

Community

#SupportDG 

EDITION 7
Tuesday 28 April 2020

Rainbow over Loch Ryan, Stranraer.



What's Inside

Leaders' message

Weekly figures

Community stories

Spotlight on Lifelong Learning

Where Am I?



Be Kind



Connect



Take Notice



Support



Give

www.dumgal.gov.uk/supportdg
Tel 030 33 33 3000

Dumfries & Galloway



Welcome to Community

Your Dumfries and Galloway Community Bulletin

In a speech outside 10 Downing Street yesterday morning, the Prime Minister thanked the people of this country for their sheer grit and guts you've shown and are continuing to show, and acknowledged that every day this virus brings new sadness and mourning.

He reminded the public that although there are real signs that we are passing through the peak, the existing measures will remain in place to protect the people of the United Kingdom.

We are asking our citizens and communities of Dumfries and Galloway to please maintain your great community spirit and resolve, and know that staying at home and maintaining social distancing is making a real difference.

It is important to have the right information during the COVID-19 pandemic, and our Council, NHS and Scottish Government provide up-to-date information on their websites.

If you need more information please visit

www.supportdg.dumgal.gov.uk

www.nhsinform.scot or

www.gov.scot

with best wishes
Elaine and Rob

#SupportDG

www.dumgal.gov.uk/SupportDG



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader



Social distancing is the best way to prevent yourself and others from getting sick.

STAY HOME. SAVE LIVES.

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

Working to keep our citizens and communities safe



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

APPROVED

1,838

Business grants awarded
and paid out totalling

£20.23M



3.21M

Facebook reach



4.10M

Twitter reach

#StayHome

#StaySafe

#SaveLives

#SupportDG

2,107

#SupportDG
emails handled

302



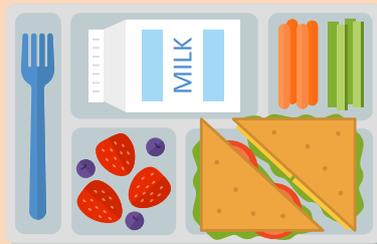
Community groups and
hubs providing resilience
services

2,354



Volunteers registered

43,324



Free school meals
produced and delivered

728



Meals for vulnerable people
shielding produced and
delivered

Communities responding to COVID-19

Accessible to All

We can all feel a bit cut-off from the world at the moment, and the Council is working hard to keep our new COVID-19

website - supportdg.dumgal.gov.uk - constantly updated. But what if English isn't your first language, or you have a learning or physical need which makes reading a website hard?

To help with accessibility, we've integrated a new toolbar called Recite Me into our website. The award-winning software helps you access and customise the website to suit your individual needs. Recite Me includes helpful functions such as text-to-speech capabilities, support for people with learning difficulties like dyslexia, text enlargement, an interactive dictionary, colour themes, and a translation tool with more than 100 languages.

In Dumfries and Galloway, 6,050 people are living with sight loss and 962 individuals are registered blind or partially sighted. That makes the Recite Me tool all the more important.

Frank Morgan, Executive Officer at disability support and advocacy group DG Voice, said, *"We're delighted to hear about this new development. It will allow disabled people in our region to access helpful information at this time of challenge and in the future, and has great potential"*.



Passing the message – and the ball!

Langholm Youth Rugby Club have been using the power of social media – not to mention their passing skills - to deliver their message about staying home and staying safe.



With support from our Active Schools and Community Sport Officer, Calum Graham, the club's committee challenged members to pass the ball from right to left - but to use a touch of creativity when doing so!

People connected with the club didn't let them down, with over 100 video clips received, from toddlers through to veterans taking part. Although all videos were filmed at home, imagination has been in abundance, with machinery, animals, the voice of Bill McLaren and even the Queen making an appearance. And, with a lion as Langholm's mascot it's only fitting that the video's soundtrack is 'The Lion Sleeps Tonight'! As well as being a lot of fun, making the video has allowed the club to stay connected with members and



the wider communities of Canonbie, Bentpath and Waterbeck.

But word has spread even further, with Langholm's video being shared around the world,

including the USA, New Zealand, Australia and Qatar, as well as rugby social media channels, with many clubs and organisations now following suit. The video has had over 13,000 views on Facebook alone.

A Treat at Teatime



Paul and Elizabeth Soriani, owners of the Central Café in Whithorn, spent last weekend serving 180 suppers to the town – and all free of charge.

