

Minard Good Neighbours Newsletter

Issue 4 29th November 2020

Minard Good Neighbours are planning a little **Christmas Cheer!** Watch this space for info on a special, socially distanced Christmas activity— more details to follow. Remember, offers are still there to help with everyday shopping and for help with getting your Christmas essentials in – contact us if you need some help via the details at the end of the newsletter.



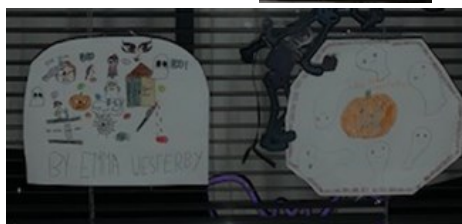
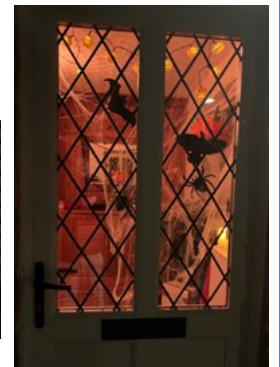
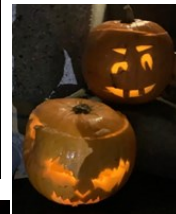
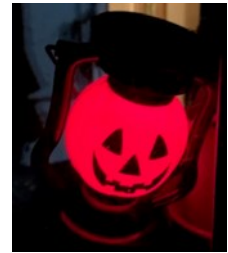
Making Minard special this Christmas



Following the success of our Halloween & Bonfire Night celebrations, we'd love you to join with fellow villagers by decorating your garden, window or front door with festive cheer. In addition, let's keep the pebble painting in front of the shop going, with plenty of winter festival designs. You never know, Santa may just visit those houses taking part!

Halloween and Bonfire Night

Here are some photos of your fabulous, creative efforts for Halloween and Bonfire Night. Thanks also to Nathan Thompson for an excellent firework display from his garden!



SH♥P LOCAL

If you can't get to your usual high street favourites this year, don't fear! We have some excellent local businesses ready to help meet every Christmas need: **Marmalade Deli** in Lochgilphead has a fine selection of Christmas treats including biscuits, condiments, chocolate and cakes. **The Sweetie Jar** in Lochgilphead and **Sweet Memories** in Inveraray will meet all of the needs of those a sweet tooth. **Baracaldine Botanicals** (barcaldinebotanicals.co.uk) and **Purdie's** in Inveraray are there for those who enjoy a home pamper. For the whisky lovers amongst us, we have **Fyne Malts of Inveraray**. For handcrafted items and other gifts, check out **Oban Virtual Christmas Market** on Facebook, **The Square Peg** in Lochgilphead and **The Wonky Pot** in Inveraray. For the book lover, we have **Argyll Book Centre** in Lochgilphead (also on uk.bookshop.org). Lastly, for the outdoor enthusiast we have **Macintyre's and Dewar's** in Inveraray and **Fyne Tackle** in Lochgilphead. That's just a small selection to help us all support our local towns and businesses during these challenging times.

Keeping active in an Argyll winter is never easy. Here are some ideas for you to try at home:

Yoga— Online classes with Oban based Susan via Zoom and prerecorded sessions—<https://suasanayoga.squarespace.com/>

Tai chi and chi gong— gentle movement for physical and mental wellbeing— Minard Hall every Thursday at 6pm. £4 per session

Activities for people with long term conditions— are available online via Lochgilphead MS Centre. Contact the team and find out what's going on via www.msargyll.com

Pilates and home fitness and wellbeing with Tarbert based Jacqui—Online opportunities. Contact Jacqui via barkerpine@hotmail.com

Stay active and well with British Lung Foundation via www.blf.org.uk/support-for-you/keep-active/exercise-video

Fitness with Vicki—Online classes every morning and Monday evening. Call 07776408185 for more details.

Remember, we still have the **foodbox**

outside the shop— donations of non-perishable items welcome. Please help yourselves to anything you need— no questions asked.



Age Scotland Friendship

and Assistance Line When you need friendship and support, please call **0800 12 44 222** to have a chat and schedule a weekly call with one of Age Scotland's volunteers. It's completely free and lines are open Monday to Friday, 9am - 5pm.



THE BEST GIFT IS YOU! **Join the fun!** Anyone living in Minard, Crarae, Tullochgorm or Nursery Cottages is welcome to join us to help coordinate village activities for children, older people and everyone in between. We need help with a wide range of things and any offers of your time will be gratefully received. Its good fun— go on, you know you want to! Contact us via the details below to make a difference for everyone.



For help from a Minard Neighbour call 01546 886273

To receive regular updates by email please sign up via www.minard.org.uk

Find us on Facebook via Minard Community Noticeboard

To sign up to a confidential village email list contact info@minard.org.uk or tashoo.2@zen.co.uk

