

# Caerlaverock Catch-up

A community round-up of news, information and events



We've produced another newsletter already to keep you informed of the latest developments. Take steps to keep safe. Lots of help is available so read on!

Instead of travelling up to Dumfries, consider getting your provisions on your doorstep.

## Details overleaf of various local provision services.



The staff at **The Boathouse** have transformed it in a week, they now offer ready meals, an expanded grocery list (see over) and takeaway service. Order and pay by phone: **(01387 770 673)** email:

**order@theboathouseglencaple.com** with a 48-hour turnaround for collection (or delivery to doorstep if isolating). Call or email for stock availability and up to date pricing. Everything at RRP, as always, and requests can be taken.

### Opening times:

7.30 - 8am over 70s and those in high risk groups.  
8am - 5.30 everyone else.

### Safety:

The Boathouse staff are taking great care with health and safety measures. There will be limits of people allowed in at one time. Please keep a safe distance from others including staff.

**WWT Caerlaverock closed** until further notice.

If you don't follow the **Caerlaverock Community website**, it's a good time to start!  
It has details on the Isolation Support Group, news and notices that have been sent in, and is kept updated several times a day!

**www.caerlaverock.org.uk**

## Caerlaverock Community Association Extra Edition March 2020

### Nith Hotel

Sadly due to the Coronavirus and Government warnings we have taken the decision for the safety of customers and staff to close the Nith Hotel.

Hopefully this temporary measure will be over very soon. Take Care & Keep Safe  
The Houlston Family

Please continue to be cautious when dealing with callers at the door, unwanted phones calls and emails. From Mark Armstrong (NHNW, Community Support Officer, NW Scotland)

During this period of uncertainty regarding Covid-19, it has become apparent to **Neighbourhood Watch Scotland** that there are some people who are taking advantage of the situation and are targeting the most vulnerable. Although we appreciate the concern that is being caused by the outbreak,

If you need help, or might in the future, or can volunteer, we recommend that you get on the **Caerlaverock Community Coronavirus Isolation Support Group** (Catchy name we know.) Call Lynda Anderson **770402** or use the volunteer form online: **bit.ly/caerlaverockvolunteer**

The **Castle Corner Campsite** is closed, and we have requested the Glencaple Quay End and local roads not be used for Motorhome daytime or overnight stays.

Bus Services: From Monday 23rd March, the **6a to Caerlaverock** will not be in service until further notice.

### D&G Council closures until further notice:

Leisure Facilities & Swimming Pools, Museums, Galleries and Cinemas, Libraries (*the community outreach service will continue to operate*), Public Conveniences, Public Halls, Caravan Parks  
(Waste will still be collected.)

### Local Help Available!

There are 20 Caerlaverock contacts to date from people willing to volunteer help. HUGE thanks to you all for this. We're all in the same boat. Now is a good time to plan and think about what you might run out of.

Start making a list - food stuff, medicines, firewood. There are local businesses we have listed here offering deliveries. We can also give you a direct number for our Community Police Constable, Jac Irving, if you need her for anything. Take care and keep in touch with us - we're here for you!

Call Lynda Anderson to register on the Community Support Group: **770402**.

### Carers Emergency Planning Tool.

For carers to have an Emergency Plan is a good idea at any time but even more so at the moment. Dumfries and Galloway Carers Centre have a plan that can be completed and kept in case it is needed. If you would like a copy of the plan to complete at home please let us know by phoning 01387 248600. A copy can be posted or emailed to you.

**Support DG** has been launched to help people deal with how life has changed -

**1 Be Kind**

**2 Connect**

**3 Take Notice**

**4 Support**

**5 Give**

[www.dumgal.gov.uk/article/20679/supportDG](http://www.dumgal.gov.uk/article/20679/supportDG)

### Help the Wider D&G Community.

Third Sector Dumfries and Galloway are joining or following all the local help groups/pages being set up in response to the current crisis. We have a dedicated member of staff that will be following conversations on all the pages. We will post as Third Sector Dumfries and Galloway if there is anything we can specifically advise on or help with eg a route for information or assistance. We have a central volunteer sign up form for the region available at:

[www.thirdsectordumgal.org.uk/volunteer-opportunity-form-covid](http://www.thirdsectordumgal.org.uk/volunteer-opportunity-form-covid)

*Information correct at time of printing.*

**Website:** [www.caerlaverock.org.uk](http://www.caerlaverock.org.uk)

**Email:** [caerlaverockcommunity@gmail.com](mailto:caerlaverockcommunity@gmail.com)

**Facebook:** [facebook.com/caerlaverockcommunity](https://facebook.com/caerlaverockcommunity)

**Coronavirus support:** [facebook.com/groups/caerlaverockisolationsupport](https://facebook.com/groups/caerlaverockisolationsupport)

