

# Community

#SupportDG 

EDITION 16  
Friday 29 May 2020



## What's Inside

Household waste  
recycling centres

Women's words

Where Am I?



1-7  
JUNE

Next week is

**VOLUNTEERS'  
WEEK**

Look out for our  
special issues

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

Tel 030 33 33 3000

Dumfries  
& Galloway



# Welcome to Community

## Your Dumfries and Galloway Community Bulletin

### Welcome to Edition 16 of Community.

From this Monday (1 June) we will reopen ten of our twelve household waste recycling centres. For traffic management reasons, we cannot safely open the sites at Thornhill and Whithorn, but will do as soon as we can.

At the moment, we can only accept bagged waste, and due to requirement to social distance, we cannot offer any recycling onsite. We apologise for this and hope to be able to reintroduce recycling on our sites in due course.

For the first week of opening - from Monday - all sites will be open seven days, and thereafter will revert to different opening hours. There is more information at <https://supportdg.dumgal.gov.uk/waste>.

In addition, our bulky and white goods uplift service resumes on Monday too - and you can make a booking at 030 33 33 3000.

Across the council we are looking to restart services as soon as we practically can but we must follow guidance and advice from the medical experts and the government. Through the community bulletin and social media we will continue to keep you up-to-date with developments.

Please continue to follow that latest government advice on physical distancing - and please stay safe.

with best wishes  
**Elaine and Rob**

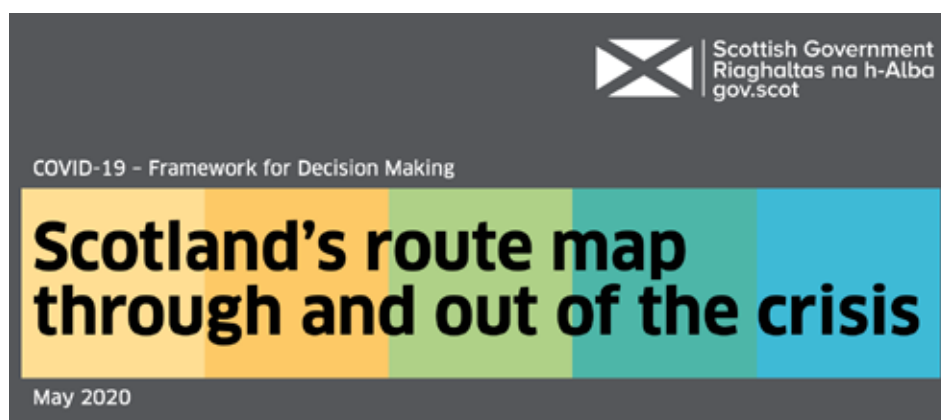


Cllr Elaine Murray  
Council Leader



Cllr Rob Davidson  
Depute Leader

**Phase 1 of the transition out of lockdown starts today.  
More information at [gov.scot](http://gov.scot) and [supportdg.dumgal.gov.uk](http://supportdg.dumgal.gov.uk)**



@dgcouncil



@DumfriesGallowayCouncil



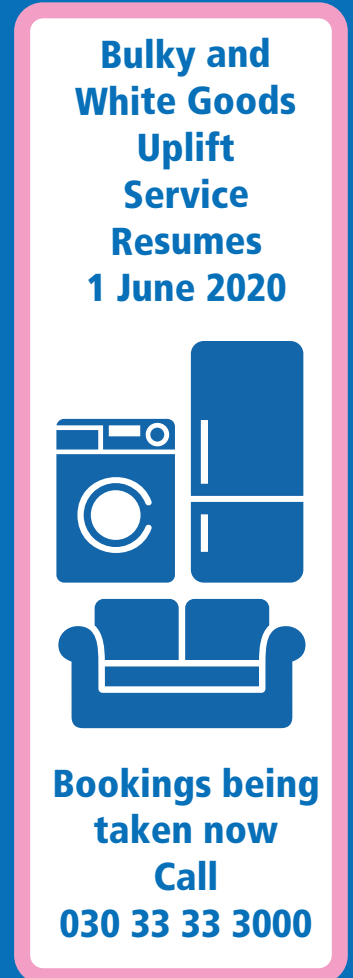
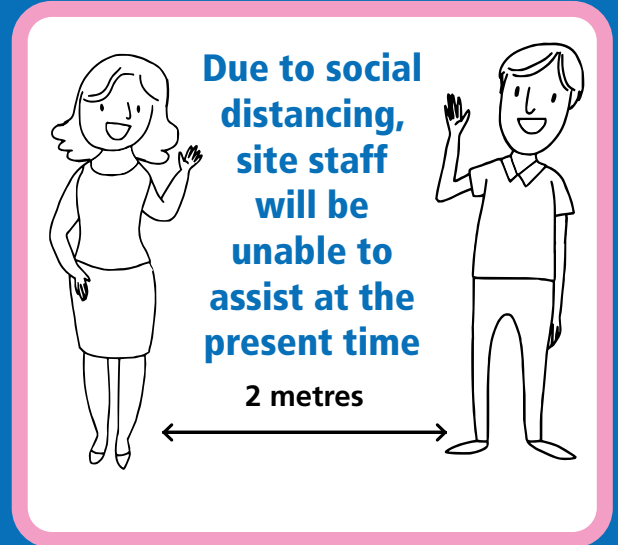
Email updates [dumgal.gov.uk/newsletters](http://dumgal.gov.uk/newsletters)