The couple wanted to pay thanks to the local homecarers who are providing invaluable lifeline services to our elderly and vulnerable, by offering free fish suppers, and the likes, to carers and their family. The tasty suppers were also handed out

to the town's elderly residents. Paul said, *"We wanted to let people know we're thinking about them during these difficult times."* Paul and Elizabeth recruited a small team of volunteers to help deliver the food to doorsteps across Whithorn. Elizabeth said, *"We'd like to thank the volunteers for helping deliver the food and hope everyone enjoyed a wee treat and night off from cooking"*.

Get Aboard the **Food Train**



Can you spare an hour or two to keep supplies to the elderly on the road? Long-established food delivery service The Food Train is appealing for extra volunteers to support their vital efforts in this time of need.

For 25 years, the Food Train has been delivering food to many of our area's elderly people, but, as more people self-isolate, demand is escalating, and the team are now facing increased pressures. In addition, because many of their brilliant volunteers fall into the at-risk category themselves, the number of regular helpers has decreased by up to 80%.

The Crichton Trust and Dumfries and Galloway Housing Partnership have already offered vans and staff to help support Food Train services, which includes a check-in phone call for every customer, as well as the food delivery service. But more help is needed as demand grows.

Regional Manager, Helen McAnespie said, *"We would really like to thank The Crichton Trust and DGHP, and also Tesco who have been very supportive. We're relying on them to purchase what we need, to make sure that everyone continues to be fed"*.

To volunteer please visit <https://supportdg.dumgal.gov.uk/article/20781/Volunteering>

She added, "This pandemic highlights how valuable and important the Food Train is to the region. We are having to work 60-hour weeks to ensure people are getting their groceries – and this is the same for every branch across the region. We're considering starting new delivery days just to keep up with demand".

In Stranraer, a second van has been added to the fleet to keep up with demand. Prior to this crisis, the team were delivering an average of 41 shops per week, running one van Tuesday, Wednesday and Thursday. As of last week, this number had risen to 76, with two vans now out on deliveries.

They would like to thank all the new volunteers, and the remaining 'old hands' who continue to support the project enabling them to meet the increased demand, so far. Wigtownshire Food Train has been operating in Stranraer since 2002, the second branch to open after the original in Dumfries, with the Newton Stewart branch following a few months later. In normal times, growth of the service was slow and steady but that all changed when the lockdown started.

Letter to a stranger

Today's letter was written by a fourteen year old girl from Castle Douglas

Dear Stranger

I hope this letter finds you safe and well. It's been a month since lockdown, and I can't decide if it is getting easier or harder. Some days are better than others. Some days I feel angry and frustrated and then I think about people who are far worse off than me and I feel lucky.

My room is tidier than it has ever been, and I am getting on with the homework sent from school. I go a walk every day and have started to appreciate the space around me. I have noticed stuff in my community that I have never noticed before, like the flowers and how old some of the buildings are, and I wonder what they used to be?

I go out every Thursday night at 8pm to clap for all the key workers, they are doing such a good job, I am thinking I might become a nurse one day.

I phoned my granny and papa the other day, they are fine, I can't wait to see them again. My granny said once this is over I can go and stay with her for a few days and we can bake, she makes the best custard creams and pancakes in the world (my mum tries but to be honest it's not great haha).

I am missing my friends, I bet you are too. I keep thinking about what we can all do when this is over. What will be the first thing you will do?

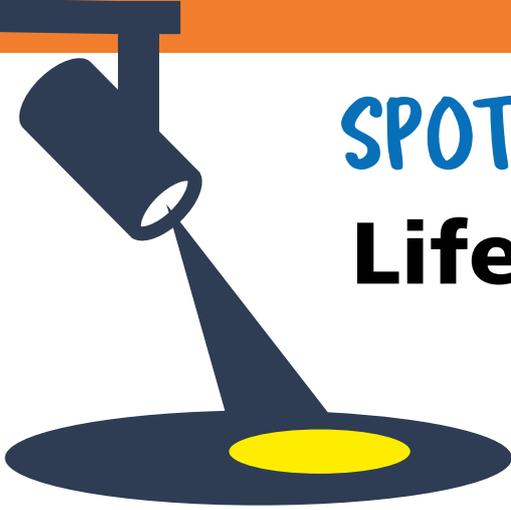
I don't know what age you are, or where you are from, but I hope you are keeping safe and I hope you have everything you need.

I know we will get through this together. Maybe someday in the future someone will read this letter and realise what life was like for people during coronavirus.

I hope once it's gone, we never have to see it again.

Please take care, keep your spirits up.

Love from a Stranger



SPOTLIGHT ON: Lifelong Learning

The Council's Lifelong Learning Service provide opportunities centred around community-based adult learning and family learning.

