

# Community

#SupportDG 

EDITION 3  
Tuesday 14 April 2020

Eva, aged 8 from Whithorn, has been making local residents smile by leaving her hand painted stones on doorsteps while out on her daily walk.



## What's Inside

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Council Leaders

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Be Kind



Connect



Take  
Notice



Support



Give

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Tel 030 33 33 3000

Dumfries  
& Galloway



# Welcome to Community

## Your Dumfries and Galloway Community Bulletin

**Things are changing hour-by-hour, and with each change comes a new demand for complex response to COVID-19.**

Our Council is committed to finding new and improved ways of connecting effectively with our citizens and communities in Dumfries and Galloway.

Last week we launched a new website to ensure you can access the latest information on COVID-19. The page is accessible, easy to navigate and provides you with a platform where you can find everything you need to know in one trusted place.

If you haven't already visited our new website, we would urge you to have a look at

**[www.dumgal.gov.uk/supportdg](http://www.dumgal.gov.uk/supportdg)**

**#StayHome**

**#StaySafe**

**#SaveLives**

#SupportDG



**#SupportDG**

[www.dumgal.gov.uk/SupportDG](http://www.dumgal.gov.uk/SupportDG)



**Cllr Elaine Murray**  
Council Leader



**Cllr Rob Davidson**  
Depute Leader

Again, we take this opportunity to remind you of government advice – that everyone must stay at home to help stop the spread of COVID-19. You should only leave your home for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, to avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

**Do not meet others, even friends and family.**

**You can spread the virus even if you don't have symptoms.**

These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are two metres apart from anyone outside of your household.

Together, as one Dumfries and Galloway community, we can stay safe and save lives.

with best wishes  
**Elaine and Rob**

# Working to keep our citizens and communities safe



**Wash Your Hands  
Regularly with  
Soap and Water  
for 20 Seconds**

**APPROVED**

**557**

Business grants awarded  
with a value of

**£6.2M**



**1.82M**

Facebook reach



**2.62M**

Twitter reach

**Council News**



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**#SupportDG**

**1,110**

#SupportDG  
emails handled

**201**



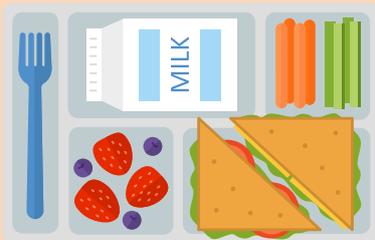
Community groups and  
hubs assisting in COVID-19  
response

**1,500**



Volunteers registered

**18,353**



Free school meals produced  
and delivered

**253**



Meals for vulnerable (shielded)  
people produced and delivered

# Communities responding to COVID-19

## Community Spirit in Balmaclellan

With a population of only 236, Balmaclellan might be a small community, but it's got a big heart. Located in the Glenkens of the Stewartry, Balmaclellan is lucky enough to still have a village shop – and one that has always delivered to the elderly in the community.



During the present crisis, many locals, along with the community council, have stepped in to assist those that need help with grocery or newspaper deliveries, posting letters or collecting prescriptions from New Galloway.

Debbie Muirhead from Balmaclellan Stores said, "The offers of help has been outstanding. Many have offered to assist are elderly or vulnerable themselves. What a great coming together of community spirit."

For assistance in Balmaclellan, please contact:  
Debbie at the shop, 01644 420321 or 07709 009147  
Ailsa Malone [ailsmalone@aol.com](mailto:ailsmalone@aol.com) 01644 420480 or 07485 079077  
Martin Warnock [lochbank@pm.me](mailto:lochbank@pm.me) or 07939 261391  
or message the Balmaclellan Community Council Facebook page

## BL MING LOVELY

Three-year-old Jack Kennedy is doing his bit to deliver good cheer in difficult times. Jack's neighbours in Dumfries have been opening their doors to a welcome surprise – gifts of flowers and plants on the steps. Mum, Amy Bassett works at Tesco, and, when she is on the late shift she's able to bring home flowers and plants which are going out of date, but still have plenty of life left. Amy said, "Jack chooses who gets what. He loves it".



