

May 2020

An update on what's been happening in your local group during Lockdown



A big big thank you!

During lockdown in Blairgowrie and Rattray our TimeBank Development worker Cat has been part of the local Covid19 Resilience group organising and delivering food parcels every week, organising volunteers and supporting community groups and residents across the area. We have had so many wonderful donations that have helped families, carers and self isolating residents across the whole of Strathmore. As part of an area wide response we are sharing resources and volunteers across projects in the Blairgowrie Bowling Club, Community Larders and Coupar Angus Community Larder. These resources are open to all to access, with a friendly team to welcome you. Thank you to all those who have helped especially Fraser, Ashleigh, Eileen, Cheryl, John and Lesley.

Need Help? Need some shopping or prescriptions?

In every area in Strathmore and the Glens there are local volunteer groups set up to help you get shopping or pick up prescriptions from Blairgowrie or Coupar Angus. In Blairgowrie and Rattray the area is split by postcode into 4 areas with a local coordinator assigned. There are volunteer groups in Kettins, Ardler and Meigle, Burrelton, Balbeggie and Coupar Angus. You can call them direct or contact Cat for the details.

There are a whole host of enthusiastic volunteers in each area so please use them if you want help, need to reduce your visits out the house or are self isolating and require a shopping or prescription service. We also have volunteers ready for a call if you need a good blether and a cuppa over the phone.

STOPPING OUR GROUPS

When lockdown happened we had just held our latest monthly whist group. It was with a heavy heart that we had to close all our groups in the interests of members health and wellbeing. Our groups have been such a joyous part of TimeBank with members coming together on Monday Afternoons, Men's Group, Crafty Folk, Whist group and Friday Cuppa Drop- Ins. Groups had just begun in Meigle and Alyth and outreach work was beginning in Mount Blair. As we look to the future of our groups, plans are being made to hopefully meet virtually, meet by phone, meet in smaller physically distanced groups and through one to one support sessions. Any member can phone Cat on the TimeBank mobile for help to access support, for a friendly chat or to check on another member. Cat is missing seeing all of you, and hopes you are all remaining safe and well.

Virtual Groups

We have received funding from the Scottish Government to host online art and craft activities as part of our response to Covid 19. We have 6 months of funding available and hope to start next week with a couple of practice Zoom sessions and also send out craft packs to all previous group members. Cat will be in touch with attendees asap.

What can I do during lockdown?

We still have a few projects on the go which you can get involved in during this time at home;

Knitted or Crochet Squares for blankets, any colour, pattern or size. These will be sewn together for small and big blankets. Donate to Cat on 07761233418

Button Backs for Masks - there are many available patterns for these nifty ear protectors on line. These save the ears due to elastic irritation and are welcomed by NHS workers and Carers. Donate to Cat on 07761233418

Premature Baby Hats - you can continue to make and donate these to Ninewells.

Fiddle Muffs - these can be made for care home residents with plenty online patterns to follow.

Letters to members - if you would like to write a letter to another member during lockdown these can be handwritten and given to Cat by contacting the mobile or sent via email to bandertimebank@gmail.com who will pass them to members isolated at home.

A little message from Cat and her kids

We have crafted, gardened, cycled (well Wayne and kids have), watched movies, gone on river adventures, discovered Magnet fishing!! And enjoyed mornings that don't have to start at 7.00am. The hardest part is missing friends, colleagues, group members and all the kids I taught when I was in schools doing art workshops. We hope you are all well and managing the social distancing, lack of family contact and just a rummage around the shops!! Keep going, I know it won't last and we have a road map back to some form of reality. Missing you all and hoping you are keeping safe.

**Blair, Rattray and District TimeBank, bandertimebank@gmail.com and
07761233418**