



Blackford Cares

for Blackford residents to support each other during COVID-19

This pack was put together on Sunday afternoon by volunteers wearing protective gloves; we're trying to help folk feel connected and supported as a village during this time. Please open and use it when you're happy to do so. It's more than a news letter:

- There are some sunflower seeds —they're not for eating
- There are some Smarties —they're not just for eating
- There is a craft activity to go alongside your green thumbs, teddy bears and other mementoes in your window. There are scissors if you need them in the "Blackford Care Boxes" (see below.)
- There are things to look out for and listen out for over the next few weeks; places to go on exercise

Blackford Cares has a Facebook Group but if you're not on Facebook you'll have missed much of the chatter. Look out for the board near the Village Shop to keep up with some of the news.

The Give and Take Food Bank is at the church. Some folk in the village want to help and others are needing this help now or as time goes on. Both groups benefit.

Give what you can Take what you need Leave what you don't

There's a great habit of meal-making across the village so food containers are also available. Dropping a meal off at someone is easier to reheat in an oven (foil) or microwave (plastic); or put some baking in. Please take and use them widely.

Books, crafts and games are also available from the boxes at the Bell of Hope. Please do take and use these, returning some kit when finished with or add other ideas.



Rather than just getting tore into your Smarties, use them to talk as a household, on the phone or Zoom/Facetime, or to think to yourself of the following times depending on what colour gets drawn out. It will make them last so much longer.



If you missed the potted plants at the Village Shop, don't worry, there are more due in this week. More to the point there is a handful of Sunflower seeds in this pack. If you've got pots and compost that's great, crack on.

Alternatively, perhaps plant seeds in a yoghurt pot or head to one of our four Blackford Cares Boxes, fill a pot with compost and plant a couple of seeds in each pot., water them and keep them moist. When plants get too big for the pot, plant them outside in a sunny place. (If you have spare pots perhaps add them to a box for others.)

**Our Blackford Cares boxes are at:
Waulkmill Drive
Allanwater Gardens
the Bell of Hope at the church
our Blackford Cares board in Moray St**



A time to remember

Many of the VE (Victory in Europe) Day celebrations have been pushed to VJ (Victory in Japan) Day in August.

