



# UPPER TAY CHURCH OF SCOTLAND COMMUNITY NEWSLETTER

JULY 2020 - DIGITAL EDITION

## A note from Neil Glover

Dear Friends,

I am tired. Tired of the routine that isn't a routine. Tired of whole months disappearing in a blur of non-memory.

Zoom calls make me tired. I'm too tired to go to bed, too tired to get up, too tired to get the new gardening equipment out of its box. If you get the virus it exhausts you. If you don't get it, you're still tired.

Well done on having the energy to make it to this third paragraph. If you could summon up the strength, here's another one for you to get through, just below.

And I am tired of the question: what's it going to be like when we get back to some kind of normal? (Oh, say a prayer for those vaccine researchers, to get us our new normal some time before 2025). But this normal, what is it going to be? Frankly, I am too tired to think about it.

But if there's one thing that marathon running has taught me, it's the benefits of keeping going when you're tired. I once heard an Olympic gymnast say that the secret of their success was that they had trained when they had felt like it, and they had trained when they hadn't.

So, despite the tiredness, I want to think about what the new thing has to be.

Firstly, a tip from Feldy-Roo (now those people deserve to be tired) - get organised about our connections. We are going to need lists of people who look out for each other. The thing about the Feldy-Roo people is that they make sure no one slips through the net. Organised, connected, remembered and looked out for. That has to stay.

Secondly, we need to remember who matters: NHS workers, care home workers, sanitary workers. Those folk, valued,

cherished, remembering that we need them. And shops. And delivery drivers. So here's my resolution - get to know their names. Know the name of one nurse, one care home worker, one bin man/woman, one shop worker, one delivery driver. Those folk matter. Cards at Christmas, applause when we see them. If we can, better pay. These folk matter.

Thirdly, all of us at some point, probably thought we had caught this thing - a few of us did, most of us just worried, and then it went away again. But we felt fragile for a moment. The good thing about feeling fragile is that it shatters our illusions that we are in control, that this life can be taken for granted. So stay in touch with our fragility, because in our fragility we can also be grateful. There's a section of the Bible, the New Testament, that has three pieces of advice, which I think can apply to us all: "Rejoice always, pray continually, give thanks in everything" (1 Thessalonians 5:16-18).

Rejoice          Pray          Give Thanks

None of these things make you tired. They are the opposite of tiring, they are the stuff of that give you the energy for life. And we are going to need them more and more, because in the new normal, I don't want to be tired.

God bless you,  
Neil Glover, Minister

[nglover@churchofscotland.org.uk](mailto:nglover@churchofscotland.org.uk)  
[judy.ewer@adwgl.org.uk](mailto:judy.ewer@adwgl.org.uk)

For online services, visit the churches' websites or the **Churches Together - Highland Perthshire** [YouTube account](#):  
**Aberfeldy:** [www.aberfeldyparishchurch.org](http://www.aberfeldyparishchurch.org)  
**Dull and Weem:** [www.dullandweemparish.org](http://www.dullandweemparish.org)  
**Grandtully, Logierait & Strathtay:**  
[www.glschurchofscotland.org](http://www.glschurchofscotland.org)

Services are also available by phone-in:  
01887 440446. Calls charged at local rate.

## LOCAL SERVICES:

Though some will be venturing out, below are a few isolation-friendly services for those remaining at home. We believe this information to be up-to-date on 10th July 2020. Please find more information on each company's website and social media.



**Aberfeldy Steamie's** pick up and delivery service runs Monday – Friday.

Call: 01887 820087

Email: [info@aberfeldysteamie.co.uk](mailto:info@aberfeldysteamie.co.uk)



The **Birks Cinema** are continuing to run their online activities (interactive story and song, origami animals, and lego activities for 4–12 year olds, and Craic 'n' craft for everyone), as well as their outdoor scavenger hunt for the Birks logo & lego. Find out more here: [www.birkscinema.co.uk](http://www.birkscinema.co.uk), and email [birkscinema@gmail.com](mailto:birkscinema@gmail.com) to join in. If you need Lego, Paper, or other craft items let them know.



