likely to be badly affected by coronavirus, so how could this be so?'

By Thursday April 23, Lily was in a critical condition, be-

ing helped to breath on a ventilator and has no recollection at all of the ensuing seven days.

A week later however a miracle happened. The doctors were able to remove the ventilator and Lily began breathing by herself.

'By 2pm I was on FaceTime to my family and I have never been so thankful to see them in my life,' she said.

'I am so overwhelmed with all the messages I've received and it still doesn't feel real, but I've never felt more blessed in my life.

'I would like to thank the intensive care unit in Raigmore who I literally owe my life to, their practise, support and ability to make me laugh was world class, and these truly are life's heroes!'

Skye in shock after care home deaths

Five residents have died at the care home at the centre of the coronavirus outbreak on Skye, writes Mark Entwistle.

The latest deaths were confirmed by HC-One, operators of Home Farm independent care home in Portree, on Wednesday morning as the Lochaber Times went to press.

HC-One says it has a comprehensive contingency plan in place to deal with the situation after confirming the outbreak.

A spokesperson for the care home told the Lochaber Times: 'Our thoughts and sympathies are with the families who have lost a loved one from coronavirus and we are doing our utmost to support them during this difficult time.

'Caring for our residents and supporting our colleagues is at the heart of what we do, and we are doing everything we can to make sure our residents and colleagues stay safe and well throughout these challenging times. We have a comprehensive coronavirus contingency plan in place, which was created by our clinical director and reflects the latest government guidance.

'We are working closely with our local health and care partners, and we have secured the medical equipment, PPE, and supplies we need to protect residents and colleagues alike.

'We are proud of our colleagues and their courage in rising to the coronavirus outbreak

by showing huge dedication and commitment to our residents. We are providing round-the-clock support for all our teams, and we are also grateful to relatives for their ongoing support and understanding.'

HC-One has confirmed that 30 of the home's 34 residents have now tested positive and 27 staff also had the virus.

A mobile testing unit run by the British Army's Black Watch battalion from The Royal Regiment of Scotland has now been set up on Skye.

Commenting on the two deaths, local MSP Kate Forbes told us: 'This is very difficult news, after the initial confirmation of the number of positive cases. I know everybody will be reeling from this and it is going to a very difficult few days in Skye. We are all in this together, and it is important that we work together to halt the transmission of the virus.

'I will certainly be getting regular briefings from NHS Highland to ensure everything that can be done is being done.'

Speaking on Sunday, director of public health at NHS Highland, Dr Ken Oates, said there was no evidence at this stage that the COVID-19 outbreak has seen infection spread further into the community.

'The measures that have been put in place will support us in ensuring, as best as we can, that the outbreak is as contained as possible,' he added.

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Source: YouGov 2018

Fort GP says of COVID-19: 'It is vital we learn lessons'

by Mark Entwistle
mentwistle@obantimes.co.uk

With the coronavirus pandemic stretching global medical care services to breaking point, this week we speak to Dr John Wallace, a GP partner in the Craig Nevis practice, based in Fort William Health Centre, on how the virulent disease has impacted his working life and that of his colleagues in Lochaber.

LT (Lochaber Times): Has the coronavirus pandemic had a major impact on your job?

JW (Dr John Wallace): It certainly has had a significant impact. So far, that is not because we have been seeing huge numbers of people with possible COVID.

'We have seen even stronger cooperation between surgeries.'

'However a major and rapid reconfiguration of the way we provide primary care has been necessary to ensure we are ready to deal with what might happen and also to ensure we can continue to provide ongoing care for non-COVID conditions to our patients while at the same time protecting them from risk of contracting COVID.

'This has meant a significant change in the way we have to work. We have seen even stronger cooperation between surgeries, with the community health services provided by NHSH [NHS Highland] and with the local Belford hospital, which all have had to adapt rapidly and often innovatively to meet the challenges.

'The biggest change is probably our waiting rooms, which are usually busy places, and surgeries have a lot less patients physically present in them than would usually be the case. This is needed in order to protect our patients from unnecessary physical contact and ensure they can social distance.

'To this end we have been doing a lot more enhanced telephone triage and all callers to our surgery are initially phoned back by a doctor who will decide how best to help. Sometimes advice can be given over the phone with appropriate prescription provided,

Dr John Wallace, pictured, said the appreciation and messages of good will from many sectors of the local community have been much appreciated. Photograph: Iain Ferguson



sometimes we can arrange a video consultation via NHS near me, sometimes the patient will be asked to attend the surgery at an appropriate time.

'If coming to surgery we try to space the patients out so there are not too many at once. The patients will notice we are often wearing masks, aprons and gloves for all direct patient contact. We can still visit people at home if needed.

'We also have seen a big change with the set up of the Lochaber community COVID assessment centre. This is for clinical assessment of patients with possible COVID throughout Lochaber and provides a place where we can safely assess these patients. It is based in what is usually the dental unit in the Fort William Health Centre.

'Thankfully it hasn't been too busy yet but we are aware there is no place for complacency and we just don't know how things will progress. Patients with any COVID-related symptoms call 111 in the first instance.

'Personally I am missing some of the direct face-to-face contact as I do believe medicine is a hands-on vocation, but it is needed just now. I have been hugely encouraged working with colleagues across the community and in discussions with the Belford hospital and has led me to really value the teams I work with.'

LT: Have you had any concerns about supplies of PPE?

JW: 'At the moment we are doing OK for supplies in the health centre. This is a clearly important a potentially emotive issue. Various local businesses and individuals have offered donations to support our provision of PPE which is very much appreciated.'

LT: Have you noticed a downturn in the number of people attending appointments for medical conditions other than coronavirus?

JW: 'Yes, we have noticed a significant drop in the number of usual calls to the practice, this has perhaps picked up a little over the last week or two. My message to patients would be simple: We are there for you regardless of whether their concern relates to COVID or another health matter.

'Practices are all open for business and we have time to deal with patient's concerns. We would ask patients to contact us by telephone in the first instance and the way in which medical care is delivered may be different to usual.

'If people are concerned about potentially serious health issues they should not hesitate to seek medical advice. When GP surgeries are closed, NHS 24 is available by calling 111 and waiting times at NHS 24 have fallen considerably over the past few weeks.'

LT: As a doctor how have you dealt with the reality that working on the front line of health care you are at risk of contracting what can be

a potentially fatal disease?
JW: 'Actually this is something I usually rarely think of but one Sunday evening at the start of this pandemic that realisation suddenly crossed my mind.

'I don't consciously think on a day-to-day basis that I am at hugely high risk from doing my job in itself but the risk of contracting coronavirus applies to everyone. In some ways it can be helpful to remind ourselves of our mortality as it can help focus the mind on what is important in life.'

LT: What have the weekly Thursday evening nationwide 'clapping events' meant to you and your colleagues?

JW: 'The appreciation and messages of good will from many sectors of the local community have been much appreciated and helped us continue in what have

been challenging times.'
LT: What lessons will we have to learn from the handling of this pandemic?

JW: 'It is vital we do learn lessons. Times of international emergency usually do lead to innovations and progress and there will be things that are never the same again after this. We need to do this compassionately. There are things we need to not lose forever - contact with patients and each other is one of those things.

'At the same time, however, I think this will lead us to be more comfortable in using technology such as video consulting when appropriate.'

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A Thank You from
Ian Blackford MP,
Ross, Skye & Lochaber.

On behalf of everyone in Ross, Skye & Lochaber,
I would like to thank all health and social care
staff and other key workers for helping our
communities through this Covid-19 crisis.

I would also like to thank every one of you
for playing your part by staying at home.