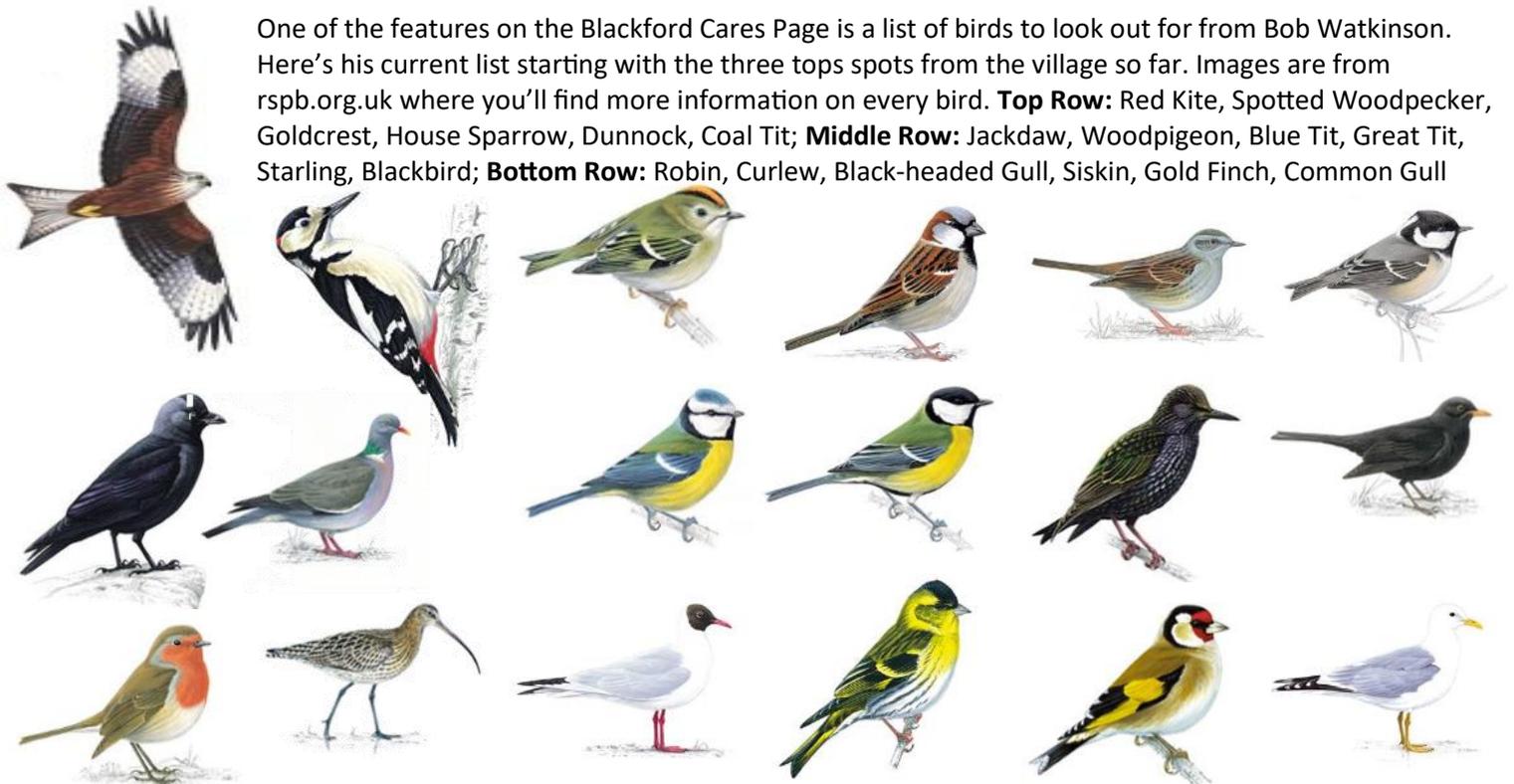
Winston Churchill's iconic speech announcing the end of the war was set to be broadcast all over the country in public spaces at 3pm on the 8th; we'll do it from the church bell tower just as we gathered round a radio to listen in a school assembly 5 years ago.

How will you remember this time?

Fancy drawing, writing or painting your thoughts? Get a hold of paints, sketchbook, etc from the Blackford Cares boxes, and start doing that. If others just want some paper to draw or paint on there's some there too, but use the sketchbooks for longer memories. We might exhibit them!

| | |
|--|---------------------------|
| | A time you felt sad |
| | A time you felt happy |
| | A time you felt mad |
| | A time you felt worried |
| | A time you felt jealous |
| | A time you felt excited |
| | A time you felt tired |
| | A time you felt disgusted |

One of the features on the Blackford Cares Page is a list of birds to look out for from Bob Watkinson. Here's his current list starting with the three tops spots from the village so far. Images are from rspb.org.uk where you'll find more information on every bird. **Top Row:** Red Kite, Spotted Woodpecker, Goldcrest, House Sparrow, Dunnock, Coal Tit; **Middle Row:** Jackdaw, Woodpigeon, Blue Tit, Great Tit, Starling, Blackbird; **Bottom Row:** Robin, Curlew, Black-headed Gull, Siskin, Gold Finch, Common Gull



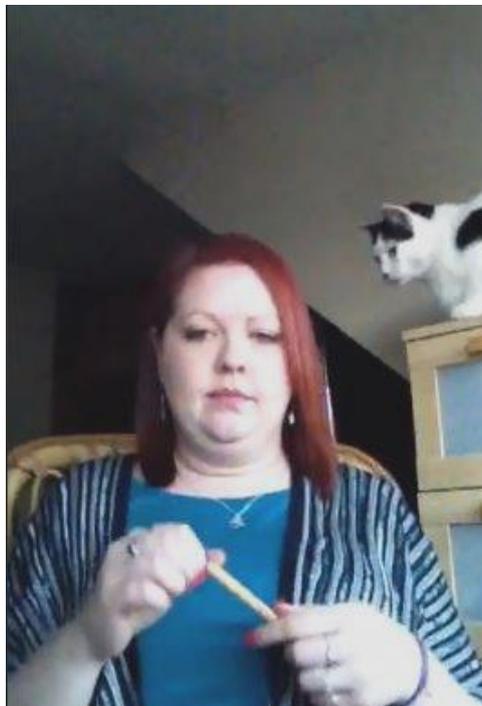
This photo taken by John Davidson was most admired by Blackford Cares. You've got to be out the village by 6am to see this. Must be nuts.

