

RESILIENT ROGART

Rogart Community Council News

Your new Community Council has been formed and its members are Liz Allan, Matthew Fox, Jonathan Hedges, Karen Mackay (Treasurer), Amy McHardy (Secretary), Frank Roach (Chair), Christine Ross and Tommy Sutherland. We have met twice via Zoom and hope soon to make the Community Council meetings public once again. If you want to contact the Community Council please ring Amy McHardy on 01408 641497 or email rogartcommunitycouncil@gmail.com.

Money worries?

With so many people away from regular work you might be concerned about paying the bills. If you, or someone you know, is finding it difficult to make ends meet local funds are available to those in need or experiencing hardship.

Rogart Resilience Fund is available to support individuals, families and households. This fund was awarded to Rogart Development Trust by the Scottish Government. This can pay for food and essentials at the Rogart shop. Contact Citizens' Advice Bureau (01408 633000) or email Rachel.Sutherland@ecscab.org.uk who will assess your needs and help you access this fund.

The Highland Council's free helpline 0300 303 1362 connect callers to relevant Council specialist teams and operates Monday to Friday from 8am to 6pm. All calls are free and you can access:

- advice on benefits and personal support, education and social care.
- advice for businesses who may need help with financial support.
- signposting callers to other organisations that can provide help and assistance.

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If you need a hand with shopping Rogart PO Stores (01408 641200) currently operates a delivery service.

Need assistance with prescriptions? You can use Rogart Prescription Delivery Service via Golspie Pharmacy (01408 633217) or contact Lairg Pharmacy (01549 402374).

The Sutherland Care Forum's normal services have been suspended during the current crisis. The office is closed, but Isobel Murray, Service Manager, can be contacted on 07907 595962 or 01408 633694 and she will deal with requests for help including arranging the delivery of food by volunteers.



Dinner To Your Door

Connecting Communities offers a service for those who find it difficult to prepare themselves a good meal each day, as well as those simply wishing to enjoy a locally-cooked meal in the comfort of their own home. The provider is keen to explore expanding the service into Rogart, if there is sufficient demand.

Meals are cooked by a chef at Helmsdale Community Centre and can be delivered, for a reasonable fee, to the door. Prices are:

- Starter, Main and Dessert: £6.95
- Starter and Main: £5.45
- Main and Dessert: £5.45
- Starter and Dessert: £3.95
- Main on its own: £3.95
- Grab 'n' Go lunch bag: £4

If you would be interested in this service please contact Karina on 01431 821655 or hello@connectingcommunities.co.uk so that she can gauge the level of interest.

Blooming Rogart – can you lend a hand?



With summer on its way (?) we need some help with watering the tubs and the planters around the village so that it doesn't involve anyone moving far from their home.

From east to west there are planters at the 30 mph signs, the Hall, Hall car park, the Mart, the picnic table, the Cross and the 30 mph signs. Please contact Kate Roach (07833 641226) if you can lend a hand, and so that we know all planters will be watered.

Keeping Rogart beautiful will continue to lift people's spirits.

Rogart Resilience Website

Because there is such a lot of information coming out and it's not always at your fingertips Rogart Heritage Society has set up a temporary Rogart Resilience Covid-19 page on the website.

The page lists emergency contacts, provides signposting to the experts and stores all of the Rogart Resilience newsletters. Just go to RogartHeritage.co.uk and click on Rogart Resilience in the top menu bar.

If you have any suggestions about other information that could be usefully included on the page, please contact Christina Perera (01408 621871) or email cmuperera@me.com.

Top tips for your mental health

For some folk being locked down has been stressful, whilst for others it hasn't been too difficult, but they are feeling anxious about the challenges posed by coming out of isolation. Both of these are perfectly natural responses to an unprecedented situation. Here are some ideas that may help.