Wherever you are in the region – and no matter the challenges ahead, we can help. Lifelong Learning are working hard to get services to our most vulnerable learners and families. By using telephone, email, Skype and Facetime, the team have managed to overcome social distancing restrictions to maintain learning, reduce loneliness and isolation, and promote positive health and well-being.

Providing online digital learning and support for adult learners, parents, and volunteers, and switching to virtual classes for existing groups, has been a learning curve, but it's working well. Lifelong Learning Officer Susan Brown said, *"COVID-19 has changed the way we work. Normally we'd meet our learners face-to-face, obviously that's not possible now. So, with some classes we've set up virtual sessions. These virtual classes can be the only contact some of our learners have in the week, so it's essential we keep them going"*.

Adult Learners can still enjoy online classes and group activities, literacy and numeracy support and continued accredited learning. You'll find plenty of ideas and guidance on the Lifelong Learning social media pages, including: 'How to What's App', weekly quizzes, home learning ideas for all the family and links to BBC Bitesize.

Virtual groups give learners the chance to stay in touch and continue learning, whether it's updating CVs, completing future college applications, Adult Achievement Awards or diary recording. Ann Marie Jordan, a learner from Wigtownshire said, *"I miss going to my group and seeing the friends I've made. I like writing poems as it relaxes me and lets me express how I feel during this difficult time. The Lifelong Learning groups are a lifeline for me"*.

The team are reaching a range of nationalities too, including Turkish, Polish, Syrian and Lithuanian. As well as virtual classes, all ESOL (English for Speakers of Other Languages) learners have been given information about free language apps and links to websites to aid their learning.



Of course, being at home with young children can be tough, and parents are being supported in virtual family learning groups, including Maths, Literacy, and Health and Physical Development, and there are videos on Yoga Baby Massage, Dance Club, and Art too. The popular Peep programme – supporting parents and children to learn together – has also switched online, allowing learners to keep working towards their Accredited Peep Pathway, and get their work submitted to SQA.

After a day of learning, if you can't sleep, head over to the Lifelong Learning social media pages. Every evening, a nursery teacher or one of the Lifelong Learning team reads a bedtime story, and the feedback has been tremendous. Children are finding it reassuring seeing a familiar face as part of their daily routine.

To make sure all this happens smoothly, staff have also been involved in giving families access to the appropriate technology, so they can continue their learning at home.

Lifelong Learning Manager Stephen Jack recognises all the efforts - and enthusiasm - from his team. *"I'd like to thank our staff and learners for embracing these new opportunities. It's been fantastic to see the range of amazing photos being shared through social media, showing innovative learning at home"*.

To find out more about Lifelong Learning, and what it can offer you,

email adultlearning@dumgal.gov.uk

or call 030 33 33 3000



DGCLearning



LifelongLearningDGC

#SupportDG

www.dumgal.gov.uk/SupportDG

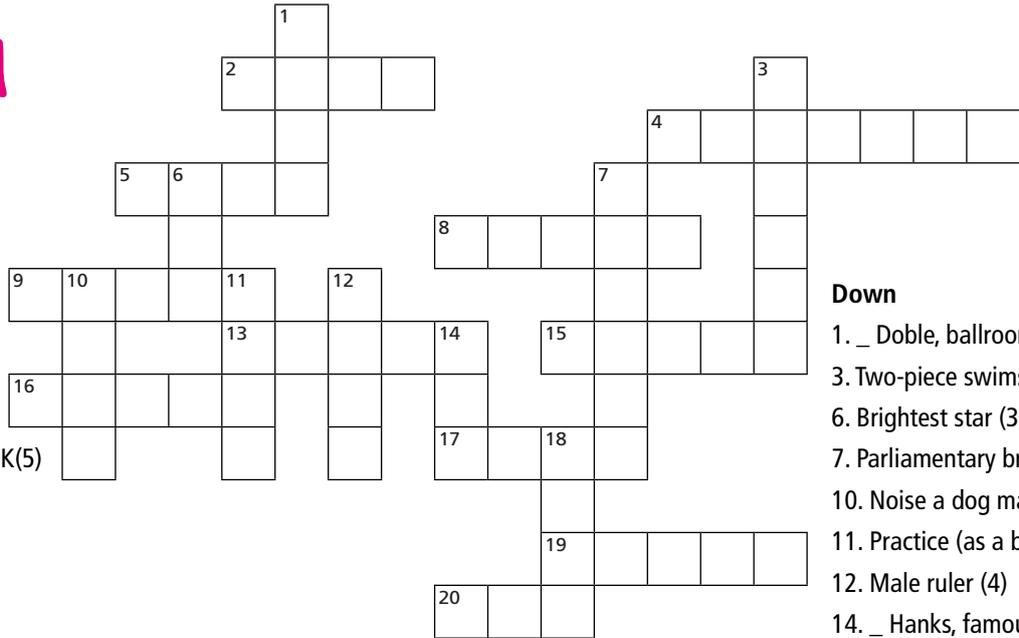
"It does not matter how slowly you go as long as you do not stop."