Ian Blackford MP

Contact details:
ian.blackford.mp@parliament.uk
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LT

Police ramp up patrols as Lochaber visitor numbers rise

Police patrols in Lochaber have been stepped up following reports of increased activity of domestic motor vehicles on the A82, writes Fiona Scott.



While the majority of locals in the region have been adhering to the legal requirements of social distancing, there have increasing worries that, as the weather continues to improve, the number of visitors travelling up the Glasgow to Inverness trunk road, via Fort William, is on the rise.

Fort William Inspector Isla Campbell told the Lochaber Times that the police were aware of the reports of tourists coming to visit the area and were acting on them.

'Our patrols have been stepped up at key locations, including dog walking areas, parks and other green spaces as well as surrounding roads,'

she said. 'I would urge community members to contact police on 101 with their concerns regarding a breach of the current legal requirements at the time they observe them, so we can investigate promptly.'

'If you are out and about, officers may engage with you and ask why. Please explain your individual circumstances to them and listen to their instructions.'

'We will always encourage compliance but, as a last resort, we will use the enforcement powers which are in place.'

Inspector Campbell reiterated that it was vital that everyone continues to adhere to the physical distancing guidance and that people do not become complacent and assume that because we are in a rural area that it will be fine to go out and about as we did

during 'the old normal' again. 'I'd like to thank the people of Lochaber for their response so far,' she added.

'These are challenging times for everyone and I'm grateful to those who have made significant changes to their daily habits and routines.'

'As the restrictions continue, it's important that we maintain this discipline to stay at home in order to protect the NHS and save lives.'

Police Scotland and the Scottish Government have repeatedly issued clear guidance that says the public should only use their car for essential reasons, such as going to the shops or taking essentials to a vulnerable person.

Essential travel does not include driving to the countryside or beauty hotspots.

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Holly was invited to join Chris Packham on his programme livestreamed on Facebook.

Chris Packham hails Lochaber's Holly 'very special'

by Mark Entwistle
mentwistle@obantimes.co.uk

Well-known naturalist, wildlife conservation campaigner and broadcaster Chris Packham has heaped praise on Lochaber's own teenage climate and wildlife campaigner, Holly Gillibrand.

Holly, a pupil at Lochaber High School and an environment correspondent for the Lochaber Times who has garnered a national profile from her school strikes every Friday to highlight the climate emergency, appeared on Chris' daily online Facebook programme, Wild Mornings with Chris/Self-Isolating Bird Club.

Holly was invited to appear via internet link from her home near Fort William to talk about her role in helping ring osprey chicks on Loch Arkaig.

She told the Lochaber Times how the special guest appearance on the show fronted by Chris and his zoologist step-daughter, Megan McCubbin: 'Basically, Chris sent out a message to various people, inviting them to appear on the morning livestream.'

'I was one of the people that received an email, so I got back in touch to say that I would like to talk about the



Chris Packham and Megan McCubbin chatting to Holly via internet link on Monday; and right, the ospreys Holly ringed.



Loch Arkaig ospreys because I ringed the two chicks, Mallie and Rannoch, last year. I then got hold of some footage from the ringing and was given a date to come on.

'I've been in touch with Chris for about a year, but he's been a hero of mine for a really long time, so in a way it's a bit surreal to know and work alongside him.'

'I was delighted to appear on his and Megan McCubbin's morning livestream because it is really important that we stay connected to nature during and after lockdown and the Self Isolating Bird Club

is a way for people to engage with the natural world from inside their homes.'

Introducing Holly on the show, Chris described the Lochaber youngster as having a 'forthright approach to everything', saying she said what she thinks and what she thinks is always carefully thought through with absolute clarity.

And he added: 'I would say she is a remarkably intelligent, go-getting young woman with a great future in environmental conservation - and now I have probably embarrassed her!'

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75 years on, Lochaber ready to mark VE Day virtually

by Mark Entwistle
mentwistle@obantimes.co.uk

After six long years of war, Victory in Europe Day exactly 75 years ago tomorrow (Friday) saw street parties and parades the length and breadth of Britain.

Sadly, however, the current coronavirus pandemic has put paid to any plans for similar events to mark the historic anniversary.

But that does not mean there will be no celebrations here in Lochaber, or elsewhere around Scotland and the rest of the UK, with plans to host a huge number of virtual online activities.

Locally, the Fort William branch of the Royal British Legion Scotland plans to participate by encouraging Lochaber residents to host their own individual celebration parties and linking themselves together virtually or by live



Standard Bearer James Porter, left, and Fort William branch chairman Hugh Macinnes, mark VE Day at the Commando Memorial. Photograph: Iain Ferguson, alba.photos; and how The Oban Times marked VE Day in 1945.

streaming. Fort William branch secretary, Mrs Jeanette Lane, explained: 'This is an opportunity for you to pull out your old de-mob suit, or your 40s frock; decorate a room or something in the garden and

knock up some cucumber sandwiches and sausage rolls – or something similar.'

If anyone wishes to be part of the virtual group, simply message Jeanette (via the branch's Facebook page) and she will



send you a link to join in, or alternatively just live stream your own party.

The branch standard bearer, James Porter, has also taken part – along with other Legion standard bearers – in the making of a video that will be shown as part of the celebrations.

The ongoing coronavirus pandemic has meant that plans for the landmark anniversary in Scotland – which were to include a parade, public concert and reception – will now take place online, with a

video message of thanks from the First Minister and a concert in addition to the service and silence.

Led by Legion Scotland and Poppyscotland in partnership with the Scottish Government, the commemorations will include children and families currently learning at home.

The Legion Scotland Service of Remembrance will be broadcast on Legion Scotland and Poppy Scotland's social media channels from 10.40am until 11.15am. The online concert will then begin at 11.45am until 1pm.

First Minister Nicola Sturgeon's message will be posted on Twitter @scotgov while Poppyscotland's online resources can be found at: www.poppyscotland.org.uk/VEDayParty

In addition to virtual events, Poppyscotland has also produced a range of online educational resources for activities

for families can use to learn about VE Day and participate in marking the 75th anniversary at home.

The UK's national events kick off at 2.55pm, live on television and radio. At 3pm there will be a re-broadcasting of the famous speech given by then prime minister, Sir Winston Churchill, announcing the end of the war in Europe.

Following the broadcast, Prime Minister Boris Johnson, will make a speech during which people across the country will be asked to raise a glass, or cup, to toast the heroes of the Second World War, as well as paying tribute to those at home and abroad who also gave so much in the conflict.

And in three months time, on August 15, it will be the 75th anniversary of VJ Day, marking the surrender of the military forces of Imperial Japan and so bringing the Second World War to a close.

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.

LT

Volunteers isolate in 'lost world' to save young trees

by Mark Entwistle
mentwistle@obantimes.co.uk

Six people from Trees for Life have been voluntarily isolating themselves at the charity's flagship Dundreggan rewilding estate in Glenmoriston since March 23 to save more than 100,000 native young trees from being lost due to the coronavirus crisis lockdown.

The trees, including Scots pine, rowan, juniper, hazel, holly, oak and rare mountain species including dwarf birch and woolly willow, have been grown from seed in Dundreggan's specialised nursery and were due for planting on the hills this spring.

Dozens of volunteers help to propagate and grow more than 60,000 trees a year at the nursery, from seed collected across the estate. These trees are then



Patrick Fenner, Louise Cameron and Emma Beckinsale tend the young trees at Dundreggan.

planted out at Dundreggan and other Highland sites to restore Scotland's ancient Caledonian Forest and its unique wildlife.

