

BERNERA NEWS



In association with

WELCOME TO OUR FIRST EVER BERNERA NEWS.

The Daily Ceilidh is a new, local website to link Uig and Bernera folk with each other and to increase community connection in these challenging times.

Although the website has been up and running for a little time now, we are very aware that not everyone has access to the internet, and so wanted to provide a printed news-sheet for all in Bernera.

Our main focus will be on sharing information and resources, but we also hope that by doing so we can help reach out to those who may be feeling more isolated during this difficult time.

We'd also really like for you all to get involved. If you have some news that you'd like us to share please get in touch. Likewise, if you have an idea of what else we could be doing to help. Whatever it is, we want to hear from you.

Contact us at:

01851 600 159

hello@thedailyceilidh.co.uk

Or visit us online at:

www.thedailyceilidh.co.uk

SHOP NEWS

I'm sure all of you will agree that June, CJ and Nicola (and Aileen from a distance) have been doing an absolutely fantastic job in keeping the shop well stocked and providing a delivery service within the community. As well as running to and fro to Stornoway to ensure that there's food and essentials on the shelves, they're also shopping to order for many of the vulnerable within our community. For those isolating or shielding within their own homes this service has been an absolute lifeline, and we commend the shop team for all their hard work and support.

Anyone and everyone is welcome to use the shop, even if you are not a regular customer. However, there is a limit of 1 customer in the shop at a time, and you are asked to use hand gel (provided) on entrance to the shop, and observe social distancing rules at all times. If you would like something specific please speak to Nicola about placing an order. June and CJ go to town on a Monday, Wednesday, and Friday so orders should be placed beforehand. Deliveries, or collection from the shop, will then be made the following days.

In addition, they are offering a collection service from Macleod and Macleod butchers, and Stag Bakeries. Orders and payment must be made with the individual shops, before collection on the Friday. You will also need to tell the shops that collection will be made by Bernera Shop, as well as asking June to pick your orders up.

Finally, don't forget that for those unable to get out and about, delivery is available. Call the shop on (01851) 612282 to arrange.

Opening times are 12 - 5 Mon to Sat, and 1 - 3 (shop only) on Sun.

BEFRIENDING LEWIS

Befriending Lewis offer support to people over the age of 18 in all communities across Lewis, including Bernera. Their aim is to reach out to those who are isolated and lonely, and to offer an adaptable service, including the use of Befriender Volunteers. Although, during this period of social distancing, face to face activities have ceased for the moment, Befriending Lewis are still there to help. If you, or someone you know, may benefit from their services, please get in touch with them. *If you think you could become a volunteer for Befriending Lewis, they'd also love to hear from you.*

Call: 07496081902 or Email: info@befriendinglewis.org.uk

Alternatively, visit their website to find out more: **www.befriendinglewis.org.uk**

DISPLAY IT!

In the coming months, NHS staff who do not normally make home visits may be required to do so. NHS Western Isles is therefore asking everyone to ensure that their house number or name is made as clear as possible.



BERNERA DOCTOR'S SURGERY

The surgery remains closed at this time, but patients are being reminded to still seek medical advice and support when required. You can call the surgery on (01851) 860222.

The team at Langabhat Medical Practice are doing their very best to answer your calls and address your concerns, but please be patient with them. The surgery at Leurbost remains open only for pre-booked appointments, dropping off requested samples, or picking up some prescriptions when you are told to do so. Otherwise it is important that you do not attend the surgery.

Prescriptions continue to be delivered by the Bernera Community Association team, who we would like to offer a great deal of thanks to for all their hard work with this.

NHS WESTERN ISLES

NHS Western Isles are urging people with any medical problems not to delay seeking advice because of Covid-19 worries. Nursing and medical teams are ready to provide help and support if needed. Call your GP, or 111 out of normal hours, if you are concerned about your health.

In an emergency always call 999.

Although screening services are temporarily suspended it is important to report any change in symptoms, or new ones, to your GP, who will take this further if required.

Mental Health Services are stretched at this time, but please still contact your GP or CPN if you need support.

In addition, NHS Western Isles have launched a dedicated Covid-19 health support telephone line for those living and working within the Western Isles. This local service is intended to answer general health queries or concerns from members of the public, health and social care staff and category 1 responders, regarding the Covid-19 situation. The line will be open Monday to Friday 9am - 5.30pm. (01851) 60 11 51.



Please note - if you, or a member of your household, are experiencing symptoms of coronavirus, then you should still call NHS 24 on 111, in the first instance.

The main symptoms to be aware of are a high temperature (this means you feel hot to touch on your chest or back), and a new, continuous cough. This means coughing a lot for more than an hour, or 3 or more coughing episodes in the 24 hours (if you usually have a cough, it may be worse than usual).

OTHER USEFUL INFORMATION

Mind UK's Infoline provides an information and signposting service for mental health. They're open 9am to 6pm, Monday to Friday. Call free on 0300 123 3393

The Samaritans offer telephone support 24 hours a day, 365 days a year. Call for free on 116 123

If you're experiencing any form of domestic abuse, including coercive or controlling behaviour and or violence, you can call the Domestic Abuse helpline at any time on 0800 027 1234.