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

# Household Waste Recycling Centres

## Temporary Arrangements (1-7 June)

Annan	7 days	9am to 6pm
Beattock	7 days	12.15pm to 6pm
Castle Douglas	7 days	9am to 6pm
Dalbeattie	7 days	12.15pm to 6pm
Lincluden (Dumfries)	7 days	12.15pm to 6pm
Locharmoss (Dumfries)	7 days	9am to 6pm
Lockerbie	7 days	12.15pm to 6pm
Newton Stewart	7 days	12.15pm to 6pm
Sanquhar	7 days	12.15pm to 6pm
Stranraer	7 days	9am to 6pm
Thornhill		Remains closed
Whithorn		Remains closed



[supportdg.dumgal.gov.uk/waste](https://supportdg.dumgal.gov.uk/waste)

#SupportDG



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



## Stepping Stones

A number of lovely painted stones have been spotted around Kirkpatrick Fleming in recent weeks. While the artist – or artists – remain a mystery, locals of all ages have been enjoying stone-spotting as part of their daily exercise. Knowing what an eagle-eyed bunch the villagers were, Tina Lockhart, a team leader for health and wellbeing in the Council decided to capitalise on this, and organise a treasure hunt.

Tina said, *“You notice so many wee details when walking, as well as all the fabulous stones we’d already been looking for! I was keen to try do something ‘active but challenging’ for everyone; families, dog walkers, older people, people just out to get their daily exercise and a treasure hunt seemed like the best idea, especially as the answers were all natural or fixed which meant they couldn’t be ‘googled’ or removed”.*

The route she devised covered two miles around Kirkpatrick Fleming. To avoid people travelling in from other areas, the quiz sheet was kept under wraps, and could only be requested via email. There were 21 requests, with over 50 people taking part in the treasure hunt over the week.

Sarah Woodward, a school hearing impaired communicator, and her family were triumphant overall, and there’s been some great feedback, with families noting how nice it was to keep the children’s attention without them realising they’d walked so far!

**#Support DG**



## FIRE AWAY

We’ve all seen the recent wildfires in the region, and we also know how hard our emergency services are working during this pandemic.

Setting a fire on purpose risks lives, threatens our wildlife and environment, and impacts communities. As well as being dangerous, deliberate fire-raising wastes time and money, and keeps fire crews away from real emergencies. Last year, Scottish firefighters attended around 20,000 deliberately set fires in everything from bins to dry grass to derelict buildings. Sadly, the culprits are often youngsters. Scottish Fire and Rescue ask that you make sure any children or young people you’re responsible for are aware of the risks of playing with fire – and the consequences of deliberately setting a fire.

### You can help prevent rubbish fires by:

- Storing rubbish in a secure area, and not up against your home
- Keeping sheds and garages locked, and all flammable liquids locked away
- Not lighting fires when there’s high winds or temperatures, or when it might blow towards a building
- Report any build-up of rubbish or fly-tipping to the Council on 030 33 33 3000 or use the ‘Report It’ function at <https://info.dumgal.gov.uk/faultreporting2/AntiSocial/FlyTipping>

You can pass information about anyone who deliberately fire-raises to Police Scotland by calling 101 or Crimestoppers on 0800 555 111.

## FREE SANITARY PRODUCTS



Our council is continuing to support individuals to stay safe in their communities. From Wednesday (27 May) sanitary products will be available for anyone, regardless of age if they live in Dumfries and Galloway.

