

Community

#SupportDG 

EDITION 11
Tuesday 12 May 2020

A double rainbow appearing over Whauphill, near Newton Stewart.



What's Inside

Life under lockdown
All in this together
All aboard
Spotlight on NHS Young Volunteers

Where Am I?



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

Welcome to Community

Your Dumfries and Galloway Community Bulletin

In today's edition we shine a spotlight on four young people from Wallace Hall Academy who are volunteering with the NHS at Dumfries and Galloway Royal Infirmary, as part of their COVID-19 volunteer response team. We know there are others from across our region, and we thank you all for your time, dedication and community spirit.

In our Letter to a Stranger feature we have another poignant and thoughtful letter, today written by a fifteen-year-old girl from Newton Stewart.

We have more on how our communities are responding to COVID-19, and since it's Tuesday, we have our At a Glance weekly statistics, which we hope you find helpful.

For COVID-19, the message in Scotland remains the same – Stay at Home – however, from yesterday, you are now able to go outside for exercise more than once a day – of course continuing to observe social-distancing.

You can find out more on COVID-19 at www.nhsinform.scot

#StayHome

#StaySafe

#SaveLives



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

We are hosting a series of public online Q&A events focused on Community Support, Business Support and Children, Young People and Parents.

Chat With Us...

Business Support – Tonight (Tuesday, 12 May) at 7pm

To register for this event see <https://supportdg.dumgal.gov.uk/chat-with-us>

We will also make a video of the event available afterwards for anyone unable to attend live.

Children and Young People "Learning at Home" – Tomorrow (Wednesday, 13 May) at 7pm

The video of the event will be available online on Wednesday 13 May.

See <https://supportdg.dumgal.gov.uk/chat-with-us>

Stay safe with best wishes

Elaine and Rob



@dgcouncil



@DumfriesGallowayCouncil



Email updates dumgal.gov.uk/newsletters

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

#StayHome

#StaySafe

#SaveLives



812

Meals for vulnerable people shielding produced and delivered

2,622

#SupportDG emails handled



2.67M

Facebook reach

3.94M

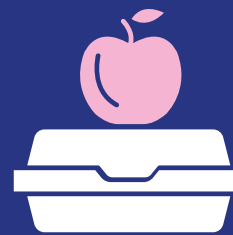
Twitter reach



2,537

Business grants awarded and paid out totalling

£27.40M



91,029

Free School Meals produced and delivered



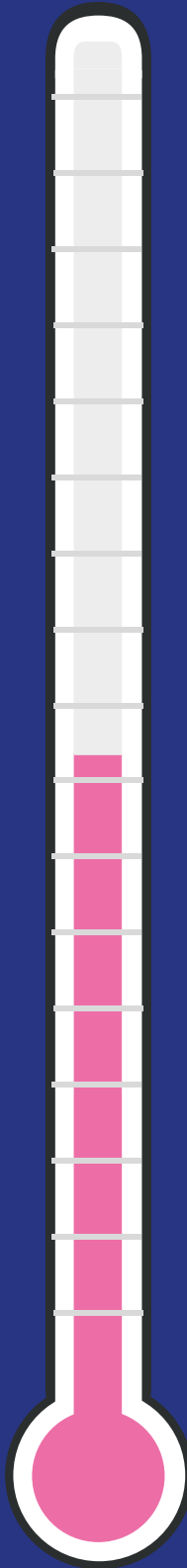
316

Community groups and hubs assisting in COVID-19 response



2,425

Volunteers registered



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Wash Your Hands Regularly with Soap and Water for 20 Seconds

Communities responding to COVID-19

Life under lockdown – surveys for families during school closures



The Child Poverty Action Group (CPAG), Cost of the School Day team wants to hear from parents and children about life since schools closed. Lots of support has been put in place around things like learning at home and help with the cost of food – CPAG want to hear from parents and children about what is working well, and what could be improved.

So, they're asking families about: the help offered to those who receive free school meals; resources to facilitate home learning; accessibility of advice for those who are dealing with money worries, and support for children and young people's wellbeing.

They've created two surveys, one for parents and carers, and one for primary and secondary aged children and young people which can be completed with help from a grown up if needed. People can also share their thoughts on WhatsApp or Facebook Messenger.

CPAG want to hear from as many parents and children as possible so that they can tell the government, councils and schools what's working well and what could improve – your help could make a real difference.

You can find out more on CPAG Scotland's Twitter feed @CPAGScotland

More information and resources on the current situation and CPAG's work can be found at cpag.org.uk/coronavirus

If you have any questions about this survey or about Cost of the School Day, please get in touch at costoftheschoolday@cpagscotland.org.uk

A link to CPAG's surveys is on our website at <https://supportdg.dumgal.gov.uk/Surveys-for-Families>

Dumfries gets creative

An artist-led community project in Dumfries has brought a variety of arts and culture projects online.