**Breadalbane Bakery** can deliver fresh bread, cakes, vegetables, fruits and dry goods. Their weekly

Wednesday delivery run is:  
Grandtully Village Hall 12:30  
Logierait (on left of straight) 13:00  
Pitlochry Train Station 13:45-14:15  
Place orders by 8am Tuesday.  
Telephone: 01887 820481  
[breadalbanepantry@yahoo.com](mailto:breadalbanepantry@yahoo.com)

### **Breadalbane Community Larder:**

Operating from the Lawers Hall in Aberfeldy Parish Church (Tue, Thurs, Sat 11:00-12:30). They offer a home-delivery service, in Aberfeldy, Kenmore, Logierait and Glen Lyon. Contact the Support Line: 0345 30 11 100 or email: [breadalbanecommunitylarder@btinternet.com](mailto:breadalbanecommunitylarder@btinternet.com)

### **Covid-19 Support: The Tay Valley Time Bank, Birks Cinema Trust and Upper Tay Transport Group.**

Prescriptions collected, shopping, grass cut, pets walked, or just a blether. All at the end of a phone. Over seventy volunteers covering Aberfeldy and the surrounding area,

and even up the glen.

They'll take your order, buy it for you, phone you to tell you the cost, then deliver it to your door. You can pay by cash, cheque or bank transfer. They'll be in a yellow vest, wearing gloves and will have an identity card.

Mobile: 07507 479555 (09:00-17:00)

**Crieff Food Company:** Orders can be delivered locally to Crieff and the surrounding area, or collected without the need to enter the shop.

Telephone: 01764 655817

Email: [info@thecriefffoodco.co.uk](mailto:info@thecriefffoodco.co.uk)



**Fonab Farm Foods** delivers wood-fired pizza on a weekly basis to Pitlochry.

Mobile: 07565 297501

Email: [fonabfarm@hotmail.com](mailto:fonabfarm@hotmail.com)

[www.facebook.com/fonabsmallholding/](https://www.facebook.com/fonabsmallholding/)



### **Handam - Refill Station**

are offering a home delivery service in Aberfeldy, Pitlochry and anywhere in

between for pasta, rice, beans, pulses, snacks, herbs, spices and many more. All packed in paper bags or recycled glass jars, and dropped off at your door or in a safe place. View their product list at [www.handam.co.uk](http://www.handam.co.uk), then email [handam@gmail.com](mailto:handam@gmail.com) with your order.

**Kenmore Bakery:** Fresh bread and rolls delivered on Tuesday & Friday.

Friday delivery run as follows:

Lawers Hotel car-park (10:00)

Fearnan Village Hall car-park (10:30)

Ardeonaig Hotel car-park (10:30)

Fortingall Village Hall (11:00)

Keltneyburn monument (11:30)

Killin Hall car-park (11:30)

Camserney Hall (12:15)

Tuesday's run ~1.5 hours behind.

Secure an order by contacting 01887 830556 or email:

[kenmorebakery@hotmail.com](mailto:kenmorebakery@hotmail.com)

**Macdonald Brothers:** Butchers based in Pitlochry & Aberfeldy, can deliver meat, veg, fish etc.

Telephone: 01887 820 310

[www.macdonald-bros.co.uk](http://www.macdonald-bros.co.uk)

**Pets Etc** are still offering deliveries of pet food/supplies on a regular basis.

Email: [alisonmcleod9@gmail.com](mailto:alisonmcleod9@gmail.com)

Telephone: 01887 822797

**Pitlochry Festival Theatre** are still running their Telephone Club, to help combat loneliness, and **#PFTLightHopeJoy**: an online series of activities for all ages, on their Facebook, Twitter and Instagram, and YouTube channel. Children's make and do, songs, poems, cookery, gardening, stories, dance routines, acting tips - all sorts of everything to brighten the day.

Telephone: 01796 484623. Email: [chat@pitlochryfestivaltheatre.com](mailto:chat@pitlochryfestivaltheatre.com)

**Premier: Breadalbane Stores**  
Free delivery service for elderly in Aberfeldy area. Telephone: 01887 829494 or 01887 820400

**Strathtay Stores:** Delivery of groceries, collecting medicines, lift to the doctors. Telephone: 01887 84020



**Taymouth Courtyard Shop** are still offering their local home delivery service, and drive-up collection service;

they can place items straight into your car boot. Place your order by calling 01887 830756 and pay over the phone. They have a large car park and daily deliveries of fresh bread, milk, veg, meat & other store cupboard staples. They are open 09:00-17:00, Monday-Saturday (closed on Sunday).  
[info@taymouthcourtyard.com](mailto:info@taymouthcourtyard.com)



A perfect time to visit Loch Dunmore. Picture taken by community member.



**Thyme, Errichel:** Delivered to your door. Boxes of fresh fruit, veg, salad, frozen meals, milk, butter, cheeses, toilet rolls and more. Delivering to Pitlochry, Fearnan and everything in between. Telephone: 01887 820850.