'We were all set for another busy season of preparing thousands of young native trees for planting on the hills by our volunteers when the

coronavirus crisis forced the postponement of this spring's tree planting. This means tens of thousands of young trees have not left our nursery as planned,' said Doug Gilbert, Trees for Life's Dundreggan manager. 'But nature isn't in lockdown. All these precious

trees have been coming into leaf and we need to take care of them, especially in the dry weather we've been having. Without regular watering, they would die. We also needed to start sowing new seed now to ensure a supply of trees for future planting seasons.'

So Doug and colleagues Abbey Goff, Emma Beckinsale and Patrick Fenner and trainees Catriona Bullivant and Louise Cameron opted to voluntarily isolate themselves at Dundreggan rather than at their homes when the national lockdown was announced.

Doug and his colleagues aren't leaving Dundreggan except for a few essential reasons, such as collecting prescriptions. Food is arriving at the rewilding estate via supermarket deliveries.

Doug added: 'The Redburn Cafe has started takeaways so they are an occasional treat. No-one has visited us for weeks now, except for delivery drivers and the postie. We're here in isolation for the long-haul if needs be - together with a growing forest for the future.'

Trees for Life plans to open the world's first rewilding

centre at Dundreggan in 2022. This is expected to welcome more than 50,000 visitors annually, allowing people to explore the wild landscapes, discover Gaelic culture and learn about the region's unique wildlife including golden eagles, pine martens and red squirrels.

As well as being an internationally important forest restoration site, Dundreggan is a biodiversity hotspot that is home to more than 4,000 plant and animal species. Discoveries include several species never recorded in the UK before or previously feared extinct in Scotland.

Trees for Life volunteers have established nearly two million native trees at dozens of sites, encouraging wildlife to flourish and helping communities to thrive. See www.treesforlife.org.uk.

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LT

Christmas lights AGM postponed

Kilmallie Christmas Lights' annual general meeting (AGM) due to be held in May has been postponed as a result of current coronavirus restrictions on public gatherings.

The decision was taken by the Kilmallie Christmas Lights committee during a Zoom meeting last week.

The AGM will be rescheduled once government guidance on lifting the lockdown and restrictions on group gatherings become clearer.

Kilmallie Christmas Lights Fund was set up in 2013 after the Highland Council announced it would no longer be providing Christmas trees and decorations to communities and is a separate organisation from Kilmallie Community Council.

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Charity finds new ways to feed hungry children

Mary's Meals adapts quickly in face of coronavirus pandemic

by Fiona Scott
fscott@obantimes.co.uk



A global charity with a local link is carrying on providing meals to the poorest countries across the world despite the problems of the pandemic.

Mary's Meals, led by Dalmally-based founder and chief executive Magnus MacFarlane-Barrow, has pledged to carry on delivering for more than a million children who rely on its school feeding programme.

It usually serves meals in schools across the world, attracting children to the classroom where they can gain an education that will one day be their ladder out of poverty.

But with schools shut, it has quickly adapted and is already



A child eats Mary's Meals in Malawi. Photograph: Chris Watt.

distributing food in Kenya for parents to collect so their children can eat at home.

The new approach has the agreement of government and community leaders.



Magnus MacFarlane-Barrow, founder and chief executive officer of Mary's Meals.

Mary's Meals' volunteers are also ensuring that food is distributed to adhere to public health policies, and which prioritises safety for all.

It plans to roll out the same approach in Malawi, Zambia, India and Haiti as part of its purpose to feed children in 19 of the world's poorest countries.

Daniel Adams, UK executive director of Mary's Meals, said: 'All around the world, schools are closed and homes have be-

come places of learning. This means we have had to find new ways to feed the children who eat Mary's Meals - sometimes the only food they receive in a day.

'The coronavirus crisis presents extraordinarily difficult circumstances, but we are determined to keep our promise to the children who rely on Mary's Meals. We have a long history of feeding children in the world's most challenging environments.

'This has included delivering much-needed food during the time of the Ebola virus in Liberia and emergency feeding during famine in East Africa, as well as in conflict-hit South Sudan.'

A UN report published last week warned that around 265 million people are forecast to be facing 'acute food insecurity' by the end of 2020.

There are fears this could double the 130 million estimated to have suffered severe food shortages in 2019.

Many of the countries predicted to be worst affected are those in which Mary's Meals is working.

Mr Adams added: 'At a time when people in the UK are also facing many challenges, we are grateful for everything our supporters are doing to ensure the children we feed can grow up strong and healthy.'

'It is thanks to their kindness and generosity this mission can continue, even amidst the most uncertain of times.'

To find out more about the charity or to donate visit marysmeals.org.uk

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A model example during crisis

Model makers from across the country have been displaying their creations on social media following the cancellation of the annual Lochaber Model and Crafts Show.

Scheduled to take place last Saturday, May 2, the event was cancelled in mid March but event organiser Robert Wilson was keen to show some of the exhibits and raise money for charity.

'I was thinking of how the show could still do something to support the area,' said Robert Wilson who was concerned charities and organisations would miss out on funding that usually comes via donations from the show.

'I came up with the idea of making a model of an NHS Highland lorry to auction with the money raised going to the Belford Hospital.'

Following frenzied bidding via the Lochaber Model and Crafts Show Facebook page on Saturday, a winning bid of £250 was made by Harry Davidson



Robert's NHS Lorry sold for £250, while his slightly smaller Mercedes vans are now up for sale.

of Thurso. Other donations mean the total raised so far is almost £400.

A virtual show also took place over the weekend.

'A massive thank you to all the contributors,' added Robert who is also selling small NHS Mercedes vans at £20, the proceeds of which will also go to the hospital.

'I am still accepting donations and will let everyone

know how much we have raised.'

To donate or to buy a van contact Robert through the Lochaber Model and Craft Show Facebook page.

A new show date has been provisionally booked for Saturday October 17. Organisers will be in touch with exhibitors and crafters to give everyone who was confirmed for May the first options for tables.



Left and right: Glenfinnan Monument. Surveyors took the latest readings from the historical landmark before lockdown.



Wish your children a happy birthday

Do you have a child celebrating their birthday during the lockdown?

Since they can't enjoy a celebration with friends and family, we would love to publish photographs of their special day. Remember to include their full name, age, where you are from, and a bit



about what you did to make the day at home special. Send your photographs to fort@obantimes.co.uk

No sign of monument movement

Glenfinnan Monument is not going anywhere soon according to Lochaber Local History Society, writes Fiona Scott.

The latest six-monthly survey conducted by the National Trust for Scotland (NTS), found there had been 'no significant movement' of the column that supports the lone Highlander overlooking Loch Shiel. Survey kit was put in place in 2016 when NTS invested £170,000 in restoring and preserving the monument which has a visible lean measuring just under a foot (11 inches/27cms) from vertical.

Just before lockdown, a survey to monitor structural movement and measure its current lean took place.

'Thankfully, the news is positive. There has been no significant movement in the last six months,' commented a Lochaber Local History Society spokesperson.

The surveys are conducted by measuring laser points placed at the top and bottom of the 60 foot/18m high tower with readings taken between these and fixed ground reference

points in the surrounding area. 'While the monument remains stable, the misalignment is likely to be caused by the sandy soil at the foot of Loch Shiel, where it stands,' added the spokesperson.

'When it was built in 1815, it was attached to a small 'bothy' building which perhaps added extra support.

'Glenfinnan has been here for 205 years and we don't think it is going anywhere soon, but will continue to keep an eye on things.'

Framed by spectacular Highland scenery at the head of Loch Shiel, the Glenfinnan Monument is a striking tribute to those who fought in the Jacobite Risings.