- Do take that permitted socially distanced exercise.
- Pick up the phone and have a blether with a friend or family member.
- Invite a friend to a zoom call – share a recipe or read a story to each other.
- Journal - put all your thoughts on paper, and close the book.
- Cook something you love to make or learn a new recipe.
- Do something creative like painting, singing or create a photo album.
- Get plenty of sleep.
- Have a 'no news day' – and this means social media, too.
- Journal about the positive impact you've made on others' lives.
- Listen to music, and dance around your house.
- Above all – be kind to yourself. It's OK to feel down, worried or sad.

You can also contact these services 24 hours a day for support:

- Samaritans - 116 123 (calls are free and do not show on a phone bill)
- Breathing Space - 0800 83 85 87
- National Scottish Domestic Abuse Helpline - 0800 027 1234
- Childline - 0800 1111
- CRUSE Bereavement Care Scotland - 0845 600 2227



You may have concerns about your alcohol intake increasing during lockdown or that local AA meetings have been cancelled. You can still call the National Helpline FREE on 0800 9177 650 or email help@aamail.org. Alternatives to physical meetings are available – you can even join a virtual meeting online.

VE Day 75 – Rogart Remembers

In a moving and uplifting observance of the 75th anniversary of the end of WW2 in Europe, on Friday 8th May, a number of pipers played *When the Battle's O'er* at various locations in Rogart. Fraser Roach played at the war memorial, Grant Cumming at Blairmore, Hope Gordon at West Langwell and Alasdair Mearns at Muie.

Driver Colina Gordon, Sgt Robert Macdonald, Signalman Alexander Mackay, Sgt Duncan Mackay, Pte Donald Matheson, Driver Donald EF Murray and Pte Lachlan MS Murray - to those who gave so much, we thank you.

Rogart Book Service.

Following a fantastic response from the call for books the Rogart Book Service is now up and running. Thank you to everyone for the book donations. With over 500 books there's plenty to choose from. Books can either be collected from Rogart Station or delivered if you're self-isolating. Book lists are available at the PO Stores and for further information please contact the Roaches on 01408 641343 or Alasdair Coupar on 07543 881857.

All books are quarantined for 72 hours between collection and redistribution.

Resilience recipes from Madeleine

With so many of us being confined to our homes it is all the more important that we eat as healthily as possible and use foods which give an extra boost to our immune systems from the following list:

Nutritious foods include tuna, mackerel, salmon, cheese, eggs and nuts.

Veg – onions, garlic, broccoli, sweet potatoes and spinach.

Fruit – bananas, pineapple, grapes, berries such as strawberries and blueberries.

Herbs & spices – rosemary, basil, oregano, turmeric and ginger.

Helpful Tips!

- ☑ Why not try Broccoli Cheese instead of Cauliflower Cheese or half and half.
- ☑ Include chopped hard boiled in a fish pie
- ☑ It's a great time to make good use of your freezer if you have one. If you don't want to waste bananas slice them and freeze in small quantities to use in smoothies later.
- ☑ Roast wedges of sweet potatoes instead of white potatoes.
- ☑ If you have no flour for baking you can use porridge oats to make biscuits and flapjacks. You can vary the flavours according to whatever you have available – nuts, dried fruits and spices.

Peanut Butter Cookies

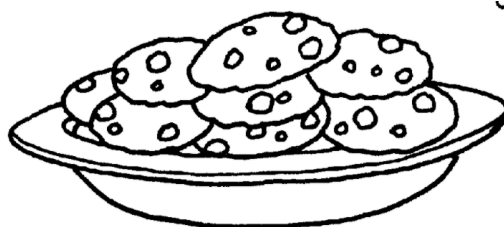
200g Peanut butter- crunchy or smooth

90g caster sugar

1 small to medium egg, beaten

Combine the sugar and peanut butter together

then blend in the beaten egg. Line 2 baking trays with baking parchment. Roll a teaspoon of mixture into a ball, place on tray and flatten slightly with a fork. Use disposable gloves or wet your hands to make it less messy to roll mixture. Use up all the mix, then bake for 12 minutes at 180°C / 160°C Fan / Gas 4.



Remember to be creative and carry on cooking!

Madeleine