Email: [enquiries@errichel.co.uk](mailto:enquiries@errichel.co.uk)

THE BIRKS CINEMA ABERFELDY				
SPONSORSHIP & GIFT AID DECLARATION FORM				
Please sponsor me (name of participant) <u>Bretha Morton</u>				
To <u>The Z6 Challenge</u>				
In Aid of <u>The Birks Cinema Trust</u>				
<small>If you have filled this box please tick ONLY ONE of the boxes that suit you best or Circle Don't Sponsor. There must be a statement and date the charity account about to include you in the account unless before given on the date above. I understand that I have no liability for the total amount of the gift aid which must be paid to the amount of gift aid claimed on all of my donations &amp; it is my responsibility to pay any difference. I understand the charity subtracts 7% of tax on every £1 that I have given.</small>				
<small>Remember! You must provide your full name, home address, postcode &amp; V. Gift Aid for the charity to claim tax back on your donation.</small>				
Sponsor's Full Name	Sponsor's Home Address <small>(Don't give your work address. If you are Gift Aiding your donation)</small>	Postcode	Donation Amount (£)	Gift Aid (£)

From Mairi and David Morton:

*Hello everyone,  
It has been good to see some of you when we have been out on our daily big walk and often we have gathered news about those of you we haven't seen since church and prayer group have been suspended.*

*Apart from keeping busy with nursery activities, helping with garden jobs and DIY over lockdown, Breagha has been doing a big dog walk every day and recently we saw the appeal from the Birks Cinema. So from the start of May she decided to do the daily 2.6 mile challenge to raise money, and some of her favourite outings have been walking along the river towards Kenmore, up Weem Rock and Glas-sie, all the way to Grandtully, up Urlar and through the Birks... She will keep doing this while she is not at nursery and through the summer holidays. As she is not yet 5, we are really proud of her commitment and wee legs - all in aid of her favourite milkshakes, the children's or music groups and great films in our little town!*

*We realise these are difficult times so please only do so if you can - but she wondered if any of you would sponsor her please? If you can give 1 amount (not sponsor each walk), she will keep doing it every day. If you get in touch with us we can give you further details:  
David Morton  
[feldymort@gmail.com](mailto:feldymort@gmail.com)*

# SUPPORT & ADVICE

We believe this information to be up-to-date at the time of publication, 10th July 2020. Please find more info on each organisation's website.

**Advice Direct Scotland:** For advice on scams: 0808 164 6000  
<https://www.consumeradvice.scot/>  
Free, practical advice and information about coronavirus for Scottish citizens:  
[www.coronavirusadvice.scot/](http://www.coronavirusadvice.scot/)

**Age Scotland Helpline:** Free, confidential phone service for older people, their carers and families. Information, friendship and advice. 0800 12 44 222 (Mon-Fri 09:00-17:00)

**Brothers In Arms:** Support for men in Scotland of any age, feeling down, stressed or anxious.  
[www.brothersinarmsscotland.co.uk](http://www.brothersinarmsscotland.co.uk)

**Citizens Advice:**  
[www.citizensadvice.org.uk/scotland/](http://www.citizensadvice.org.uk/scotland/)  
Universal Credit Help To Claim Helpline: 0800 023 2581  
[www.cas.org.uk/helptoclaim](http://www.cas.org.uk/helptoclaim)  
Or contact Perth Citizens Advice Bureau: 01738 450580  
[per-advice@perthcab.org.uk](mailto:per-advice@perthcab.org.uk)

**Council Tax:** Information and support 01738 477430

**NHS Inform:** Scotland's national health information service. 0800 22 44 88  
[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)  
COVID-19 helpline: 0800 028 2816

**Parent Club:** Advice for parents.  
[www.parentclub.scot/topics/coronavirus](http://www.parentclub.scot/topics/coronavirus)

**Perth and Kinross Council:**  
[www.pkc.gov.uk/coronavirus](http://www.pkc.gov.uk/coronavirus)  
[www.pkc.gov.uk/bensandcovid19](http://www.pkc.gov.uk/bensandcovid19) (Benefits)  
[www.pkc.gov.uk/coronavirus/communitysupport](http://www.pkc.gov.uk/coronavirus/communitysupport)  
[www.pkc.gov.uk/localtaxes](http://www.pkc.gov.uk/localtaxes) (Council tax)

Mental health: Download the 'Directory of Services' PDF accessible here:  
[www.pkc.gov.uk/mentalhealthresources](http://www.pkc.gov.uk/mentalhealthresources)

Breathing Space: 0800 83 85 87  
Samaritans: 116 123  
Childline: 0800 1111

**Ready Scotland:** Information on how to help your community and find support.  
[www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)

**Scottish Government:**  
[www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/)

Domestic abuse: Support and advice  
[www.mygov.scot/domestic-abuse/](http://www.mygov.scot/domestic-abuse/)  
If you or your children are in immediate danger and need help, call 999.