Unfortunately, Amy's had to postpone her wedding, but she and Jack chose to deliver all her no longer needed wedding sweets to workmates who'd been sent home or were self-isolating.

A post on social media says it all. "One of our Tesco Team Support went round today to our staff in isolation and left sweets and chocolates at their doors! What a lovely soul you are Amy Basset!"

## A STITCH IN TIME

So many people are making a positive difference to our lives during these unprecedented times. Once such person is Pam Mellor, who's been using her creative skills to brighten up the village of Eastriggs. You may have heard of the rainbow initiative, where rainbows are created and placed in windows to show solidarity and cheer people up. Well, Pam has gone one step further. She's started a daily challenge from her front window, creating colourful craft displays complete with a question for children to consider as they walk by on their daily exercise. On Mother's Day, Pam knitted wonderful multicoloured flowers and tied them to her front gates, inviting mums to take one away with them. Having been involved in Annan Churches Together Holiday Clubs for over 20 years, she has a great imagination and knows how to use activities to engage young people. Pam explains, "I just wanted to do something to raise a smile as folk were passing. There's something different every day".

If you're in Eastriggs, look out, as there's another display coming soon!



## Looking Out For Leswalt

A close-knit village at the best of times, Leswalt has been doubling efforts to keep citizens connected, with a Community Association Facebook page and Messenger group offering regular updates to villagers in response to the current COVID-19 circumstances. For those with no online access, there are regular bulletins on the village shop noticeboard. Villagers are encouraged to look out for elderly and vulnerable residents to ensure they have everything they need. As more people self-isolate, volunteers from the Leswalt Community Association and others have kindly offered their time for anyone requiring shopping, deliveries, dog walking or simply a chat - taking into account social distancing.

Following guidance to slow the pandemic, Leswalt Community Association has suspended all meetings using the village hall - which has undoubtedly brought an end to some people's main social connections - and has instead offered the hall to the Council to use as they see fit in the current situation. But Leswalt locals will continue to keep up the human interactions, albeit on a virtual basis, via social media.

### School Smart Safety Gear

Twenty of our Council staff, scientists and technicians from local schools volunteered to use the chemistry department in Annan Academy to help Alpha Solway in the production of Respiratory Protective Equipment for the NHS. A huge well done to all involved.



# Letter to a stranger

Young people have been writing letters to a stranger, so that our Youth Work Service can send them on to people experiencing loneliness and isolation. Here's one we'd like to share with you.

## Dear Stranger,

I hope you are well and coping with isolation. It is really strange not being able to go outside, especially now the weather is getting better, the sun is out, and the evenings are lighter. It feels like spring.

We have been kept busy with schoolwork since we have been off, but this is difficult when you are working at home by yourself. Today, I have to read Anne Frank and we will then get a quiz about her life. I am really interested in history, so I was disappointed that the school shut just as we were about to begin learning about the Second World War. Hopefully we will still be able to do this through our home learning as I am keen on researching. Another thing I have been doing is helping with jobs at home. Last night, I had great fun making dinner for my Mum and Dad. It was Spaghetti Bolognese and they seemed to enjoy it. The only downside was I had to do the dishes once everyone was finished, a chore I am not fond of.

Last week, it was my birthday, which ended up not as bad as I'd thought. Mum and Dad were able to get a delicious takeaway for dinner - it was the highlight of the day. In the evening I went online to spend birthday money and bought myself a lovely pair of pyjamas. They came yesterday and are pink with a pussy cat on the top. I must say I love them.

Social media has been a great thing to keep in touch with my family and friends. I enjoy talking to my friends from school and hearing how they are coping with having to stay in the house. Most of us have been finding things to do like joining group chats, reading and playing games. We will be glad when this is over, and we can go back to school. We all miss catching up and hanging out together.

I also talk to my sisters on Facetime. They both have babies, and while it's hard not to be able to see them and give them a cuddle, being able to talk to them and see their faces has been great. My big sister has also taken up baking, which is a shock as she is a terrible cook. So far, she has made tablet, chocolate brownies and a cheesecake. She insists they were lovely. I'm not quite sure if I believe her but hopefully, she will get better if she keeps trying, and by the time I can get a taste it will be fabulous.