Less than a year before the Battle of Culloden, Prince Charles Edward Stuart raised his father's Standard at Glenfinnan, marking the start of the 1745 Jacobite campaign. An army of 1,500 rallied to join Bonnie Prince Charlie. They marched as far south as Derby before the retreat that would seal their fate began.

The monument was built at Loch Shiel in 1815, with the lone, kilted Highlander at the top providing a poignant reminder of the clansmen who gave their lives to the Jacobite cause.

Coronavirus Help is here for those that need it most.

Staying at home stops the spread of coronavirus, and some need extra help.

If you:

- Have received a letter advising you to stay at home for the next 12 weeks
- Are a disabled person
- Receive mental health support
- Have dementia
- Are over 70, pregnant or received the flu vaccine for health reasons

We've created a helpline to assist you with essential things like food deliveries, medication or practical and emotional support.

If you can't get this help from family, friends or neighbours, call now on **0800 111 4000** or textphone **0800 111 4114**

Or go to readyscotland.org for more information.



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LT

Teacher takes yoga online



Penny Clay shapes up at home ready to lead one of her online classes with top, a side angle and, bottom, an up dog.



A modern take on ancient art as home classes boom

by Mark Entwistle
mentwistle@obantimes.co.uk

With much of the world still in lockdown, there has been a boom in the online teaching, from flower arranging and learning Spanish to fitness and brewing your own beer.

Such has been the positive impact from the switch to online teaching, making classes more accessible to many in isolated rural areas, many teachers are planning on incorporating an element of online classwork into their normal schedules after the lockdown ends.

Among them is Penny Clay, owner/operator of Mountain Yoga Kinlochleven, which normally offers weekly/monthly classes, workshops and retreats in Zen yoga, meditation and mindfulness in Kinlochleven, Ballachulish and Glencoe.

Penny is trained in Zen Yoga,

a Japanese Buddhist tradition teaching practices to foster well-being, develop awareness of body-mind and cultivate our ability to live life fully and fearlessly.

On the impact of the coronavirus pandemic on her business, Penny says the enforced switch to online classes as been quite a journey for her as a teacher.

'I didn't want to go online and was really stressing about getting stuff online especially the technological set up as I'm very low tech,' she laughed this week. But it is proving absolutely fantastic, not just from a small business point of view, although that is important, but it is turning out to be a real life enhancer in terms of staying connected, building community with everyone as well as contributing to my mental and physical health and that of my students. Moving our regular

weekly classes, Zen in the Glen and Yoga Mornings online has provided an important routine for me and my yogis and at the suggestion of one of my students I've brought in a new class called Staying Strong which is proving popular.

'Harvard University is recommending yoga during lockdown to help with stress and anxiety and boosting the immune system so I feel I'm contributing in a small way.

'I've been getting feedback from my students as to how the online classes are working for them and there are lots of positives. For example, they don't have to travel to class so they're not only saving on travel time but also helping the environment with less car travel, they can practice in the comfort of their own houses, even in their pj's if they like. We've got dogs and cats coming to class too!

'Students can try out more challenging sequences without feeling self-conscious in front of others and can take a break and rest or simply watch whilst still feeling part of the group so it's a less pressured environ-

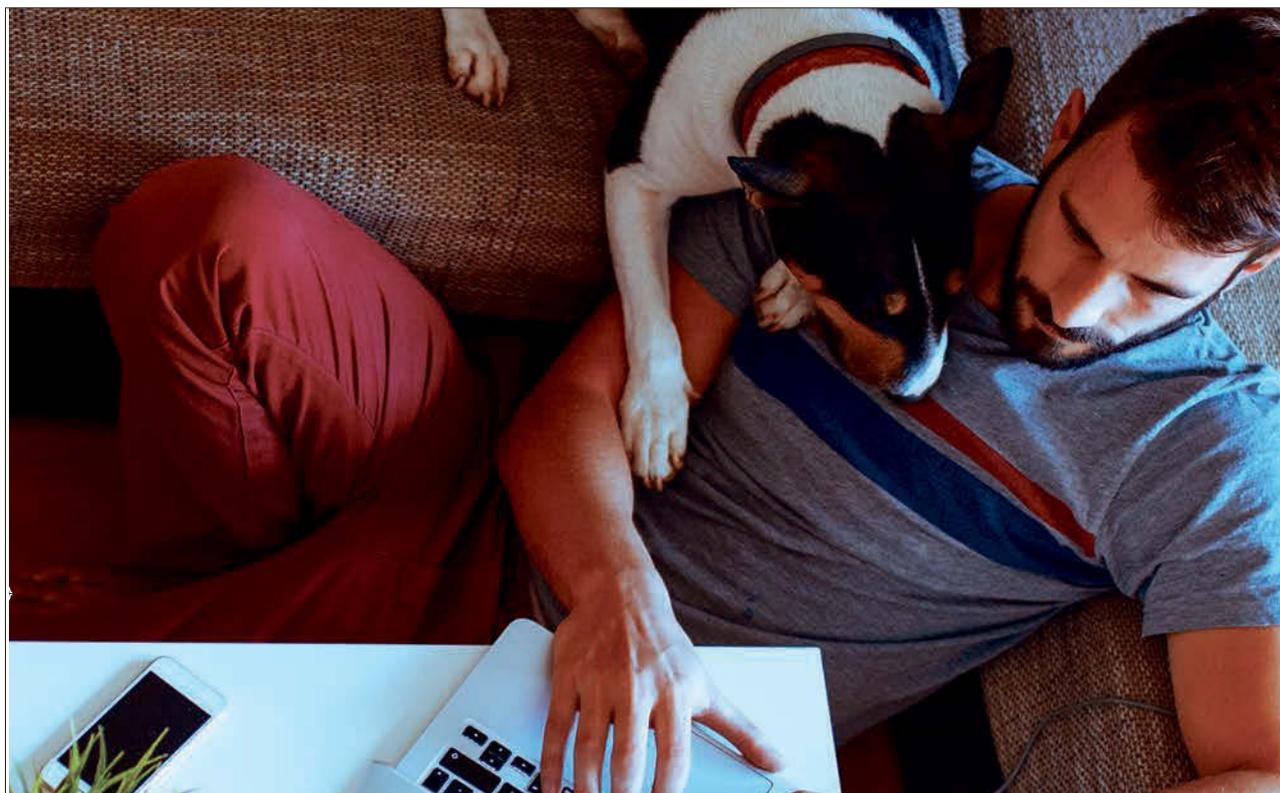
ment to practice in.

'Although it's not the same as a face-to-face class, the main thing I've learnt is 'different' can be fantastic. Being absorbed in a yoga class takes you out of your head and into your body. Being in the moment moving and breathing gives you time off worrying about the current crisis.

'You'd think as Zen teacher I would be able to cope with change but I, like countless others, found the rapid social changes and restrictions that were brought in stressful to adapt to and like many other people worried about money and the future.

'My meditation and yoga practice has been a life saver and a great anchor in navigating these troubled times so whilst I'm not immune to the stresses of adapting to the new normal, I have the tools to help me cope. I am deeply grateful to be able to keep sharing my practice in a new format.'

Full details of Penny's online classes are on her Facebook page. Anyone wanting to join can message her for details.



Just ask

If you don't know where to turn in an unfamiliar world, we are open, available and here for you.

Whatever's on your mind, just ask.

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SJP12025 V1 (04/20)

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LETTERS

Write to us: send your letters to fort@obantimes.co.uk
or The Editor, PO Box 1, Oban, Argyll PA34 4HB

Fort William goes online to commemorate VE Day

'The dictators gone,' was how The Oban Times and West Highland Times reported Victory in Europe this week in 1945.

