

APPLECROSS COVID-19 COMMUNITY SUPPORT

- Seeds/compost for growing your own vegetables



- Picking up/delivering shopping



- Delivering prescriptions



- Someone to talk to over the phone



- Food boxes. All the basics to help you get through the week.



- Support in getting online/IT technical help



The Applecross Community Support group continues to help support our community during this uncertain time. Thank you to the wider community for your help and support of each other. Thank you also to the local businesses and organisations for providing tailored services for the community.

As we now gradually ease out of lockdown, the support group will continue to help the community where we can. We encourage people to get in touch if we can help in any way.

COMMUNITY SUPPORT

Food boxes and grocery deliveries are still available at the Applecross Shop. If you are struggling to make ends meet as a direct result of the coronavirus pandemic, we can provide food boxes valued up to £25/adult/week and £15/child/week. Please see www.applecrosscommunitycompany.org or get in touch with Ros (01520 744430) or Seonag (01520 744421) for more information.

Medical deliveries continue to be available via the Community Car scheme. Please call the Applecross Surgery direct to book: 01520 744252.

Home growing: The community seed bank in the Tree House behind the Walled Garden continues to provide free seeds for your home garden. Advice for growing food at home will be available on www.applecrosscommunitycompany.org in the coming months, and in workshops with the Appleseed Allotments. You can contact Marion for more information: 01520 744250.

Technical support: Sean is happy to assist with any issues with computers, mobile devices, internet access, TV or satellite. Please get in touch on 01520 744342.

Internet devices for vulnerable residents: Are you or do you know someone who is highly vulnerable or at a higher risk from the coronavirus, and does not have an appropriate/easy to use device to access the internet? We are looking for any Applecross residents who would be interested in receiving a new device and help to use it if needed. Please give Saara a ring at 0789 5099 753.

You can get in touch in the following ways:

- email Ros at LDO@applecrosscommunitycompany.org
- phone – Chris on 01520 744420 or Ros on 01520 744430
- visit the website for more information www.applecrosscommunitycompany.org
- keep up to date with what's happening on our Facebook page link: www.facebook.com/ApplecrossCovid19



APPLECROSS RE-OPENING FOR TOURISM

The Applecross closure signs at Tornapress and Shildaig junction have recently been taken down and local businesses have re-opened or are preparing to. This is a challenging and uncertain time for our businesses, and we wish them well in these difficult times.

We should follow the **FACTS** to protect ourselves and others:

Face coverings.

Avoid crowded places.

Clean hands regularly.

Two metre distance.

Self isolate and book a test if you have symptoms.

More information and support:

- www.gov.scot/coronavirus-covid-19
- www.nhsinform.scot
- www.clearyourhead.scot
- www.samh.org.uk
- Applecross GP & Chris Ward (744420)

UPDATES FROM A SELECTION OF APPLECROSS BUSINESSES

Applecross Shop & Post Office

The shop has re-opened to the public and is keeping a specific time for local residents only: 9.30-10.30am and 2-3pm daily. For post office, please phone 01520 744491 Mon, Wed, Thurs and Fri 9am-12pm. Please wear a face covering.

Applecross Inn

Bookings essential (01520 744262). Please obey physical distancing, wear a face covering and use hand sanitiser provided. See www.applecrossinn.co.uk and www.facebook.com/applecrossinn

The Junction Cafe

Open for pizza Friday-Sunday 5pm-10pm. Takeaway only. Please pre-order on 01520 744228.

Applecross Walled Garden

Bookings essential (01520 744440). Please wear a face covering and use hand sanitiser provided. See www.facebook.com/applecrosswalled.garden

Community toilets

Re-opened on 12th July with increased cleaning and disinfecting in line with government guidance. Users are asked to adhere to physical distancing, and only one group/household is allowed in the toilets at a time. Soap, hand sanitiser and surface disinfectant are provided for users.

Applecross Campsite

Re-opened for camping hut and static caravan stays, motorhomes and self-contained vehicles. No new tent bookings possible at this time.

Hartfield House

Re-opened for guests with strict physical distancing and hygiene measures.

Applecross Smokehouse

The shop remains closed due to COVID-19. Orders and pick up possible: www.applecrosssmokehouse.co.uk or 01520 755367.

Applecross Photographic Gallery

Open daily 9am-5pm. Only one household in at a time. Please obey physical distancing, wear face covering and use hand sanitiser provided. See www.applecrossgallery.com or phone 01520 744395.

The Coalshed

Open 12-5pm every day. To help keep us all safe, there is an innovative light system where one household at a time can enter when the light is green.

Croft Wools & Weavers

The shop remains closed due to COVID-19, but the Wool Trailer (with honesty box) is open Tuesdays and Fridays at Cuaig to view and buy Wool, Weaving and children's craft kits. See www.facebook.com/CroftWoolsandWeavers