If you think that you may be struggling with your drinking, especially during this difficult time, you can call the Alcoholics Anonymous phone line on 0800 917 7650 at any time.

POSTCARDS FROM THE ISLAND...

One of our regular features on the website is the sharing of short postcard type pieces about life in Bernera. These are just a couple of those that we have been lucky enough to receive. If you would like to write one for us, we'd love to hear from you.

AN ARTIST ON LOCKDOWN , WHAT'S NEW THERE THEN ?



We nearly always work alone; we eat like students because the function of feasting is just not as nourishing as getting that tiny flash of titanium white just right, and we learn quickly that touching your face at any point during your art practice is likely to leave unmistakable evidence and so rarely do it. So why, then, has it taken me weeks of procrastinating and thinking on our current situation to continue exactly as I was before?

Flow is the answer. I was swimming in a river of ideas and then a virus came along, all the water dried up and there was I, stood shivering in my cossie, wondering what the heck just happened.

I know I'm not the only one. Many of us will also have

spent some time re-adjusting to the new regime, new timescales, and prolonged deadlines. However, this week I was asked to write about my art work for Postcards from the Islands and Boom! I had a reason to go back into the studio, open some paint tubes and jump back into that river. And guess what, I'm swimming again, albeit doggy paddle.

The mood of the murky weather reflected I dived in with the blues and greys and was soon heading for an abstract beach scene. I work mostly from memory; I try to recall sounds, smells, emotive stimulants that take me back to a place, and I find my way from there, adding colour and form until I feel I know the scene.

That is the ultimate goal for me when I make art; I want the viewer to feel a scene too; to recognise a moment for themselves. My surroundings are a feast for the eyes and so now I am going to continue where I left off; exploring, searching, and feeling the beat of my new environment.

Rebecca Greenwood-Styles is a contemporary landscape artist living in Tobson. She wrote this piece for us a few weeks into the lockdown. The picture is of a painting called Clear Sands, that will be featuring in the Hulabhaig summer online exhibition from 13th - 18th June.

www.rebeccastyles.co.uk

Ava & Carrie from Tobson sent us this postcard...

SUPPORT THE NHS

Hi

Ava and Carrie here. We decorated t-shirts with a message of support for the NHS because nurses, doctors and other staff are working hard for us at this difficult time.

We should do our bit to help the NHS and stay at home!

Love Ava and Carrie xxxxxxxxx



YOU ARE CARED FOR...

When I look out the lounge window I see in the distance the glistening white bridge linking Great Bernera with mainland Lewis.

A clear and visible symbol of two communities linked together physically, but as we know the connection is more than the physical. Involving the communal, the cultural and the spiritual.

My grandfather, then a Councillor, spoke of his great pride at being present at the opening of the Bernera Bridge all those years ago. A structure that continues to effectively serve both communities to this day.

As islanders, our ties with one another is deep and has a tangible facet, arguably not found in many urban settings. How often we saw this proved as we walked through the Eastgate Centre in Inverness and spied another islander. It made us happy, and immediately we would acknowledge and speak to our fellow islander

warmly in this different setting. Even to those who we had never spoken to at home.

Instead of destroying the characteristic, warmth, care and concern of the community of Bernera Covid 19 has actually been an accelerant and a platform to express these virtues, especially to those categorised as belonging to the 'vulnerable grouping', and to those who live alone. An important and valuable component of our community.

Christ, commended such an expression of selfless love and concern when he taught, **'inasmuch as you did it to one of the least of these My brethren, you did it to Me', Matt 25:40.**

Jesus knows what it is to be lonely. He knows what it is to be cut off. To experience the ultimate, social isolation at the Cross and He encourages you and I to **'cast.. all your care upon Him, for He cares for you [and I]', 1 Ptr 5:7**

Rev Hugh Maurice Stewart

VIRTUAL SERVICES.

For those of you with access to the internet, Lochs-in-Bernera Church of Scotland offer regular virtual services as listed below.

Online Sunday Service - 10:30 am
(Available on the Church's FB page or Youtube Channel thereafter, further details below.)

Online Sunday School - 12 noon

Online Prayer Meeting - 7 pm each Thursday evening.

Both the online Sunday School and the Prayer Meeting are hosted on video conferencing. They are open to all, please email the Minister at berneralwuig@btinternet.com to receive a secure invitation. Full Safeguarding Protocols are followed in respect of all activities involving children online

The Sunday Service is available on the Church's Facebook page, and from Sunday 17th May from the Church's Youtube Channel, accessible from the Facebook page.

If you would like any technical help and support to enable you to access any of the online services please get in touch with us at The Daily Ceilidh, for free assistance (01851 600 159).

OISEAN A' CHALMAN BANCA PAISDE [DOVE'S WING BABY BANK]

Open to all parents and children residing in Uig, Bernera and Kinloch, through their Facebook page.

24 hr Contact Number – Call or Text 07903 311934 in complete confidence.

PASTORAL CARE

The Minister is available 24/7 to offer pastoral care to anyone in the Parish of Bernera whether or not they come to church.

He may be contacted on: (01851) 672 388 or 07971 057915 or by e-mail at berneralwuig@btinternet.com.