Its eight-page edition of the week ending Saturday May 5, 1945 carried a historic leader column marking the moment Allied forces had been victorious after six long years of war.

And now, 75 years on, communities around the Highlands and the Islands will be commemorating that special day.

Sadly, the current coronavirus pandemic has put paid to any plans for similar events to mark the historic anniversary. But there will still be celebrations here in Lochaber, as in the rest of the country, with plans to host a number of virtual online activities.

Fort William branch of the Royal British Legion Scotland plans to participate by encouraging Lochaber residents to host their own individual celebration parties and linking themselves together virtually or by live streaming.

And the branch standard bearer, James Porter, has also taken part – along with other Legion standard bearers – in the making of a video that will be shown as part of the celebrations.

We recommend you tune in. To watch the video, visit Fort William Royal British Legion Scotland branch Facebook page.

The editor welcomes letters of approximately 300 words in length for publication on this page. However we reserve the right to shorten, to amend or to refuse to print them. Names and postal addresses must be supplied, including on emails, to indicate good faith. A daytime phone number is also required for verification. Anonymous letters or those supplied without a contact phone number will not be printed. Please email: editor@obantimes.co.uk or write to: Letters page, The Oban Times, PO Box 1, Oban, Argyll, PA34 4HB.

At the Oban Times we endeavour to ensure that 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 we have published anything that is factually incorrect, please email: editor@obantimes.co.uk; telephone on 01631 568000; or email editor@obantimes.co.uk. We will attempt to resolve your issue in a timely, reasonable and amicable manner. However, if you are unsatisfied with our response, you can contact IPSO by email: inquiries@ipso.co.uk. We will abide by the decision of IPSO.



Greater funding for Scotland's businesses

Ms Kate Forbes tried to explain why Scottish businesses are not receiving the same grant support here as they are in England and Wales.

This is despite her having told parliament on March 18 that the Scottish Government would replicate or mirror the UK Chancellor's package of support. It turns out the Scottish Government never intended to keep those promises.

Her explanation as to why the same level of support is not being provided in Scotland is not plausible. She pointed out Scotland was home to far more smaller businesses eligible for the lower grant of £10,000. 'As such, there are far more small businesses getting a £10,000 grant in Scotland than they would in either England or Wales,' she said.

Scotland actually has a much lower ratio of businesses per head of population than the average for the rest of the UK. Scotland has 729 businesses per 10,000 head of population versus the average across the UK of 1,090 businesses per 10,000.

The fact that there are less businesses in Scotland per head of population means that Scotland should have greater funding for businesses than the rest of the UK.

Michael Lumsden, Pure Spa & Beauty

Lockdown poem

I composed this poem recently to reflect the times we are living in at the moment. I thought it might be something your readers might like.

*In such moments of crises, we all come to reflect that the riches strive for, can have no real effect
Mother-nature rebelling, and our Planet is yelling*

"Stop the Greed, Speed, Pollution, and show me Respect"

With good Faith, Deeds and Humanity, we are sure to survive

and to truly appreciate, what a material world can't provide

So let's all come together, in our thoughts, and we will cope

No matter how big a crisis, where there's Life... there's Hope!"

Brigid Conway, by email.

Supporting vulnerable Air Force veterans

The coronavirus crisis has led to financial hardship for a great many people across the UK.

However, work here at the RAF Benevolent Fund hasn't stopped. In fact, we have awarded

Beachd Ailein

ALLAN CAMPBELL

editor@obantimes.co.uk

Saoilidh mi gum bheil adhbhar dith-misneachaidh agam leis mar a tha tachairt neo 's dòcha nach eil a' tachairt san lios am-bliadhna, gu ruige seo co-dhiù! An-uiridh ghobaich barran a' bhuntata taobh a-staigh chola-deug agus bha am fear tràth agus cuid an fhoghair a' fàs gu snog nuair a thàinig oidhche reothaidh deireadh a' Ghiblein a theab cur às dhaibh. Dh'fhàs iad ruadh taobh a-staigh ceithir uairean fichead, agus an toiseach bha mi a' smaoinichadh gur e seòrsa de ghaiseadh a bh' ann ach ged nach d' fhuair iad seachad air chùim iad a' fàs gu deireadh an t-samhraidh. Cha robh an toradh idir cho math 's a bhithinn an dùil agus bha mi a' cur na coire air an reothadh.

Am-bliadhna chan eil sgeul ach air aon bhàrr an dèidh dhan t-siol-cura a bhith san talamh airson faisg air mìos, agus bha mi a' cuimhneachadh air mar a thuir bodach sa bhaile againn nuair a bha mi òg is e fhèin a' gearan mun aon seòrsa suidheachaidh. "Cha chreid mi", thuir e, "nach ann a' fàs sìos a tha e am-bliadhna!" An e an trioblaid dìreach gum bheil mise mì-fhoighidneach, neo an do cheannaich mi droch shiol-cura am-bliadhna? Uill 's e firinn na cùise gur i an ùine a dh'innseas, agus chan eil agam ach a bhith foighidneach ged is duilich 's gum bheil sin dhomh!

'S coltach gun robh am mìos a chaidh seachad air Giblean cho tioram 's a chaidh a chlàradh, agus chan eil sin na annas nuair a bheachdaicheas sinn air na bh' againn de làithean

more than £1.5 million in individual grants since lockdown measures were announced on 23 March. These grants help support retired and serving RAF personnel and their families at this challenging and uncertain time.

That's why we have launched a new online application system to allow members of the RAF Family to access financial assistance more easily than ever before.

But beyond the immediate threat to our nation's health, the coronavirus pandemic does not pose financial concerns alone. Many older members of the RAF Family struggle with social isolation and loneliness on a daily basis; a problem that is compounded by the necessary social distancing rules. To tackle this issue, we have introduced a weekly Check and Chat service, and our welfare team are currently contacting

grianach blàth, agus gu dearbh bidh mòran a chuireas failte air beagan uisge a-nise ach an tig fàs. 'S iomadh turas a smaoinich mi air cho math 's a bha an aimsir dhan fheadhainn a tha ri buain mhònadh, agus cho luath 's a bhiodh craiceann cruaidh a' tighinn oirre fo theas den t-seòrsa. Tha deagh chuimhneachain agam bho làithean glè òg air a bhith aig mòine, am sònraichte dhan chloinn agus dromannan goirt dha na h-inbhich! Dhearbh mise sin dhomh fhìn cuideachd iomadach turas nuair a thàinig mi gu ire na h-obrach, agus saoilidh mi gur e a' chiad togail air na fàdan a bu duilghe is do dhruim crom fad uairean a thide! Ach air an làimh eile b' e amannan toilichte a bh' ann is nàbaidhean a' tighinn còmhla, gu sònraichte aig àm buana agus ga toirt dhachaigh, gus càch a chèile a chuideachadh. Rachadh an obair agus an ùine seachad nas luaithe le beagan dibhearsain agus geur-chainnt an lùib lionmhorachd nan làmh a bha cho cudromach ann am feallsanachd bhailtean croitearachd aig an àm.

Ged 's ann aig astar a dh'fheumte a nochdadh, nach math uimhir den aon seòrsa càirdeis fhàicinn aig an àm dhuilich seo!

Community co-operation with seasonal and other tasks was an important tradition incrofting communities and how good to see the same spirit in evidence, albeit at a distance, during this lockdown.

Allan Campbell, ailean@obantimes.co.uk

vulnerable members of the RAF Family to invite them to use this. We have also expanded our Telephone Friendship Groups service to allow more veterans to join in a weekly chat.

Last year we launched an awareness campaign, Join The Search. Change A Life, aiming to get more veterans and their partners back on our radar. This initiative is more important now than ever before.