Well, I must go now and start my book - and hopefully get full marks on my quiz.

Love, a young friend

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# SPOTLIGHT ON: The First Base Agency



**The First Base Agency is an invaluable resource, providing emergency foodbank support to much of the region.**

Previously, the charity worked via a network of shops, volunteers, churches and Council premises such as libraries for supply and distribution. But times have changed. With more people than ever in need of help, it's becoming harder to get food in, or deliveries out. Ever bold and resourceful, the First Base team are adapting – and expanding.

Mark Frankland of First Base explained, *"We've had to change how we source supplies. We're now buying in bulk from the likes of local egg producers and potato wholesalers, and calling on help from across the community. The response has been amazing"*.

To give a few examples – volunteers at the Summerhill Community Centre produce one-thousand portions of soup every week. The Little Bakery in Dumfries has provided eight-hundred pies and a similar number of bread rolls. Irvings Bakery in Castle Douglas are selling the foodbank hundreds of packets of biscuits at cost price, with the tab picked up by the Castle Douglas Development Forum.

First Base now have food in place, and ready to be delivered from six community food care partner locations – with Stranraer-based Fed Up Café covering Wigtownshire:



- First Base Agency on Buccleuch Street in Dumfries for Dumfries area
- The Visitor Centre in Castle Douglas for the Stewartry
- Miners' Memorial Hall in Kirkconnel for Upper Nithsdale
- Aberlour in Annan for Annan, Eastriggs and Gretna areas
- Volunteer's Garage in Lockerbie for Lockerbie and Lochmaben areas
- Moffat Town Hall for Moffat and Langholm areas

Mark continued, *"We've been able to stock these sites thanks to so many brilliant people and businesses. From a fitness instructor donating proceeds from her online classes, to people like Neil at the Mad Hatter Café in Castle Douglas. With no choice but to close his doors, Neil offered his services to us instead. He used to be an army chef, so knocking out 500 portions of food at a time is all in a day's work to him"*.

*...we've been buying in bulk from local egg producers and potato wholesalers, and calling on help from across the community. The response has been amazing...*

Acutely aware of the increased need to get deliveries out as people self-isolate, First Base are working closely with the Council to make sure vital food parcels get to as many people as possible – particularly to those who may not have used their services before.

Mark said, *"I've been impressed by the attitude of both the Scottish Government and our Council. They're working with us and offering help as and when we need it. To further help the Council has a new hotline in place for people in need of help with food or basic needs. You just need to phone 030 33 33 3001. At 4pm each day, details are emailed to us, and sent on to each area with food delivered the next day"*.

If you'd like to donate to First Base Agency, you can visit their fundraising page online: [www.justgiving.com/fundraising/mark-frankland4](http://www.justgiving.com/fundraising/mark-frankland4)

**#SupportDG**  
[www.dumgal.gov.uk/SupportDG](http://www.dumgal.gov.uk/SupportDG)

*"Not all of us can do great things. But we can do small things with great love."*

Mother Teresa, St Teresa of Calcutta

# Activities Page

## Emoji Movie Quiz

Answers on back page.

1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	



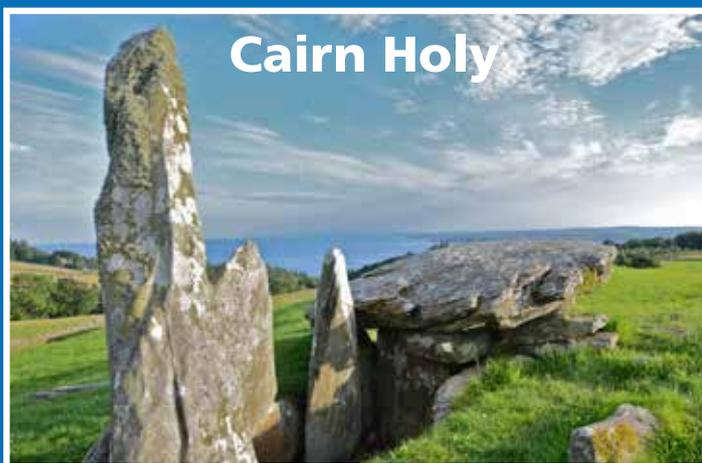
## Animal "Quizdom":

Answers on back page.