**Scottish Welfare Fund - Crisis Grants:** A crisis grant to tide people over until their next wage or payment. 01738 476900  
[www.pkc.gov.uk/scottishwelfarefund](http://www.pkc.gov.uk/scottishwelfarefund)

**Self-employment income support:** For self-employed or a member of a partnership who have lost income due to the coronavirus.  
[www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme](http://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme)

**Newly self-employed hardship fund:** For people who became self-employed on/after 6 April 2019, who have not been able to access support through other schemes or have exhausted all other avenues for business support. The fund is a one-off grant payment of £2,000: <https://www.pkc.gov.uk/selfemployedhardshipfund>

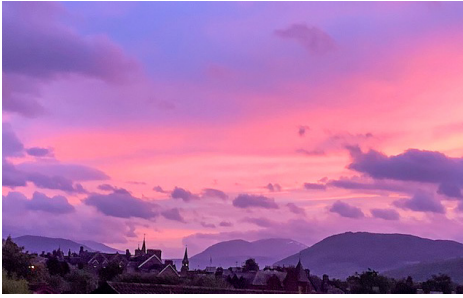
**Support Choices** helps people living in Perth and Kinross to get the social care and support that they need. Contact them for help with understanding and navigating the changing processes for accessing Social Work support during this time. 01350 729130  
[supportchoices@otbds.org](mailto:supportchoices@otbds.org)

**Tayside Cares:** Information, advice and assistance regarding coronavirus for residents of Angus, Dundee, Perth and Kinross: [www.taysidecares.co.uk](http://www.taysidecares.co.uk)

**Wellbeing Support Team Aberfeldy:** Information, assessment, emotional and self-management support. Available over the phone or email. 01887 822462

**Young Scot:** Information and advice for young people aged 11-26 in Scotland.  
[www.young.scot/campaigns/national/coronavirus](http://www.young.scot/campaigns/national/coronavirus)





A beautiful pink hue over Aberfeldy! Picture taken by a community member.

## Update the Breadalbane Community Larder

For many these last few months have been difficult, separated from friends and family, and feeling the emotional and financial pressures of these times! Thankfully Breadalbane Community Larder has continued to support people in our area and, to date, has distributed almost 400 food parcels to local households. More than 78 adults and 31 children have benefitted from the deliveries made by our volunteer team. As time goes on, it's tougher for more people; however, we are encouraged that some are now coping better and don't require our support. We continue to pray that for those we are helping, a longer-term solution will be found.

Our sincere thanks go to everyone who has given donations, goods and their time to make this all possible. Donations of goods can still be made via the trolley at the door of the Aberfeldy Co-op and at the Strathtay Store. Cash donations, enabling us to purchase fresh fruit, veg and meat, can be handed in during opening hours (Tues/Thurs/Sat 11.00am - 12.30pm)

In June we celebrated Volunteers Week and we want to thank our dedicated team of around 37 volunteers who have done a tremendous job over the past 15 weeks! Their dedication, love and selflessness is a testimony to the love of Jesus for this community. Even before lockdown, the churches in the area saw a need and responded immediately to help support those who were most vulnerable. One of our volunteers said 'it

has been great to meet volunteers from other churches and get to know them. It is also wonderful that locals have been asking what we are short of and going to buy it!'

Along with other organisations, businesses and individuals, the Larder has had to adapt its service to respond to the ever-changing developments of this pandemic. We have relocated to the Lawers Hall in Aberfeldy Parish Church to allow us to expand and to help with loading and storage of goods. We are extremely grateful to the team at the Breathe Lounge for their help and use of their premises up to this point.

We deliver to Aberfeldy, Kenmore, Logierait and Glen Lyon. If you know someone who is struggling to make ends meet as their financial situation has changed due to COVID-19 please make them aware that the Community Larder was set up specifically for them. People can self-refer by contacting the **Support Line: 0345 30 11 100** where additional support may also be accessed.




**Virtually Keswick Convention**  
**Virtually Keswick Convention (27-31 July)**  
 Keswick Ministries are holding an exciting, new five-day online event. It will focus on the theme of Hope, and will feature teaching, sung worship and seminars for adults, youth and children. Find out more here:  
<https://vk.keswickministries.org/>

## From the Parent Council

The Parent Council are celebrating Breadalbane Academy pupils, teachers and staff and, of course, our wonderful parents for navigating such stormy seas with all consuming home-schooling, that little extra whirlwind that has been a constant since lockdown begun. Whether a parent has taught every piece of work set or managed to get their child to sit and concentrate for more than 5 minutes without leaping up to cuddle the dog, we are saying well done!