I urge your readers to consider their neighbours, their family, and their friends; if they previously served in the RAF, or are the spouse of someone that once served, they are eligible for our support – be it financial, practical, or emotional. To refer someone to the RAF Benevolent Fund, please visit rafbf.org or call 0300 102 1919.

Air Vice-Marshal Chris Elliot, RAF Benevolent Fund.

Battered fish



SYN FREE | Takes 25 minutes | Serves 4

Who can resist those soft flakes of fresh cod or haddock in tempting batter? Our healthy home-cooked version of the classic British takeaway is 100% tasty and 100% Free.

Ingredients

- 4 thick skinless cod or haddock fillets
- 2 eggs, separated + Lemon wedges, to serve

Method:

1. Preheat the oven to 200°C/Fan 180°C/Gas 6.
2. Line a baking tray with non-stick baking parchment. Arrange the fish on the tray and season lightly.
3. Whisk the egg whites in a large bowl until they form soft peaks. Whisk the yolks in another bowl and fold into the egg whites along with a pinch of salt. Stir to mix well and spoon the mixture over the fish.
4. Bake for 10-12 minutes or until the egg is lightly browned and the fish is cooked through.
5. Serve with Slimming World chips, mushy peas and lemon wedges to squeeze over.

* Both canned and frozen mushy peas are Free so there's no need to make them from scratch.

PLEASE NOTE:

ALL CLASSES ARE CANCELLED UNTIL FURTHER NOTICE

Your consultant for Lochaber and Oban is Gillian on 07796 040803, Lochgilphead & Campbeltown Rhona 07880 878906. Available for Slimming World phone support and guidance.



touching hearts, changing lives

Detailed recipes available at:

slimmingworld.co.uk [f](https://www.facebook.com/slimmingworld) [i](https://www.instagram.com/slimmingworld) [y](https://www.youtube.com/slimmingworld)

DISTRICT NEWS

Send us your district news by emailing
fort@obantimes.co.uk or call 01397 703003

Sunart has plenty helping hands

With lockdown imminent, Sunart Community Council called an emergency resilience meeting on March 15.

Supported by representatives of Sunart Community Renewables, the Scottish Ambulance Service and The Scottish Fire and Rescue Service, it was agreed to set up a telephone helpline to support anyone self-isolating or requiring assistance.

Sunart Helping Hands was officially launched six days later.

At the same time, Strontian Stores and the Post Office announced it would start home deliveries and shop staff have been busy since.

Helping Hands is still going strong and Sunart residents are reminded the helpline is there for them if they cannot get out and about. Call 01967 750832 between 9am and 5pm and someone will help.

Fifty six volunteers are staffing the helpline and helping with deliveries.

The group has been working with Sunart Community Company to apply to Highlands and Islands Enterprise (HIE) for several thousand pounds to cover costs of the work.

'We are also working with Lochaber Foodbank, with Strontian acting as a distribution point for the area. We are linking up with Acharacle, Morvern, Ardgour and West Ardnamurchan community councils,' added a group spokesperson.

'We have delivered eight grocery boxes to those in need. To help the hard-working team at Dail Mhor Care Home, which is caring for some patients from Belford Hospital, Fort William, we are delivering daily hot meals to one local resident.

'With some funding coming in from HIE, we are also launching a free, hot Sunday lunch delivery service to isolated older people in the village. This project will be delivered in partnership with the Bothy Bar and Restaurant, Kilcamb Lodge Hotel and the Ariundle Centre.'

In mid April, the NHS asked Helping Hands to take over delivery of all Sunart prescriptions to avoid people calling in to Dail Mhor.

The community council is in regular touch with NHS Highland staff to make sure services are dovetailing with professional services.

Sunart Community Council meets weekly via Zoom video conferencing to review Helping Hands.

Denise Anderson, chairwoman of Sunart Community Council said: 'Although we have had the helpline running for over a month, the fact it has not been busy is testament to how the community is supporting older or more vulnerable members.

'Lots of people are keeping an eye on their neighbours, keeping in touch and running errands for those who cannot get out to the shops which is so important in these difficult times.

'Our village shops are providing a brilliant delivery service which is also making a big difference.'

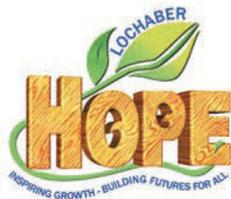
To keep up-to-date with developments, follow Sunart Community Council on Facebook or visit www.sunartcommunitycouncil.co.uk

Ceilidh boosts Lochaber Hope

Lochaber Hope manager Alyson Smith has thanked Morag Smith, of Oban, and Joyce Mathers and Jimmy Cameron, from Fort William, who raised £600 for Lochaber Hope in the February Harris Ceilidh.

'Thank you to everyone who helped raise this fabulous amount to help us keep providing the service we do in Lochaber,' Ms Smith said.

Lochaber Hope provides confidential and sensitive support to the Lochaber community including counselling, mentoring, personal development and employability support.



Caol and Lochyside group opens coronavirus support 'cupboard'



Two of the group's younger volunteers, Lucy and Angus Riddle.

Caol and Lochyside Community Response Group has opened a 'Community Cupboard' at Caol Shopping Centre for anyone needing help during the coronavirus lockdown.

The cupboard contains non-perishable foods, cleaning products, toiletries, hygiene products, books and jigsaws.

There is a drop-off point for cupboard donations in Caol Co-op and plans are in place for a second cupboard in Lochyside.

There is also a telephone helpline, manned by volunteers, for anyone needing help with collecting prescriptions, dog walking or just a chat. The phone number is 01397 470796.



Pamela Hendry checks out the stock levels at the community cupboard.

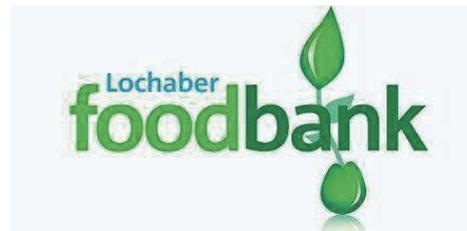
LOCHABER LOCKDOWN LEGENDS: LOCHABER FOODBANK

The Lochaber Times wants to hear about companies and individuals going above and beyond the call of duty to help fellow Highland residents get through the coronavirus pandemic.

Readers are asked to email us with their nominations with information on why they have chosen this particular person or business. Please include a photograph if possible.

This week, Fort William residents Marie and Douglas Nolan nominated Lochaber Foodbank to be named 'Lochaber Lockdown Legends'.

The couple said: 'In April they have fed 238



people which is more than April, May and June 2019 combined.

'With a lot of people furloughed or losing their

jobs and having to claim Universal Credit with a wait of five weeks, there is sometimes nowhere else to turn to for help but the foodbank.

'All the volunteers and Alex [McConachie], the manager, are still open despite the lockdown with a risk to their health from COVID-19.

Lochaber Foodbank has proven that, despite the hardest times we have ever faced, it is dependable on helping our community alleviate poverty. Also, Alex has been delivering food parcels to those who are self isolating.'

