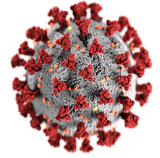




Largo Area Coronavirus Response Team

Issue 4
3 May 2020



Dear Friends and Neighbours,

We are now approaching week 7 of the coronavirus lockdown. There might now be a feeling of a slight sense of cautious optimism about the future.

These are uncharted waters. We listen to politicians, clinicians and scientists trying to navigate their way through to ensure our health, wellbeing and economic recovery. Our heartfelt thanks go to them all as they grapple with this enormous task.

We in the Largo Area have every reason to feel proud of actions we have taken over these last 6 weeks: social distancing, staying at home, ensuring exercise, shopping responsibly and supporting our friends and neighbours. Your patience, responsibility and resilience have ensured that those in need are protected, supported and valued. We sincerely thank you for that.

The work of the LACRT has been continuing at a pace. The **Helpline**, the **Deliver2U** shopping service and the **Support2Connect** service are all well established and you can use these by calling **0800 999 3465**. The strong foundation of local community networks has meant that - at the moment - these services are quiet. But they **ARE** there should you need them, so please do use them. We have 5 village teams manned by 70 or more volunteers - our thanks to each and every one of them.

In the absence of the usual Fife Council services we are seeing an increase of litter on our roads and beaches. We are also seeing communal grass areas uncut and a proliferation of weeds. A tidy environment makes us feel happier, and to this end we've teamed up with *Happy Beaches*. This is a Fife-based community group which organises beach cleans.

- If you would like to help, then please Pick&Collect. This can be done during your daily hour of exercise on the beach or the Coastal Path. *Happy Beaches* and the LACRT have made the necessary equipment available.

Hi-Vis Vests, pickers, gloves, bins, bags, tape and sanitising gel can all be found in a chest in front of Andy's Store Lower Largo. *Happy Beaches* will collect the rubbish from various pick-up points identified on the chest and dispose of it appropriately. This activity is informal and we're keeping it simple – just enjoy your walk and take care of your environment.

We are also seeing so many “random acts of kindness” with adults and children taking care of the Communal areas by cutting the grass, tending to the grounds of village halls and generally keeping the place tidy.

The Largo Cricket Club's season is another casualty of the virus, and members of LCC have started to mow the grass in East Drive – many thanks to them.

Largo Parish Church has placed two benches in the orchard behind The Stables. Why not visit the church grounds, have a seat and listen to the birdsong – it's a really beautiful part of Upper Largo.

On Thursday evening at 8pm we heard Largo Parish's Church Bells ringing. This was for all frontline staff, but especially for those in our own local Nursing Home, Peacehaven. They are working so hard to care for and protect their residents.

In addition, the LACRT felt they would like to show the Community's appreciation to those who work there. We arranged for a small gift to be sent to each member of staff. Our sincere thanks to Ms Kerrie Day (Manager) for helping us to organise this.

We're also currently discussing how we can show support for the residents to let them know they are valued, thought of and cared for during what must be a very frightening time for them.

This area supports foodbanks at Leven and Anstruther. They too are feeling a downturn in the contributions they would normally receive.

- If you would like to donate food items, Andy's Store has a collection box for the Leven Foodbank.
- If you would like to give money to help boost their stock, then bank details follow. Any donations would be greatly appreciated.

East Neuk Food Bank: 83-15-21 00227490

Leven Food Bank: 83-24-24 10820564

The manager of the Levenmouth Foodbank has explicitly expressed her thanks to the Largo Communities for their generous support.

We are also beginning to do a piece of work with AbilityNet which is a UK Charity that provides free technical help and training to anyone who is disabled or aged over 55 years. They can help with things such as training with Smartphone Apps, including Zoom, and generally how to use technology.

AbilityNet has volunteers based throughout Scotland who can help with most computer systems, laptops, tablets, devices and Smartphones. They also show people how to use the internet. Contact details are in the back page of this newsletter.

What happens next? We have to monitor things and adjust as the needs arise.

- We're making an application to secure funds to establish a formal Befriending Service. This, we hope, will be sustained after the pandemic and will be a valuable lasting legacy.
- We are also taking account of the prediction of a steep downturn in our economy. We recognise the potential need for short term practical support and are looking at how best this could be achieved in the most dignified and confidential way.

There's plenty of work to do but really its over to you to continue to stick to the rules on social distancing: stay at home, enjoy a daily hour of exercise, shop responsibly and look out for your friends and neighbours. Please also remember the advice on

wearing a face covering especially where physical distancing is more difficult and where there is a risk of close contact with multiple people you do not usually meet. If together we follow these rules, we can hope for a positive outcome.

Stay well, stay safe and above all look after yourselves.

LACRT lacrt@largocommunitiestogether.org.uk

Some Contact Details

Helpline these can all
Deliver2U be contacted on
Support2Connect **0800 999 3465**

Our local suppliers include:

<u>SHOP</u>	<u>CONTACT</u>	<u>DELIVERY</u>
Andy's Store (text) Lower Largo (shop)	07754 329042 329237	By Deliver2U By Deliver2U
Zaphar's Premier Shop Lundin Links	320851	Delivering
Stuarts Lundin Links	320213	Delivering
Blacketyside Farm Shop+Meals	423034	Delivering
Blacketyside Online blacketysideorders@gmail.com		Delivering
John Archer Fish Lower Largo	329850	Check
Lundin Links Pharmacy	320274	Delivering

Other organisations:

Happy Beaches facebook.com/happybeaches.co.uk

AbilityNet 0800 269 545

<https://abilitynet.org.uk/>

LCT largocommunitiestogether.org.uk

The Pier Group of LCT has just completed its civil engineering design proposals for ways to save the pier. The group will be posting a consultation document on the LCT website, which describes a number of options and asks for responses from everyone in the community. This exercise will be essential to guide the group's next steps. Please have a look and express your views.