

**Need help with anything due  
to COVID-19 self isolation?**

Our community of local volunteers  
are here to help. We can pick up  
prescriptions or groceries and  
deliver them to your door, take your  
dog for a walk, give a friendly phone  
call or help in any way we can.

If you need anything, email  
[cbuchan@churchofscotland.org.uk](mailto:cbuchan@churchofscotland.org.uk)  
call Catherine on  
01540 673238  
or call Elspeth on 01540 673239

Also willing to help  
Badenoch Shinty Memories: 07743686270  
Newtonmore Shinty Club  
Community Councils