## FRUIT

Apples  
Bananas  
Berries  
Grapes  
Lemons  
Limes  
Melon  
Oranges  
Pears

## VEGETABLES

Aubergine  
Beetroot  
Broccoli  
Butternut Squash  
Cabbage (savoy, white)  
Carrots  
Cauliflower  
Celery  
Cherry tomatoes  
Courgettes  
Cucumber  
Garlic  
Leeks  
Lettuce  
Mushrooms  
Onions  
Parsnips  
Peppers  
Potatoes  
Baking potatoes  
Baby potatoes  
Sweet potatoes  
Tomatoes  
Herbs (20g)

## POULTRY & MEAT

Beef Mince (500 g)  
Beef Casserole (500 g)  
Corn-Fed Chicken (x5)  
Ham & Paté  
Sirloin steak (2 x 8oz)  
Breakfast meats: bacon, sausages & more!

## FISH

Fish Pie Mix (500g)  
Haddock Fillets (5-6 oz)  
Smoked Salmon (125g)

## STORE CUPBOARD

Brown sauce  
Cakes  
Chocolate  
Chutneys  
Condiments (various)  
Crackers  
Crisps  
Curry pastes  
Flour  
Jams & spreads  
Lentils  
Oatcakes  
Olive oil  
Pasta Rice  
Stock cubes (chicken; veg; ham)  
Sugar  
Sweet treats  
Tinned fruit & vegetables  
Tinned soup (tomato; lentil; chicken)  
Tinned tuna  
Tomato ketchup  
Vegetable oil

## GLUTEN & DAIRY FREE

We have a wide range of gluten-free items including flour, granola, muesli, pasta, pizza mix, porridge oats, sweet treats, crisps and snacks.

We also have dairy free options as well.

## BAKERY

We have a variety of bread available, please check.

## REFRIGERATED

Butter  
Cheese  
Cold meats  
Double cream  
Fruit juices  
Milk  
Soft drinks  
Yoghurt



## LOCAL PROVISIONS

### FROZEN

Burgers / Chips  
Fish  
Ice / Ice Cream  
Peas / Pizza  
**NEW!** Boathouse ready meals

### DRINKS

Cordials & diluting juice  
Gin, wine, and beer

### NON-FOOD ITEMS

All-purpose Cleaner  
Batteries  
Bin liners  
Cat & Dog biscuits  
Dog treats  
Dishwasher Tablets  
Fabric Softener  
Firelighters  
Kitchen Foil  
Kitchen Roll  
Laundry Liquid  
Matches  
Tissues  
Toilet Cleaner  
Toilet Roll  
Washing up liquid  
Wax wraps (a great cling film alternative for use with food – either beeswax or vegan wax)

### Basic toiletries &

### pharmaceuticals

– please ask for details



## Shopping on (and to) your doorstep!

### Fair Trade Provisions

**available from Judith Mylne 770648.**

A wide range of Cafe Direct Fairtrade Roast and Ground Coffee at competitive prices. Leaf Tea; Tea Bags and herb/ fruit teas. Great Taste Award Kilombero Rice - brown and white - supporting education for the children of Rice Farmers. Great Taste Award winning organic Coconut Milk.

Interesting Herb and Spice Grinders; Marinades; Zaytoun Palestinian Olive Oil and Medjoul Dates. Wide range of Chutneys, Jams and Marmalade from Eswatini supporting and providing work for women who are themselves looking after many children. Divine Fairtrade Chocolate 90gm and 35 gm bars - many varieties. Tony's Choccolony slavery free and Fairtrade Chocolate - 47gm bars. Easter Eggs AND MUCH MORE!! Also Kitchen Towels, soap and shampoo bars. Call Judith on **770648** for prices, more details etc.

### Kilnford Farm Shop

free Delivery Service on any orders over £30. DG1 deliveries are Wednesday and Friday.  
More info: [www.kilnford.co.uk](http://www.kilnford.co.uk) or call 01387 253087

**Roan's Dairy deliveries** - Milk, Cream, Eggs, Yogurts, Fresh Orange, Flavoured Milk add these to your usual delivery. Call us 01556 620 374  
Email us [office@roansdairy.co.uk](mailto:office@roansdairy.co.uk)

**Supermarkets** have restricted opening times for Elderly, Vulnerable and Key workers - check with them before going along.

## THE BOATHOUSE GROCERY ORDERS

**The Boathouse, Glencaple DG1 4RE**  
**Tel: 01387 770 673 Email:**  
**[order@theboathouseglencaple.com](mailto:order@theboathouseglencaple.com)**

**"We have a longstanding commitment to sell goods at their recommended retail price, so there won't be any nasty shocks at the till!"**