For most of us parents/carers we have had to dig deep and take lots of breaths as we try and remember how to simplify a fraction or look for ways to inspire a sleepy teenager... but as we get closer to the summer holidays, hopefully we can all look back and celebrate those moments that have been so precious.

Teachers and staff have been wonderful and we want to acknowledge their talent and ability, quickly adapting an overflowing curriculum into an engaging virtual learning experience. The whole school community alongside the local community have shone in so many wonderful ways, and we all deserve to be patting ourselves on the back as we continue to work together on shaping the plans for August's return to school.

Thank you, Lyndsey and Eleanor  
**Breadalbane Academy Parent Council**



## A notice from CAP Highland Perthshire

christians  
against  
poverty

**CAP**

CAP Highland Perthshire is continuing to help those struggling in debt despite the challenges of lockdown.

Volunteers from the Highland Perthshire (CAP) Debt Centre based at Aberfeldy Parish Church are helping their local clients with practical help, support, encouragement and a friendly voice at the end of a phone.

Angela Hanvey, Centre Manager, said: "We're ensuring that we follow all of the social distancing rules to stay safe but we're still here to support our clients where needed. Our buildings may be closed but the church is very active. We're offering practical support, linking clients up with Breadalbane Community Larder and other local foodbanks, arranging emergency shops, and continuing to help clients with their paperwork and progressing them towards managing debt."

"Due to current restrictions we are not able to see clients face to face and so at the beginning of lockdown CAP had to develop a new model of working. We have now offer a telephone-based debt help service which will support clients through the process."

"It can be hard to admit help is needed but debt is very difficult to escape without professional assistance."

CAP's own statistics show that the majority of people waited more than three years to ring them but that when they did, 94% described it as 'a great help' or 'life transforming'.

"We are all affected by this pandemic but we're not all in the same boat."

If you are struggling with debt and need help, don't wait until things get worse, contact our Debt Help service now on 0800 328 0006 or visit [capuk.org](http://capuk.org).

## **Dementia-Friendly Aberfeldy Collaborative**

Like many groups, the Dementia Friendly Aberfeldy Collaborative (DFAC) has had to pause its group activities during the pandemic. Our 2020 work-plan was focused on offering dementia awareness sessions to local businesses and other activities for our community including:

- Another year of relaxed film screenings
- Support a further chair based exercise group
- Introduce a series of story-telling activities
- The development of the dementia garden and reminiscence area at the Fire Station
- To continue with the many environmental changes to support people with dementia
- And a number of fun entertainment activities within Dalweem care home.

The DFAC is committed to continuing to deliver these actions for our community when it is safe to do so. In the meantime, we are taking advantage of this time to undertake some formal education and development in Dementia. The Scottish Social Services Council offer an excellent online programme called 'Informed about Dementia: Promoting Excellence'. You can find out more at [www.badges.sssc.uk.com/badges/informed-about-dementia/](http://www.badges.sssc.uk.com/badges/informed-about-dementia/)

During these times it is important for people with dementia and their carers to stay well. Alzheimer Scotland have prepared a number of helpful online videos, accessible here: [www.alzscot.org/information-during-coronavirus](http://www.alzscot.org/information-during-coronavirus). There is also excellent information at [www.idealproject.org.uk/covid/pwd](http://www.idealproject.org.uk/covid/pwd). These leaflets contain some very useful hints and tips to stay well during this pandemic and are presented in a friendly format.

There is a similar leaflet available for Carers: <http://www.idealproject.org.uk/covid/carers/>

Hopefully it won't be long before we get the green light to continue our work

but in the meantime, may you and your families stay safe and well.

**For more information on the Dementia Friendly Aberfeldy Collaborative contact** [janette.dfag@gmail.com](mailto:janette.dfag@gmail.com)  
[meg.dfag@gmail.com](mailto:meg.dfag@gmail.com)  
[judy.dfag@gmail.com](mailto:judy.dfag@gmail.com)



*Loch Faskally on a sunny day. By a community member*

### **Quiz: 'Let's see how observant you are!'**

There are names of **16 books of the Bible hidden** in the paragraph below. How many you can find. A preacher found 15 books in twenty minutes; it took him 3 weeks just to find the 16th!

I once made a remark about the hidden books of the Bible. A certain luke, kept people looking so hard for facts, and for others, it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. But the truth finally struck home to numbers of our readers. To others it was a job. We want it to be a most fascinating little moment for you. Yes, there will be some really easy ones to spot. Others may require judges to help find them. I will quickly admit it usually takes the preacher to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how you will compete. Relax now, for there really are sixteen books of the Bible in this paragraph.