Confucius

Activities Page

Crossword

Answers on back page



Across

2. Fifty percent (4)
4. Flower of Scotland (7)
5. Capital of Norway (4)
8. Venomous snake found in UK(5)
9. Starsign for Gemini (5)
13. Indicate with a finger (5)
15. _ Klum, supermodel (5)
16. 2016 Disney film (5)
17. Fourth planet from the sun (4)
19. Economic recession (5)
20. Real beer (3)

Down

1. _ Doble, ballroom dance (4)
3. Two-piece swimsuit (6)
6. Brightest star (3)
7. Parliamentary break (6S)
10. Noise a dog makes (4)F
11. Practice (as a boxer) (4)
12. Male ruler (4)
14. _ Hanks, famous actor (3)
18. Flower given on Valentines (4)

Where Am I?



Old Mortality

Robert Paterson was born ca 1713 on the farm of Haggis Ha, in the parish of Hawick and as married man moved to the village of Balmaclellan . A stonemason by trade and owner of a small quarry, he spent most of his life touring the lowlands of Scotland visiting and maintaining Covenanter grave sites. His method of cutting or incising of letters and the ability to get so much into a limited space makes his work very distinctive.

He gained some fame as `Old Mortality, the character in the book of the same name by Sir Walter Scott.

His connection with Scott is said to have stemmed from a Joseph Train who was the

local excise supervisor in Newton Stewart and something of a collector of anecdotes, tales and traditions of the Covenanters. Train told Scott about Robert Paterson Senior, and that (at that time ca 1816) his son Robert , then aged about 70, was living in Balmaclellan. The grandson of Paterson, the Rev Nathaniel Paterson, minister at Galashiells, was a close acquaintance of George Thomson, librarian to Sir Walter Scott.

thereformation.info

Emoji D&G Quiz

Name the town or village.
Answers on back page.

1. 🚗 🚗 🇬🇧 🏠
2. 🍷 👁️ 🏪
3. 📶 🕯️
4. 🌱 ↔️ ONI 🍲 🍱
5. 🦊 🦊
6. 😬 🦅 🦅
7. 🗝️ 🦷 🐝
8. 📖 🐍 🐘
9. 🏠 ↔️ ONI 🐍
10. 🦉 🏠

Key Contacts

National COVID-19 Helpline	0800 111 4000
For people who don't have family or existing community support and can't get online and who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons, will be directed to our dedicated local team who can offer essential assistance.	
NHS24	111 www.nhsinform.scot
Emergency	999
Doctor Out of Hours	111
Dumfries and Galloway Council	030 33 33 3000 www.dumgal.gov.uk/SupportDG
Business Support Helpline	01387 260280 Mon-Fri 9am-5pm
Multi Agency Safeguarding Hub	030 33 33 3001
Social Work Out of Hours	01387 273660
Third Sector Dumfries and Galloway	0300 303 8558
Samaritans	116 123
SHOUT	Text SHOUT to 85258 for free
Scotland's Domestic Abuse Helpline	0800 027 1234
Age Scotland	0800 12 44 222 Mon-Fri 9am-5pm
Shelter Scotland	0808 800 444 Mon-Fri 9am-5pm
LGBT Helpline Scotland	0300 123 2523
Childline	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 and one of our reporters will get back to you.

NHS - Still On Call

NHS Dumfries and Galloway are keen to remind everyone that, although great focus is on COVID-19, other health services are still open for business.

The Emergency Departments at both the Royal Infirmary in Dumfries, and the Community Hospital in Stranraer are operating as normal during this time, to provide urgent medical treatment for non-coronavirus related issues.

NHS Medical Director Dr Kenneth Donaldson said, "Staff there can help with everything from chest and abdominal pain to suspected stroke, breathing problems, a very sick child, severe bleeding and broken bones".

"People should be assured that great care is being taken to ensure no one is exposed to the risk of transmission of coronavirus, and that patients with COVID-19 have a specific, separate route for treatment."

Meanwhile, GPs and pharmacists are also still working in the community, although some arrangements have been altered. For example, GP practices are now triaging calls and offering telephone or secure video consultations. But our doctors are still there to help with your medical needs, as are pharmacies, which can be an excellent first point of assistance.

And don't forget, at all times, you can get medical advice by visiting the website www.nhsinform.scot or calling the telephone number 111.