**If anyone needs a supply of sanitary products, then they can contact the council by either calling 030 33 33 3000 or visiting the website: <https://supportdg.dumgal.gov.uk/free-sanitary>**

This service is available for anyone who menstruates and cannot access sanitary products at this time. A registration form can be completed using the council's website or individuals can phone the council's call centre if they prefer.

Once they have registered, their chosen type of sanitary products will be provided every four weeks. They will either be delivered to the individual's home in discreet packaging or alternatively can be collected from their nearest Hub.

To avoid multiple orders being sent to the same household and to ensure people get what they need, families are being asked to consult with each other before ordering.

# FREE

## SANITARY PRODUCTS

**Provision of free sanitary products is available to all ages.**

**There is a range of products to choose from including Sanitary towels, Applicator Tampons, Non-Applicator Tampons and Menstrual Cups (Moon Cups).**

**Products can be delivered to your home in discreet packaging or can be collected from your nearest Hub. To order visit:**

**[supportdg.dumgal.gov.uk/free-sanitary](https://supportdg.dumgal.gov.uk/free-sanitary)**

Council Leader, Elaine Murray said, *"our council made a commitment last year to tackle period poverty and make sanitary products for young people available in schools and locations around our local communities. No individual should be in a vulnerable position because of COVID-19. That is why our council is making this commitment to providing sanitary products to anyone that needs them at this time"*.

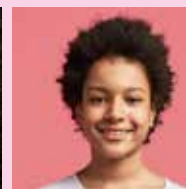
Depute Leader, Rob Davidson, echoed these comments, *"we are here to support vulnerable individuals in whatever capacity in communities during this pandemic. We are one of the first councils in Scotland to make this commitment to anyone who may be impacted by COVID-19 and unable to access sanitary products. We will do what we can to make sure that we support those who need our help"*.

## Schooling Support

**Struggling with spelling?**

**Miserable about maths?**

During the COVID-19 crisis, many families are encountering challenges with learning at home. Sometimes the schoolwork isn't quite right, and a message to the school can help. Your teenager might be feeling emotional, or your child may be anxious because she doesn't understand the changes in her world right now. Together, the Council's Educational Psychology and Educational Visitor Services understand that all children need different things at different times. We can help by listening to what's happening for your family, and support you to make things a little better. Parents tell



us they've found it helpful just to talk if they're feeling isolated; others find it reassuring to hear they're doing the right thing. And of course, we can provide advice and links to other avenues of support too.

If you're a parent, carer or education worker in need of support or guidance on issues concerning children and young people of any age, we offer a return call service every Tuesday, Wednesday and Thursday afternoon. **Please phone 01387 273784 or email [supportinglearners@dumgal.gov.uk](mailto:supportinglearners@dumgal.gov.uk) to request a call.**

# Women's Words

For some people during lockdown, it's important to remember that home is not always a safe place to be. Our council's housing support team works with both Dumfries and Stewartry Women's Aid and Wigtownshire Women's Aid, providing a housing support service to women experiencing domestic abuse. Because of social distancing, much of the service is now being delivered by phone and internet rather than face-to-face, with work underway to provide some customers with tablet devices to make sure they can readily access help.

The council has been helping in other, practical ways too. When a space becomes available in safe accommodation it, along with any communal areas, must be thoroughly cleaned. Due to the pandemic, Women's Aid found themselves without their usual cleaners, and the council has been able to step in to provide our own cleaners, allowing this vital service to continue protecting our most vulnerable.

Women's Aid service users from have written some incredibly heartfelt poems, and - with their permission - we'd like to share two of them with you.



## Life Reflecting While On Lockdown

*If I was my younger self again, I would tell my future self to stand up for myself more and not to let people walk all over me like they have.*

*I would tell myself I do matter, and I do mean something and to the ones I don't mean anything to they don't matter.*

*I would tell myself to respect my family more because family is the most important thing to me.*

*I would tell myself not to lose myself after the years I spent on a man who has treated me with nothing but nastiness.*

*I would tell myself I am worth so much more than one sided love.*

*I would tell myself to never give up again no matter how hard things get there will always be better days ahead.*

*I would tell myself not to be as forgiving with people who really don't deserve it and who have manipulated me.*

*I would tell myself popping pills to forget my problems won't make them better it's just a temporary solution which creates bigger problems.*