The Stove Network continues to keep communities engaged in the arts in these challenging times. Outlets for artists to express themselves remain open via a new 'folklore: home grown' initiative. This focuses on four values: insight, open-heartedness, perseverance and solidarity. In their description, it is 'a series of creative challenges, collaborations, conversations, activity and artwork'.



There's a creative challenge each week, for anyone who would like to join in. **Why not have a go?**

- Make your own 'memory jar' – to preserve a memory from this time, making it as visual as you can
- Nith time-lapse – take a photo from the same spot along the river each day, when on your daily exercise. Put together after lockdown to see what changes have occurred
- Praxinoscope animation – create 12 frames for artist Mark Zygadlo's praxinoscope, and see the mirror image animation unfold.

The Stove's monthly open mic night, brave new words, is going ahead too – virtually – on the last Friday of each month, where it is a great chance for writers and musicians to share words sung or spoken to an audience.

<https://thestove.org>

<https://www.facebook.com/stovedumfries/>

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ALL IN THIS TOGETHER

Generations Working Together is a national charity working across Scotland.

Their main purpose is to connect generations together to combat isolation in our communities. This has never been more important, than during COVID-19, with many older people not able to see their families.

The organisation is aware of the issues that members across the country are facing and have been trying to support them and intergenerational projects as much as possible. Intergenerational meetings have been moved online, the next one in Dumfries and Galloway is on 15 June, and anyone who is interested in sharing their ideas or projects can join by registering online: <https://generationsworkingtogether.org/networks/dumfries-galloway>.

The meetings enable the group to discuss how people and organisations are staying connected during this time.



Did you know? Our charity's volunteer of the year award winner, Heather, volunteers at Jaybees Childcare in Lochmaben.

Jaybees put Heather forward for the award to recognise her contributions within the team. The team at Jaybees said of Heather: "Heather is a huge part of the children's experience at Jaybees and she embraces our ethos in the 'hive', coming on forest adventures, walks to feed the ducks, doing our Smiley Miley – the list is endless." The generational benefits of this kind of project are clear to see and as a result of this, Heather

has also felt a newfound sense of purpose and appreciation that she was being valued for her volunteering, rather than being defined by early onset dementia.

The team is very keen to hear about more intergenerational stories and are encouraging anyone interested in learning more to sign up as a free member in Scotland.

More information: <https://generationsworkingtogether.org/membership/>

ALL ABOARD

When the team at Whithorn and District Community Bus project heard that the Riverside Centre's minibus was off the road, they immediately stepped aboard to help.



The Riverside Centre in Newton Stewart provides vital meals on wheels service across the Machars area to those over 60 years of age and to anyone in need who are self-isolating during the COVID-19 pandemic. With their minibus unavailable they were struggling to meet demand for deliveries.

Hazel Smith, from the project said, "we were delighted to help our community by providing the Riverside Centre use of our minibus to allow them to continue their essential service of delivering meals on wheels. We are all so pleased the Whithorn and District Community Bus is out and about helping people across the Machars in these difficult times."

Susan McCalman, Riverside Centre manager said "we want to thank the Whithorn and District Community Bus partnership for the use of their minibus and for delivering it to us so quickly."

The Whithorn and District Community Bus project is a partnership between South Machars Community Centre and Whithorn Parent Council. The project was originally funded by Dumfries and Galloway Council's Tackling Poverty Fund to provide a lifeline community service.

Another great example of communities working together to support our most vulnerable citizens!

A Letter to a Stranger

Today's letter is written by a fifteen-year-old girl from Newton Stewart

Dear Stranger

Franklin D. Roosevelt once said, "When you come to the end of your rope, tie a knot and hang on".

Lots of us are starting to feel like we are coming to the end of our rope, frustrations are running high, people are stressed out because they can't see their family and friends, and 'coronaphobia' is becoming a reality.

But please tie a knot and hang on.

Because, for every scary thing we see in the news, on social media and online, something good is happening somewhere else.

There is no right way or easy way to do lockdown. We just have to make the best of a bad situation and know there are people out there to help us and support us.

I can't wait to visit my family, get back to school, get back to my weekend job, see my friends again, go swimming and shopping. But in the meantime, I will content myself with my homework, helping in the house, talking to my friends on house party and respecting the amazing people who are keeping our world going.

I know it isn't easy, but please hang in there, we can do this together.

With love from a Stranger

A graphic of a blue spotlight shining down on a yellow circle on a dark blue surface.

SPOTLIGHT ON:

NHS Young Volunteers

As part of the NHS volunteering scheme, four young people from Wallace Hall Academy have signed up to volunteer at Dumfries and Galloway Royal Infirmary.