**List the 16 books.** Happy searching!

## What are three things you cherish?

*An answer from the community!*

"A good book  
Good company  
A good laugh"

What do you cherish? Email us at:  
[uppertaycoscommunitynewsletter@gmail.com](mailto:uppertaycoscommunitynewsletter@gmail.com)

An article from a community member.

## "Climate emergency... Remember that?"

Before Covid-19 hit the world, one of the biggest issues globally was the climate crisis. This, of course, has slipped out of the news, yet it is still a huge and real crisis which hasn't gone away. In many areas, the natural world has at least had the chance to breathe more easily with the lack of planes in the air, vehicles on the road, coal fired factories pumping poison into the air, etc. etc.

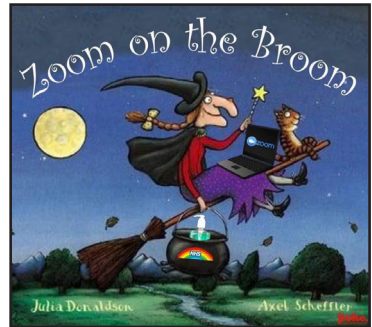
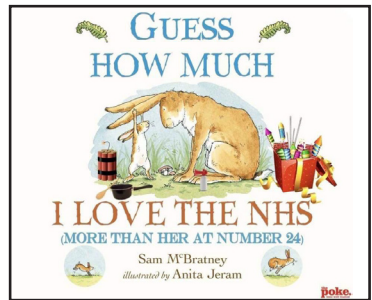
I am sure that many folk reading this long to see all the good things of this Covid crisis continue. A 'new normal' is being called for, and so it should be. 'Build Back Better', 'the World Rebooted', 'the Great Reset', 'Just and Green Recovery'... Just a few of the campaigns and petitions being put out.

But what can little me do? Well, masses if I put my mind to it, and below are just a very few thoughts:

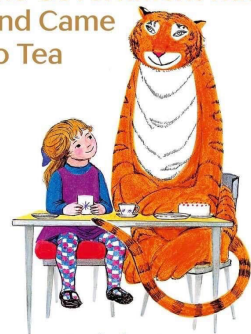
- Find a new home for, or mend stuff and clothes we no longer need. More things than we think can be mended or used by someone else if we ask around!
- Support our local shops.
- Walk or cycle, if we are able.
- Think about how much water we are using (e.g. only as much water in the kettle as we need, keep the tap off whilst we brush our teeth, no need to fill a washing up bowl full if we only have a few things to wash, to name but a few easy actions).
- Wash clothes on a cooler setting.
- Buy food with less packaging.
- Fly less.

Remember – every small action and each one of us can make a difference. We can all help prevent the climate emergency getting worse, by looking at what we do and making changes – big or small.

A few book ideas for Covid-times...



## The Tiger Who Ignored The Government Rules And Came To Tea



## We're Going on a Bread Hunt

Michael Rosen Helen Oxenbury

*We're going on a bread hunt.  
We're going to queue in Asda.* *What a beautiful day!  
We're not scared!*





A picture from the community. Looking towards Grandtully on the road to Aberfeldy, on a glorious day!



## Scary spider! (Part 2)

A story for big people to read to little people...

Gobbledygook, the really mean spider, woke up very early one bright sunny day and rubbed his furry front legs together. "What shall I do to amuse myself today?" he yawned as he stretched out his eight legs in turn. He looked at the web he had spun the night before and counted the flies he had trapped. "Yum, yum! Four flies to eat today," he said. "I shall have two flies for breakfast and two more for lunch."

While he was sucking the juice out of the first fly, he had an idea! "I know what I'll do today," he chuckled. "I'm going to find someone to give a big scare to!"

He crawled up the wall of the big house in Aberfeldy – all the way up to the roof. As he crawled past the bedroom window, he noticed that Mummy was fast asleep still in bed. And he had an idea! A wicked idea!

From the rooftop, he could see everything for miles around. He saw a canoe going down the River Tay; he saw the children playing in Victoria Park; he saw the postie in her van going along the street.

Then he crawled down the other side of the roof onto the deck and into the big house through the open kitchen door. Callum and Finlay were playing with their dinosaurs and they didn't see Gobbledygook. Phoebe was sorting out her doll's house in the playroom. Gobbledygook crawled very quietly

past the kitchen table and round the corner. He saw Daddy on the sofa in the lounge. He was on his iPad and he didn't see Gobbledygook either. "Tee hee," smiled Gobbledygook. "Nobody knows I'm here." And he rubbed his furry front legs together again.

Next, he crawled very quietly along to the stairs and, one by one, he climbed up to the landing. Mummy's bedroom door was shut. Gobbledygook flattened his squishy body and crawled under the door. Then he headed for the bed.