1. Heaviest land animal?
2. Fastest land animal?
3. Biggest fish?
4. Biggest sea mammal?
5. Longest reptile?
6. Most numerous insect?
7. Tallest animal?
8. Biggest bear?
9. Heaviest reptile?
10. Slowest land animal?



## Where Am I?



Cairn Holy

Dating back to around 2000 BC, these Neolithic burial chambered cairns are of a type characteristic of Galloway.

The two cairns of Cairn Holy are an impressive survival, particularly Cairn Holy I with its concave façade of tall pillar stones. Both were built in the 4th millennium BC. They are known as Clyde Cairns, a type of tomb characteristic of southwest Scotland.

Both tombs are now open to the sky – their covering stones were robbed long ago to build field dykes. Cairn Holy I is the more elaborate of the two, while Cairn Holy II is said to be the tomb of the mythical Scottish king Galdus. Source - VisitScotland

## Spot the Difference

There are 10 differences. Answers on back page.



# Key Contacts

<b>NHS24</b>	111 www.nhsinform.scot
<b>Emergency</b>	999
<b>Doctor Out of Hours</b>	111
<b>Dumfries and Galloway Council</b>	030 33 33 3000 www.dumgal.gov.uk/SupportDG
<b>Business Support Helpline</b>	01387 260280 Mon-Fri 9am-5pm
<b>Multi Agency Safeguarding Hub</b>	030 33 33 3001
<b>Social Work Out of Hours</b>	01387 273660
<b>Third Sector Dumfries and Galloway</b>	0300 303 8558
<b>Samaritans</b>	116 123
<b>SHOUT</b>	Text SHOUT to 85258 for free
<b>Domestic Violence Helpline</b>	0808 2000 247
<b>Age Scotland</b>	0800 12 44 222 Mon-Fri 9am-5pm
<b>Shelter Scotland</b>	0808 800 444 Mon-Fri 9am-5pm
<b>LGBT Helpline Scotland</b>	0300 123 2523
<b>Childline</b>	0800 1111



If you have any positive stories about things that are happening in your community and would like to see them featured in Community – please email us at

[communitybulletin@dumgal.gov.uk](mailto:communitybulletin@dumgal.gov.uk)

and one of our reporters will get back to you.

## 15 actions to look after ourselves and each other as we face this crisis together

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're indoors, move and stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Call a loved one to catch up and really listen to them

**9** Get good sleep. No screen before bed or when waking up

**10** Immerse yourself in a new book, TV show or podcast

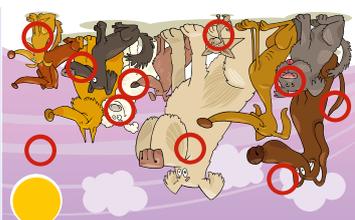
**11** Play a game you enjoyed when you were younger

**12** Make time for self-care. Do something kind for yourself

**13** Put your worries into perspective and try to let them go

**14** Take small steps towards an important goal

**15** Respond positively to everyone you interact with



Spot the Difference answers

Animal "Quizdom" Answers  
1. African elephant, 2. Cheetah, 3. Whale shark, 4. Blue whale, 5. Reticulated python, 6. Ant, 7. Giraffe, 8. Polar bear, 9. Saltwater crocodile, 10. Sloth

1. Silence of the lambs, 2. Four Weddings and a Funeral, 3. Castaway, 4. E.T., 5. The Sixth Sense, 6. Edward Scissorhands, 7. Blood Diamond, 8. Psycho, 9. Les Misérables, 10. Brokeback Mountain, 11. Moneyball, 12. King's Speech, 13. Finding Nemo, 14. Wolf of Wall Street, 15. Blade Runner, 16. The Good, Bad & the Ugly, 17. Ragging Bull, 18. A Clockwork Orange, 19. American Beauty, 20. Casino Royale, 21. Blair Witch Project, 22. Train spotting, 23. Fight Club, 24. Lord of the Rings

If you would like some help understanding this or need it in another format please contact 030 33 33 3000