Sarah Clark-Wyse, Aidan Kennedy, Zoe Kean and Milly Macklin have all been accepted to be part of the COVID-19 response volunteer team. The young volunteers are responsible for a wide range of tasks including delivering parcels to wards that have been dropped off by family, transporting patients around the hospital, organising food and prescriptions for wards and most importantly keeping patients company while there are no visitors allowed in the hospital.

Sarah said, *"I am now a volunteer at the hospital, and I am called a COVID-19 response volunteer. I started a few weeks ago and I go along every Monday from 12-4pm. I carry out different jobs including collecting patients clothes and bags which family members have dropped off for them and delivering these to the appropriate ward, taking patients to x-ray or ultrasound, getting food for staff or patients from the kitchen, collecting prescriptions from the pharmacy for the wards and putting masks on patients who are entering the women and children's ward. It's been really interesting, and I have enjoyed helping"*.

Aidan added, *"This week was my first-time back volunteering since the lockdown. I have been doing a range of things such as being based on the wards and keeping patients company as well as being a welcome guide and taking parcels from reception to the wards. Access to the hospital is reduced and no visitors are allowed into the wards. I am enjoying being able to do something to help at this really difficult time."*



Milly and Zoe are the newest members of the Wallace Hall team to join as volunteers.

Their head teacher, Barry Graham, said, *"We're all very proud of our young people for volunteering to help the NHS, especially during these unprecedented times. I know that they are all keen to pursue careers in either medicine or nursing, and I am sure this experience will be excellent preparation for their next steps. We applaud the NHS and the amazing work which is being carried out on the frontline of our hospitals"*.

Volunteer recruitment to help during COVID-19 is currently paused due to the exceptional response to Dumfries and Galloway's volunteering campaign. But you can still help friends, family and neighbours by offering support in lots of ways such as:

- Collecting food shopping, while you are doing your own
- Support with general errands such as putting out their bin, posting mail
- Phoning them for a friendly chat

A white play button icon on a dark orange background.

You can find more information on how you can safely help your neighbours, friends and family at www.readyscotland.org

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Key Contacts

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
Dumfries and Galloway Citizens Advice Service	0300 303 4321 www.dagcas.org
Samaritans	116 123
SHOUT	Text SHOUT to 85258 for free
Domestic Violence Helpline	0808 2000 247
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.

Birthday Boost for **BLOOD BIKES**

With lockdown leading to lots of fundraising activities being cancelled across the country, many charities are struggling to raise funds.



Already famed for entertaining his neighbours with a few songs after the Clap for Key Workers on Thursday evenings, Graham will be singing in his garden this week too, where, weather permitting, there will be a Blood Bike present. He hopes to raise some funds for the charity with

donations from his neighbours.

Graham Hand of Georgetown in Dumfries is doing his bit for an important local charity – through the medium of song! Graham celebrated his birthday this month with plans to fundraise for Dumfries and Galloway Blood Bikes.

Dumfries and Galloway Blood Bikes is a charitable organisation set up by local volunteers, to deliver essential blood and urgent medical supplies – in and out of hours – between hospitals and healthcare sites in south west Scotland and beyond.

Judith Sauberlich, from Dumfries and Galloway Blood Bikes said, “We’re delighted that Graham has chosen to raise money for us – a local charity. We’re continually amazed at the generosity of people in D&G who support us and have done since we started five years ago. While we are unable to fundraise publicly currently, this kind of support is even more important to us”.

Stop Press – we’re delighted to report that Graham raised £800 for this worthy cause!

Movie Quest Answers
Birdman, Dances with Wolves, Sound of Music, An American in Paris, Charlots of Fire, Sting, Kramer Vs. Kramer, Rainman, Gandhi, Driving Miss Daisy, The Kings Speech, The Artist, The Hunt Locker, Million Dollar Baby, Mutiny on the Bounty, The Shape of Water, Midnight Cowboy, World in 80 Days, Forrest Gump, Out of Africa, American Beauty, The Green Book, A Beautiful Mind, Lawrence of Arabia, Rocky, Ben Hur, Godfather, Chicago, Tom Jones

Spot the Dog Answers
1. Tin Tin, 2. The Simpsons, 3. Oliver Twist, 4. Peanuts, 5. Dr Who, 6. The Wizard of Oz, 7. Frasier, 8. The Wooden Tops, 9. Eastenders, 10. The Famous Five

8	5	7	1	2	4	6	3	9
6	4	9	3	5	7	1	2	8
2	3	1	8	6	9	4	7	5
5	9	4	7	3	8	2	1	6
1	6	3	2	4	5	8	9	7
7	2	8	9	1	6	3	5	4
4	7	2	6	9	3	5	8	1
3	8	6	5	7	1	9	4	2
9	1	5	4	8	2	7	6	3