He climbed up the cover which was on top of the bed and he went very slowly across the sheet towards Mummy. She was fast asleep. Gobbledygook climbed onto Mummy's PJs and up her arm, ever so carefully. Then when he reached Mummy's collar, he took a deep breath and he ran right over Mummy's face and through her hair. Mummy woke up with a scream!

"Aaaarghhh! What was that?" she cried. Then she saw Gobbledygook on her pillow and she screamed again – even louder! "Help! Help! There's a huge spider in my bed!" Daddy and the children came rushing into the room. "What is it?" Daddy asked.

"There's a huge spider in my bed and he just ran right over my face," cried Mummy. "Where is he?" asked Daddy. "There!" said Mummy, pointing to the pillow. But Gobbledygook was gone. He had hurried away down the back of the bed, over the floor and under the dresser. He curled up into a wee ball, hugged himself with all his eight legs and he laughed and laughed – a mean spider laugh! A really mean laugh!

Daddy said, "I think you've been dreaming, Mummy. There's no spider here. Anyway, spiders are nice creatures. They wouldn't run over your face."

"This one did," said Mummy. "I'm sure he was here. I wasn't dreaming." But nobody believed Mummy. Except Gobbledygook!

By a member of the community.

## Update from Covid-19 Support group

The new “normal” seems to change with every Government edict, as Holyrood and Westminster tweak their rules to try to get on top of the virus. At Covid-19 Support, we are lucky to be local. Our 75 volunteers can deal with what’s in front of us.

We started with prescriptions and shopping (as far as Glen Lyon – thanks, David McDougall). We soon added advice, safe local transport, face masks, (thank you Louisa Fletcher), comfort chats and help with odd jobs.

By May we’d branched out into haute couture with PPE robes for GPs and Carers.



And in an effort to anticipate the demands of unlocking shopping, Breadalbane Men’s Shed have produced a visor.



If you’re interested in acquiring one, phone 07507 479555. #Feldyroo are using it as additional reassurance for their drivers and customers. You can see the smiles.

This is written in early June. Covid-19 will be with us for a while yet, and our

volunteers are ready to help you with whatever problems it throws your way. Do you need help?

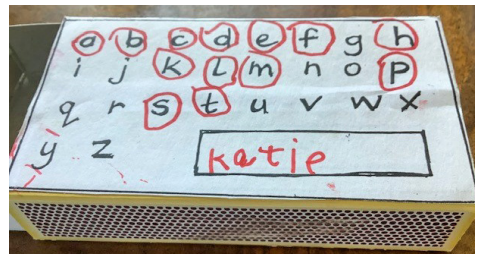
Tay Valley Timebank, The Birks Cinema, and Upper Tay Transport Group will be around long after the virus has lost its virulence. What is certain is that whatever becomes the new “normal”, there will be a need for volunteers, and the unique community ethos of the Timebank ([www.timebanking.org/location/tay-valley](http://www.timebanking.org/location/tay-valley))

Covid 19 Support is Tay Valley Timebank, The Birks Cinema Trust and Upper Tay Transport Group, working together to provide support for anyone in the Aberfeldy and surrounding area who needs help. 07507 479555  
7 Days a week | From 0900 till 1700  
(and an out of hours answer-phone)

*Summer holiday suggestions from a community member!*

### Homemade treasure hunt/outdoor bingo:

Make your treasure hunt cards – include pictures, if you do this on a computer. Make a bingo grid, and fill it with anything (natural!) you might find outside: birch leaves, pine needles, fallen twigs, daisies, pine cones. Then print, and laminate the cards, if you can. Give your kids a bag/box each, and go for a walk collecting the items!



### Matchbox hunts...

For slightly older children, find a large (empty!) matchbox, stick a piece of paper with the alphabet on it, and set your kids the challenge of collecting something beginning with each letter of the alphabet – which can fit into the box! This works inside or outside.

## A delayed silver lining

*Written by a community member.*

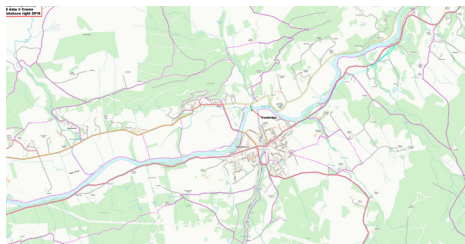
A few years back I was involved with a group working to increase road safety in Aberfeldy. One of the team's goals was to make active travel to the Academy safer. By "active travel" we mean walking or cycling, but even scooting counts! The Academy attracts pupils from a wide area; we recognised that working to develop an enhanced path network would play an important part.