Send your Lochaber Lockdown Legends nominations to fort@obantimes.co.uk

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15 LOCHSIDE STREET, OBAN, PA34 4HP

OPEN FOR BUSINESS

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 AND FOODHALLS

MARKS & SPENCER FOODHALL

Open 8am-8pm Mon-Sat, until 6pm Sun
Mon and Thurs 8am-9am elderly customer priority
Tues and Fri 8am-9am NHS staff only
Social distancing measures in place
Tel: 01397 600208

MORRISONS

Open Mon-Sat 7am-8pm
7am-8pm Sunday
Weekdays 7am-8am for NHS workers priority and 7am-8am Sunday
All colleagues with an NHS badge will be able to get into the store to stock up on the products they need.
Please note all our cafes are now closed.
Tel: 01397 700333
Tel: 0345 6116111 option 5 for doorstep deliveries for elderly and vulnerable

LIDL

Open Mon-Fri 8am-10pm
Sun 8am-8pm
Tel: 0800 977 7766

ALDI

Open Mon-Sat 8am-8pm
Sun 9am-8pm
8am-9am for example plus key worker priority at tills
Tel: 0800 042 0800

FARMFOODS

Open: 8am-8pm Mon-Fri
Sat: 8am-7pm
Sun: 9am-6pm
Tel: 0121 700 7160

CO-OP STORES

CAOL, CORPACH, MALLAIG
Mon-Sun: 7am-8pm
Key worker priority shopping: 8am-9am (Sun 10am-11am)
Tel: 01397 703302

TESCO EXPRESS

Open: 7am-9pm Mon-Sat. Sun: 10am-5pm
NHS/Key Worker Priority Hour: Tuesday/Thursday 9am-10am Sunday 9am-10am.
Vulnerable customers Monday 9am-10am, Wednesday 9am-10am, Friday 9-10am

TAKEAWAY FOOD

THE GEOGRAPHER

Open for orders Fri-Sun, from 4.30pm
Order from 2.30pm
See FB page for full menu
Delivery service
Tel: 01397 705011

SPICE TANDOORI

Open daily from 4pm
Phone orders only
Payment preferred over telephone by card
Deliveries from 5pm
Tel: 01397 705192

MACARI'S FISH & CHIPS

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Order from 3.30pm for collection from 4pm.
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Tel: 01397 703333

BEN NEVIS TAKEAWAY

Inverlochy
Pizza!
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Tel: 01397706171

THE STABLES RESTAURANT

Extensive takeaway available with weekend specials.
Tel: 01397 700730, Wed-Sat, 5pm-9pm
Contactless collection service.

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Starts next week
3-course special menu and Healthy Juice menu
Collection from Achintore Road.
20% discount for NHS workers
Visit Facebook page for more information

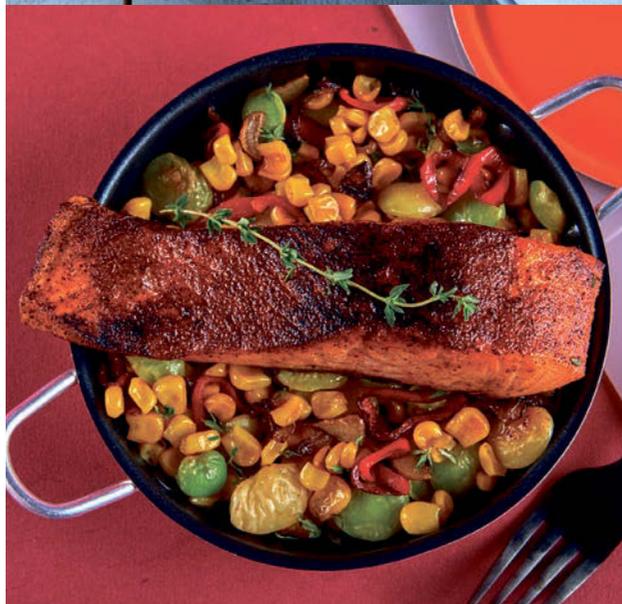
CAFE MANGO

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Check FB page for full menu

LOCAL FRESH FOOD SUPPLIERS

LOCHABER LARDER

Blar Mhor Ind. Estate
Collection or delivery
Shop open: 9am-1pm, Tues to Sat for collection
In conjunction with Iain Stewart Fishmonger, JM Breckenridge and Glen Spean Brewery
Great selection of meats, fish, vegetables, eggs, milk, butter and flour
Check out FB for list of details
Order by 1pm for next day delivery
Fort William and surrounding area, Mon-Sat
Mallaig Tues & Thurs
Strontian & Acharacle Wed
Kinlochleven & Ballachulish Thurs
Spean Bridge & Roy Bridge Sat
Telephone orders: 01397 703070

IAIN STEWART FISHMONGER

Collection or delivery – Blar Mhor Ind. Estate
Open 9am-1pm Tues to Sat
lobster, langoustine, kings scallops, mussels, also fresh in from Peterhead fish Market
wild halibut, monkfish, Haddock, lemon sole, hake, cod
Deliveries available outwith these hours
Check out Facebook for updates
Tel orders: 07795 232324

THE WILDCAT

Fort William
Open 11am-4pm
Tues, Thurs, Sat
Doors closed but we will assist at the door
Usual selection of delicious vegan food
Ordering in advance helps.
Wildcat.groceries@gmail.com

FOOD LOCHABER

We're back soon!
Orders for locally grown fresh produce open on Thursday 23rd April, and we'll deliver safely to your doorstep on the 30th. There's never been a more important time to shop locally and support small scale growers in the community.
Visit: www.foodlochaber.org for more info.

WILDCAT

Vegetables!
Deliveries can be arranged locally please pre-order fruit and vegetables. Check FB for catalogue. Please place orders by 2pm
Sundays for delivery to us the following Thursday. If you can't collect, have a delivery from us on the Thursday, we can keep fruit and veg for you for the Saturday or following Tuesday.

ARDSHEALACH SMOKEHOUSE & FINE FOODS

Glenuig
Order online: www.smokedproduce.com
Tel: 01687 470266

NEVIS BAKERY

Fort William shop closed to the public but products available from Road to the Isles filling station, Spar Claggan, Grange Stores, Co-op stores in Caol, Corpach and Mallaig
Tel: 01397 772087

BUILDING, PLUMBING, DIY SUPPLIES

LBS

the shop floor is closed to non-staff. emailed orders/enquiries preferred.
alternatively by phone
sales@lochaberdiy.co.uk or 01397 700350
orders will be left out the back of our yard at a pre-arranged time.
deliveries may be possible but please enquire first. we will try our best to accommodate.

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Call/email to order then collect
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www.lochaberfoodbank.org
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Information correct at time of going to press. Check www.obantimes.co.uk/openforbusiness for updated information. This page will run in the Lochaber Times every week for as long as necessary - printed information will be updated weekly.

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Tourism facing its toughest challenge

Scottish tourism is facing up to its biggest challenge ever with coronavirus impacting the entire industry.

The recovery of Scotland's crucial £11 billion industry requires a multi-agency approach, working with the tourism industry to help those affected today, tomorrow and in the future.

The Scottish Tourism Emergency Response Group (STERG) consists of COSLA, Highlands and Islands Enterprise, Skills Development Scotland, the Scottish Government, Scottish Enterprise, South of Scotland Enterprise, the Scottish Tourism Alliance, and VisitScotland. The group has been working hard to help tourism businesses to recover from this unprecedented situation, creating a single, joined-up, phased plan to not just combat the current issues but also look at how the industry could effectively recover once the lockdown is eased.

STERG's immediate priorities are to support businesses by providing information and reassurance; safeguarding employment; and helping tourism businesses access financial assistance to maintain



cashflow and secure a viable future. The four key areas within the plan are:

■ **Respond:** focused on delivering a package of measures to support businesses, most in need communities, stay home and social distancing guidance.

■ **Reset:** sectoral guidance to encourage workplace plans for the re-start. It will be essential for businesses to operate in a way that is compliant with social distancing and enable them to be more resilient to re-start safely within the new economic environment.

■ **Re-start:** kick-starting the economy safely is essential. We'll need to consider the impact of supply chains and measures that need to be in place to enable businesses to come back on-stream in a safe and orderly way.