Or look forward to admiring these colours again as you walk through the village thanks to Blackford is Brighter.



It's not often you see bunting this early in the season, but we salute John Aitken as a great supporter of Blackford Gala Week. First up with his red and yellow bunting once again.

Gala Day would have been June 14th; we'll see what can happen that week.



Gala Quizzer Sarah Thomas and the photo bombing cats will be hosting another live quiz through the Blackford Cares Facebook Group **on Friday 1st May at 7pm.**

Individuals or teams welcome to join the fun for fairly limited prizes.



Kenny, who has been our regular postie for almost 30 years, received a wee gift from folk in the village through the Blackford Cares Group. "Just doing my job," was his response. The big question remains, what is Kenny's surname?

Business Directory

Where to find help

Home Deliveries

Local businesses and trades who are open and available for work

Firmus Building Services Limited
07557 769238

Blackford Electrical
07432 272818

Simon Head Joinery Services
07764 255163

Kevin Moran Builder & Stonemason
682728

JM Plumbing
682811

RSD Plumbing & Heating Services
07824 904617

Graham Keir Plumber
682426

Ian Little Ceramic Tiling
building advice, 07745 751046

Aspire Plumbing and Heating
07528 069156

Landscaping by Wallace, 07901 774514
landscapingbywallace.com

P.T. Turf Machinery, Auchterarder
Lawnmower servicing, 660782

Tony Papa Window Cleaning
07816 279017. tony.papa@hotmail.co.uk

Crieff Garden Centre,
652722, crieff.co.uk/garden-centre

So you're doing all right. You're into your rhythm and getting the hang of self-isolating, shielding, social distancing and those other words we didn't know at Christmas. Well done!

However, if you get ill, or the person who shops for you gets ill, or you have a burst pipe or whatever; who you gonna call if Ghostbusters are on the other line? It may well be one of your neighbours, which is very likely in Blackford, and here are a few lists you might also find useful.

Maybe it's the chat you're looking for. These folk in the village have said they are available, and if they can't help they'll find someone who can.

Mary Little

07921 907996

Nicki Sinclair

682742 or 07785 530300

Karen Yearsley

682232 or 07909225197

Irene King

07403 767599

Sheila Macdonald

682523

Jane & Gordon Roy

682356

Laura Peacock

682243

Shops with delivery or Click & Collect

Blackford Village Shop
682245

Gloagburn Farm Shop, 01738 840 864
gloagburnfarmshop.co.uk

Fish in Crieff, 654509
Delivers on a Friday

Co-op Auchterarder, 664680

D&D Dairies, Crieff, 654271
dandddairies.co.uk

Alex Spink, Arbroath, 07740 819595
Fish on a Wednesday

The Crieff Food Company, 655817
thecriefffoodco.co.uk

Broadslap Farm Shop, 01738 730776
broadslapfruitfarm.co.uk/farm-shop

Simon Howie, Butcher 664888
thescottishbutcher.com/click-and-collect

David McIntosh Milk Deliveries Ltd
01259 928288 or via Facebook

Falleninch Farm Butchers, Stirling,
01786 446653 / falleninchfarm.co.uk

The Handy Shop, Crieff, (Fruit & Veg)
652030, handyshopcrieff.co.uk

Online through supermarkets many of whom have Volunteer Cards allowing remote payment to account and volunteers scanning a printed barcode.

De-escalating conflicts during COVID-19 isolation

We're all feeling a bit of extra tension at this time; here are few pointers for any family relationships.