*I would tell myself to laugh more to smile more and to have fun more.*

*I would tell myself to be happy and do things that I enjoy doing even if it's not classed as cool by others because their opinions don't matter.*

*And most important I would tell myself to live life to the fullest because you never know what's truly around the corner.*



## Refuge on Lockdown

*It was just before the world stood still an angel came to me,  
"You don't have to live this way" they said and finally I was free.*

*With my children I fled, and never looked back, the world was on edge with me,*

*But with bags in my hands and bruises on my back, finally I was free.*

*From cold steel hands to a gentle warm embrace,*

*Finally I talked and listened, learning more every day, finally treated with dignity and grace.*

*There were rainbows on the windows and chalk on the paths,*

*Children's laughter filled the air, from the open windows of the flats.*

*Then the lockdown comes and the whole world is scared,*

*But isolated for years, I feel I'm almost prepared.*

*But this time it's different, my home holds no dread,*

*We are happy and safe, content in our beds.*

*We sing and we play, we paint, bake and read,*

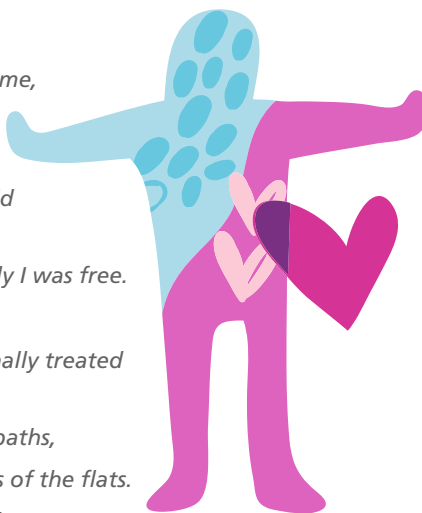
*The children are joyful, spirit at their feet.*

*The world is on edge, the news is dire,*

*But from within our hearts there is fire.*

*It was when the world stood still, that finally I was free,*

*It was when the world stood still that I finally became me.*



### Dumfries and Stewartry Women's Aid

Tel 01387 263052

Mobile 07710 152772

[www.dumfriesshireandstewartrywomensaid.co.uk](http://www.dumfriesshireandstewartrywomensaid.co.uk)

### Wigtownshire Women's Aid

Tel 01776 703104

[www.wigtownshirewomensaid.co.uk](http://www.wigtownshirewomensaid.co.uk)

**Both services 24 hours**

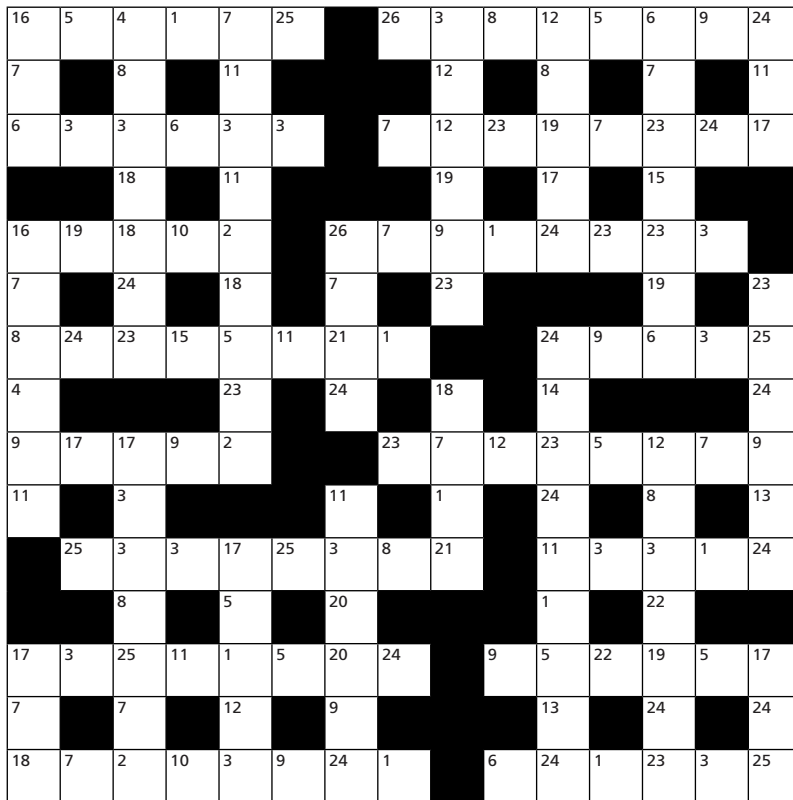
*"Success is not final; failure is not fatal:  
It is the courage to continue that counts."*