■ **Recovery:** economic recovery is likely to take longer than originally anticipated. What emerges is likely to be a different economy characterised by new business models, markets and behaviours.

The year-long plan takes a phased approach and STERG is currently collaborating to deliver the first two phases which are around 'respond' and 'reset'. This plan will continue to evolve in line with the scientific evidence and government advice on the reopening of the tourism industry.

Lochaber Chamber of Commerce continues to work closely with VisitScotland, the Scottish Tourism Alliance and government to support our tourism sector through this crisis; and never has it been more important to work together and prepare for the 'new normal' post lockdown.

Frazer Coupland, CEO of Lochaber Chamber of Commerce says: 'As the Outdoor Capital of the UK,

tourism is massively important to Lochaber – not just to our economy, but it is also part of our community and shapes our identity. It is what brought many people to live in this area. Economic forecasting is grim, indicating destinations like ours, which are reliant on tourism, must be ready for tough times ahead. We all know that there is no quick fix to this situation – there will be no return to "business as usual" and tourism businesses will need to be able to adapt to survive.'

Frazer added: 'We don't yet know when and how tourism businesses can begin to operate again, and how the social distancing measures likely to be required will transform the ways tourism and hospitality businesses have to operate.'

'At the moment, the focus is on ensuring our tourism industry survives and is able to reset and adapt to the new reality post-lockdown.'

'Our international market will likely be some time in returning and may never be what it was, so we know that we need to do all we can to make the Outdoor Capital of the UK a domestic destination for everyone.'

Additional help for small tourism firms

Businesses in the tourism, hospitality and creative industries who are not eligible for other COVID-19 grants can now apply for the new Creative or Tourism and Hospitality Enterprises Hardship Fund.

This new hardship fund from the Scottish Government will help small and micro creative, tourism and hospitality companies not in receipt of business rates relief with grants of up to £25,000.

To be eligible, your business must have no more than 49 employees; have experienced at least a 50 per cent loss of current or projected revenue; not have been in financial difficulty before 31st December 2019; not be in receipt of other COVID-19 government support, except the furlough scheme.

For full criteria and to apply visit: www.FindBusinessSupport.gov.scot

The new package of funding will also provide grants of £2,000 to those who became self-employed after 6 April 2019 through the Newly Self-Employed Hardship Fund.

To see if you're eligible and to apply for this go to www.highland.gov.uk/ and follow the link from the homepage.

VIEW FROM THE CHAMBER



In times of crisis, it really helps to feel that you're not on your own. At Lochaber Chamber of Commerce, we're proud to offer our members ongoing support and assistance, provide virtual business community get-togethers and host regular meetings with those in government to make sure your voices are heard by those with in power.

We have recently had members' meetings with Fergus Ewing, minister for the Rural Economy, Ian Blackford MP and Finance

Secretary Kate Forbes, where members were able to raise their issues directly with the government.

With so much in turmoil, our members know they can look to us for friendly business guidance and assistance – with anything from help with raising their issues with government, to meetings to talk directly to employment law experts about furloughing staff and finding online webinars to help adapt the way they do business or chat to others in the local business community.

As part of Lochaber Chamber, your business is part of the national Scottish Chambers of Commerce (SCC) network that represents the members of over 30 chambers throughout Scotland. SCC has been

working hard with industry and government to fight for the help that business needs and also to support their members by making sure their views inform policy.

Scottish Chambers of Commerce and its network's policy platform has supported millions of employees and businesses through the COVID-19 crisis. This policy platform has focused on three Policy Pillars which are applicable to every sector around Scotland:

■ **Protecting Jobs:** protecting jobs in Scotland was a clear priority from the Chamber Network and business community.

■ **Cashflow and Profitability:** getting cash to businesses quickly is the immediate priority for the Scottish Chambers of Commerce

Network. We called on Scottish and UK Governments to provide cash grants and financial relief swiftly.

■ **Economic Recovery:** SCC's Network has prioritised the need to have time to plan and prepare to enable business transition, job security and long-term economic recovery.

As Liz Cameron, CEO of Scottish Chambers of Commerce says: 'To say these past two months have been extraordinary would be a gross understatement. Never before has the Scottish Chambers of Commerce been more critical in its role in supporting and bringing both business and Governments together in order to find ways to support our communities, employees and economy.'

'With 30 chamber offices across Scotland and more than 12,500 members, once again the chambers' reach and localism has enabled SCC and our network to step up for its members, deliver the critical messages and lobbying our businesses need. We have a long and challenging journey ahead and it is important we continue to work together as Scotland's business voice.'

If you are not a member of Lochaber Chamber of Commerce, this is a good time to join. New members will not be invoiced until August, but you can still take part in meetings, gain membership benefits like free HR, legal and tax advice, and promotional opportunities immediately. Visit www.lochaberchamber.co.uk

LOCHABER TIMES SPORT



The opening in 1982 of the then new clubhouse built on ground previously owned by Alan Milton.



Commodore Hamish Loudon relaxes at the helm on the family yacht.



Founder member Robbie Robertson sailing his home built (£20) dinghy around 1955.

Yacht club looks forward to weighing anchor again

by Fiona Scott
fscott@obantimes.co.uk



Lochaber Yacht Club (LYC) may have been forced to drop anchor for the foreseeable future, but everything is ship-shape and ready to go once coronavirus restrictions are lifted.

Established in 1954, LYC and its members have been sailing on Loch Linnhe ever since and Commodore Hamish Loudon and his hard-working committee are looking forward to welcoming sailors of all ages and abilities back to the water.

'It's been really tough not being able to get out there, especially since the weather has been so good recently, but the loch will still be there when we return,' he said.

An established Royal

Yachting Association (SYA) sailing establishment, LYC offers come and try sessions for anyone interested in learning to sail and, being a family sailing club, does everything it can to get young people involved.

'That's one of the beauties of sailing,' added Hamish. 'It's one of the few cradle to grave activities. Families can do it together and contrary to misguided opinion, it doesn't have to break the bank.'

'Joining a sailing club is cheaper than other outdoor pursuits such as skiing and horseriding. The water is on our doorstep and costs nothing and you don't have to wait for the snow to take part.'

The club hosts social events throughout the year, including a sailing regatta and Thursday club nights.

It also hosts a hill race in

association with Lochaber Athletic Club where runners are ferried across the loch to run up and down the hill opposite the clubhouse.

Established in 1954, LYC had an unusual origin. Badly in need of new business – no longer was there a big demand for building fighter planes – Fort William-based British Aluminium (BA) decided to build a yacht called Morag Mhor.

This led to the company starting its own club and LYC was born.

To get the club off to a good start, BA presented sailors with two 14-foot clinker built sailing dinghies which could be seen out on the loch racing.

The next thing was to find a place to repair and store the boats and the club got the use of one of the Nissen huts on the



The Nissen clubhouse, at the old naval base at Corpach, was the first base for the club.

old Admiralty site in Corpach which was home for the club until 1963 when it moved to the old Annat Mill.

Sadly the building of the walkway for the chip pipe out to the island severely restricted

the sailing area and smells and effluent from the pulping process were not pleasant so the club planned a move to a site at Ashburn.

It moved into Downie's old boatshed as a stopgap but hic-

ups with planning permission meant it stayed there from 1969 to 1982.

The new clubhouse was much admired but, probably as a result of vandalism, it caught fire in 2006 and was destroyed.

Undeterred, the club got to work and the present fine clubhouse was rebuilt and ready only a year after the fire.

In spite of these setbacks, the club has flourished over the years. Training courses were started in 1983 and dozens of beginners, young and old, have become skilled sailors as a result.



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