- Acknowledge your own feelings of discomfort as a prompt to change direction
- Take a breath and adopt a calm disposition (even if you don't *feel* calm)
- Lower your tone and the volume of your own voice
- Ask an open question e.g. "How do you feel that this is going?"
- Find a statement of agreement on anything e.g. "I guess we are both feeling upset."
- Take a break and reset a time to come back to the discussion

If you feel out of control, take steps to de-escalate and get your anger under control:

- Look up/away and refocus on something benign (like the view from a window)
- Take a deep breath and release it very slowly
- Unclench/untense hands/muscles
- Describe how you are feeling e.g. "I'm feeling a bit wound up right now"
- Decide to take a break e.g. "I'm just going into the next room for a few minutes"
- See beyond the argument to what has been activated below the surface
- Reassure others that you are aware/managing your emotions
- Talk your feelings through with a third party

From *The Marriage Course* by the same church behind the ALPHA Course.
It's open to those not married and not involved in churches. htb.org/marriage



IF YOU ARE EXPERIENCING DOMESTIC ABUSE HELP IS AVAILABLE

Don't delay in seeking help during the current coronavirus situation. Call the 24-hour Domestic Abuse Helpline in confidence on 0800 027 1234 or visit safer.scot

Domestic abuse is a crime.
Call 101 to report it or 999 in an emergency.





The Gala would love you to join John Aitken and have bunting out by the beginning of June; we'll try to make a few events happen within guidance.



Flower Show (usually first Saturday of September) will be different, we're just not sure how different yet.



Blackford Bowling Club sends best wishes and hope everyone is safe and well. The club house and green are closed although the maintenance on and around the bowling green is being carried out as usual. We hope we can all be together again both on the bowling green and in the club house when the government guidelines allow us to. Stay safe everyone.



People are the church, so closing a building has only changed how we do things not stopped us. We're doing things online, in our grounds and in the village.

Services are mostly posted on our website blackfordparishchurch.org for anyone to benefit from during the week. Following Communion on Zoom over Easter, we have live services on the 3rd and 31st of May. We also do our weekly Bible Study and Youth Club (Hot Chocolate) on Zoom.

We had fun with the Easter Egg Hunt launched at the online assembly and judged through our Blackford Parish Church Facebook page.

Come in and use the grounds to rest on your walk, to visit the foodbank or to use other resources available.

This was printed by the church on behalf of Blackford Cares with help from a Faith in Communities grant.

Blackford Community Council

All meetings are suspended at present; our website has various information on it, including information received from PKC about keeping safe during the current situation. See blackfordcommunitycouncil.org.uk Road defects should be reported to P&K Council at my.pkc.gov.uk.



Blackford/Trebsen Twinning

This May's visit by guests from Trebsen has been cancelled. We hope to welcome them to Blackford Highland Games in 2021. Trebsen's Highland Games, due to be in September, is also cancelled.

Blackford Sings

Due to social distancing we finished early, however, keep practicing your singing! We look forward to meeting again in due course, Saturday mornings, 10am-12pm in Blackford Church. Meanwhile, there are a range of Zoom choirs available if you wish to participate.

You don't need to have a Number 1 single under your belt to join, but Caitriona Hutton (lady in red) now has one as a member of the NHS Voices of Care Choir backing Captain Tom Moore and Michael Ball.



Blackford SWI & Blackford Bells & Dancercise Class with Mandy

We hope all members are keeping safe and well at this time. Meetings suspended till after the summer when we look forward to re-starting when restrictions are lifted.

Keep an eye on the noticeboards at the Moray Institute and the Village Store for information about village groups once restrictions are lifted.



Blackford is Brighter will soon be ready to plant and water bedding plants in the displays around the village. Could you help this year particularly those near your house? Please get in touch.



Blackford Community Cycling Club are posting a series of favourite local rides for lockdown exercise onto their Blackford CCC Facebook page. They describe the 20 mile Tullibardine & Kinkell Bridge loop as "moderately difficult" but the directions are easy.



Blackford Historical Society's spring meetings were cancelled and we will attempt to rearrange the talks & AGM.

To view information the Society holds on Blackford, visit our website at blackfordhistoricalsociety.org.uk. Email info@blackfordhistoricalsociety.org.uk

if you would like to provide information about how Blackford deals with the current situation which may be of interest to future generations, please email it to the society.



There's never been a quieter time for responsible people to cross the A9, so here's a first walk from Kirsty & Ben. Directions are in the Blackford Cares boxes and watch for more to come.