Winston S. Churchill

# Activities Page

## Code Word

Answers on back page



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

## Ding Bats

Answers on back page

- 1 STEP PETS PETS
- 2 DDDWestDDD
- 3 XMascara
- 4 HELL 2 - HEAVEN 1
- 5 GOOD

## Where Am I



**Bruce's Stone** is an enormous granite rock in the heart of the Galloway Forest Park. Its inscription reads:

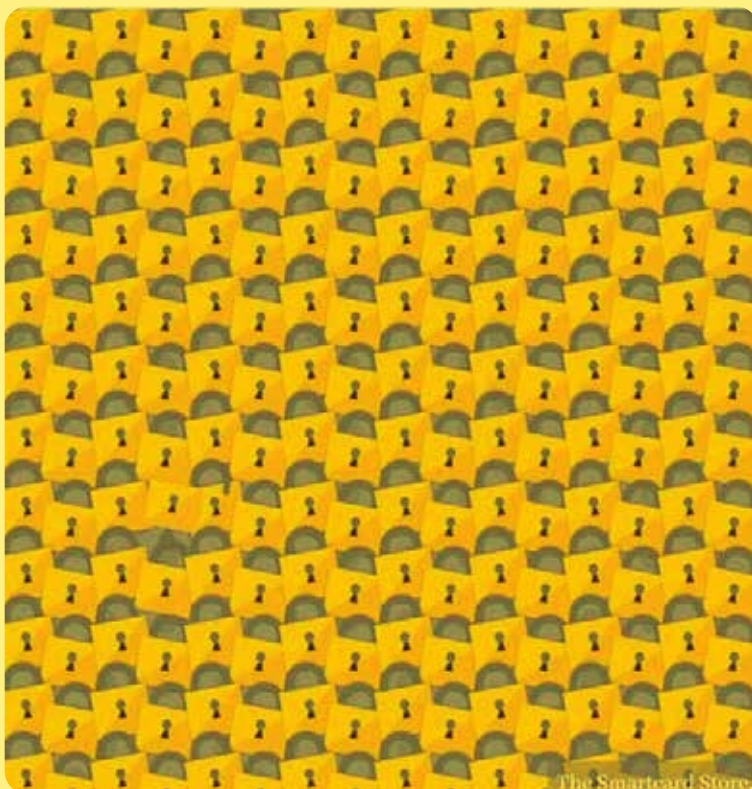
*'In loyal remembrance of Robert the Bruce, King of Scots, whose victory in this glen over an English force in March 1307, opened the campaign of independence which he brought to a decisive close at Bannockburn'*

It seems fitting that a boulder was chosen for the memorial! In 1307, Robert the Bruce was in exile when news reached him that Edward I was dying. Seeing his chance to take control in Scotland, Bruce gathered his men and returned to Scotland.

They were camped at the head of Loch Trool when Bruce heard an English patrol was searching for him. He and his men ambushed the English troops on an isolated rocky crag and, the story goes, rolled big boulders down the hill to crush them. Many were killed but some escaped to send for help.

## Find the Open Padlock

Answers on back page



The Smartboard Store

# 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

## Dumfries and Galloway Citizens Advice Service

0300 303 4321  
www.dagcas.org

## 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

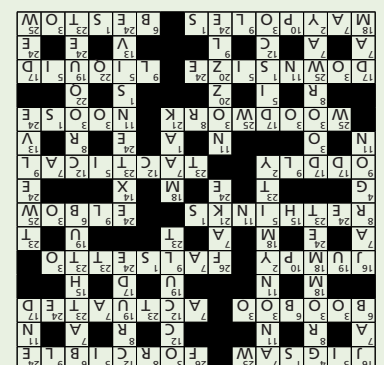
0800 1111



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](mailto:communitybulletin@dumgal.gov.uk) and one of our reporters will get back to you.



Dingbat Answers  
1. One step forward, 2. West Indies, 3. Kiss and makeup, 4. Paradise lost, 5. Good looking



Follow the Scottish Outdoor Access Code on your local exercise during Covid-19 restrictions.

Take away all your litter and leave gates as you find them.

KNOW THE CODE  
outdooraccess-scotland.scot

COVID-19