The first instinct was to take on the challenge ourselves, but before wasting a lot of effort treading routes that others might have mastered, we asked around about existing efforts. That led via our PKC Greenspace Ranger, Jeannie Grant, to Martin Hill, chair of the Upper Tay Paths Group. Martin was kind enough to meet with me in August 2018 to explain about the group's work, and give me a copy of a map prepared by Jeannie showing all the paths around Strathhtay looked after by the group.

At that time the road safety group was working to develop a questionnaire about travel to school, aimed at updating the school travel plan. The thinking was we would return to the paths issue with greater purpose once we knew where path-enhancement would help to serve our cause.

The map got parked. But not lost...

March 2020 and lockdown lands on us. One of the sacrifices I had to make was the three-times-a-week visit to the Campus to use the gym and swimming pool. Fearful of letting my fitness drop, I determined to do my best at home and get out for walks and bike rides to address aerobic fitness and stamina.



I remembered the map. Found! Since my successful treasure hunt I have been heading out on this network only as far as I can go by bike or foot from home, while maintaining social distancing. Still many, many paths to explore, but I have made a start. I have managed to keep my feet mostly dry and had the opportunity to feed my passion for photography. The view from the high routes can be stunning.

Although delayed, the map acquired with one goal (still sadly unfulfilled) has definitely provided another silver lining.

If you are struggling to find varied ways of getting exercise, I commend to you these paths. If you don't know where they are and can access the PKC website, there is an interactive map of all their paths (zoom in on your area!) <https://www.pkc.gov.uk/corepathsmap>

While I did not get active with the group in 2018, Martin was good enough to invite me back in February and I was able to attend a networking day for PKC paths groups in Pitlochry. Great work is being done by these volunteer groups – make the most of it – and if you enjoy walking in our glorious countryside enough, why not consider joining them? To get in touch, you could e-mail Martin at [mandchill@msn.com](mailto:mandchill@msn.com). For any other Greenspace issues, contact Jeannie Grant at [JGrant@pkc.gov.uk](mailto:JGrant@pkc.gov.uk).





## A notice from the Upper Tay Transport Group.

Back in March we had a very successful open day in the Town Hall. Many of you came along and helped us focus on the particular transport problems of the Upper Tay Valley. Thank you for your help.

Covid-19 has disrupted our lives, not least in where, when, and how we travel. As the virus wanes, we are left with fragmented travel systems and reluctance to use public transport.

In March, Upper Tay Transport Group offered a number of local travel ideas.

**Community Lifts** is a volunteer driver scheme. Twenty-two of you have volunteered as drivers. Thank you. We are developing a phone hub, costing the service, working on its availability and frequency, and, most importantly, working out what kind of lifts we can offer.

**Community Bus Service.** We are looking at options to establish a community bus service which will support existing transport options. We need your help here. We will be putting out a survey later in the year; please complete and return it.

**Bus Buddies.** Folk who have been housebound may be uncertain when going out again. Bus Buddies will pair people with a companion, even for a run round on the Aberfeldy Circular. The first step is the hardest; someone can help you aboard.

**Cycling.** Covid-19 has shown how relevant cycling is in rural areas, for work and recreation. We have a unique opportunity to build a cycling hub in Aberfeldy which can combine cycle hire, advice, training, support and repair, with general info.

**Lift share, and Car-share.** It's probably too early to promote these ideas aggressively, but CV19 has only accelerated transport trends which were appearing in

rural areas. While major National routes will recover, rural routes will be at the mercy of subsidy and profitability, which will be judged from a distance. We need to plan locally to maximise our community network and allow us to travel as sustainably as we can.

**Walking.** It's what we all want to do now. Buddies, walking trains, Walking Clubs - we can build on the urge to get out and about with routes and advice.

We now have an agreement to use part of the Upper Tay Visitor and Information Centre, in Aberfeldy Town Square. Once established, this will be a hub for local information and timetabling, booking lifts, walking, and bike hire, training, repair.

**We've had a dose of loneliness, quarantine and isolation. We can do better than that.**

Contact: Emma Burtles 07507479555



**From the editors:** As always, thank you everyone who sent something in and to the incredible initiatives, funds and companies included. If we've missed any, please let us know.

Do you have a recipe, poem, joke, quiz, or game you'd like to share with others in our next edition? Around 350 words is our maximum per entry, but whether it's a fully fledged story or just a few thoughts, a verse which inspires you or a picture you've taken on your walk – as long as it's not copyrighted, send it our way via our email, below.

**UpperTayCoSCommunityNewsletter@Gmail.com | 07836 565 528**

This monthly newsletter is run by a small group from Aberfeldy, Dull and Weem, and Grandtully, Logierait and Strathtay Parish Churches. A paper edition is also available.