

Community

#SupportDG 

EDITION 19
Tuesday 9 June 2020

Virtual School Sports Day



What's Inside

Learning outside

Charlie and Jersey

Piping hot

Where Am I?



Letter to a Stranger - Today's letter is written by Amy

Dear Stranger

In October last year, I qualified as a Staff Nurse, and now work at an NHS hospital located in Dumfries & Galloway. I don't worry about myself, even though I am exposed to this virus on a daily basis, and I see what it does to people, unfit and fit. I worry endlessly about others. I worry for the family who between them reside in four different houses, who think it's safe to meet in a garden for a barbecue but will go inside the one house and use the same toilet. I worry for the people who think it is okay to jump in a car with a colleague or a friend to get a lift somewhere. I worry for

those who think meeting up as a group of 4 or 5 friends for drinks is safe. I am thinking of everyone and their situations, but who is thinking of me?

The World Health Organisation said the greatest danger we currently face is complacency with Covid-19. Coronavirus is not complacent, and neither should we be. Please do not laugh in the face of this virus and defy these rules that are so important for us all to follow so that when we can all meet again, no one is missing.

Thank you

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Welcome to Community

Your Dumfries and Galloway Community Bulletin



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader



Cllr Adam Wilson Young
People's Champion

Welcome to Edition 19 of Community.

Yesterday (Monday), our second council service restarted, seeing our youth work service operating from 14 youth work spaces across Dumfries and Galloway delivering a range a face-to-face group work and support to young people aged 12-18 years (S1-S6). Programmes are flexible to each group and the youth workers responsible for the delivery of sessions are trained to deliver workshops surrounding bereavement and loss, risk-taking behaviour such as alcohol and drug use, relationships, confidence and esteem, sexual health, online safety and various other issues experienced by young people.

We continue to respond to the needs of business and the economy, and so far we have supported 3,500 local businesses with grant-aid totalling over £36.7M. More information on phase three of the Scottish Government's small business grant scheme and the re-purposed Newly Self-Employed Hardship Fund, which is particularly important for our small bed and breakfast enterprises, is available at supportdg.dumgal.gov.uk

In our bulletin, enjoy the local community stories from across Dumfries and Galloway.

Stay safe.

with best wishes
Elaine and Rob

A message from

Cllr Adam Wilson, Young People's Champion

I want to take a minute to thank our young people for adhering to government guidelines and playing their part in helping to tackle Coronavirus here in Dumfries and Galloway. To support young people in our region, Dumfries and Galloway Council are working on these four steps as a priority:

1. We are the first council to restart our Youth Work Service.
2. Our teachers continue to do a fantastic job in supporting learning remotely. We are ensuring that devices and connections are available for all pupils.
3. Families entitled to free school meals can claim the cash equivalent or receive free lunches during the week.
4. We are working with partners such as Developing the Young Workforce to protect and strengthen our youth guarantee which ensures every pupil leaving school enters a positive destination.

At this time our Council will continue to ensure all of children and young people receive the best start in life.

With best wishes
Adam

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



4,804

Meal boxes for vulnerable people shielding produced and delivered

4,750

#SupportDG emails handled

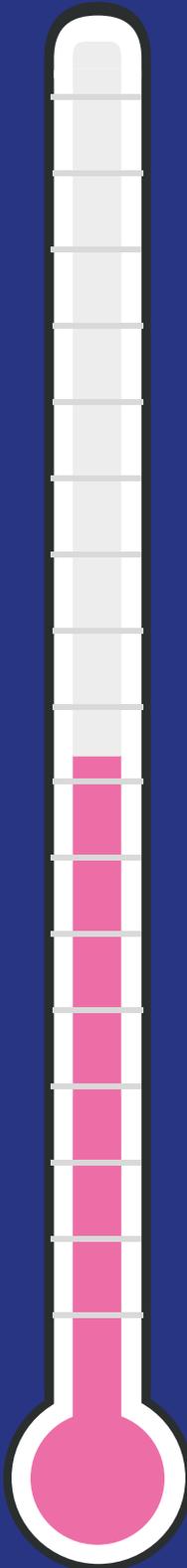


5.8M

Facebook reach

7.8M

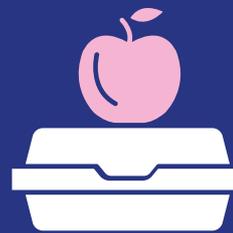
Twitter reach



3,500

Business grants awarded and paid out totalling

£36.7M



2,910

Free School Meals Direct Payments

317

Community groups and hubs assisting in COVID-19 response



2,646

Volunteers registered

#SupportDG

www.dumgal.gov.uk/SupportDG



@dgcouncil



@DumfriesGallowayCouncil



Email updates

dumgal.gov.uk/newsletters

Communities responding to COVID-19



Learning Outside

Learning and playing outside is something many families are appreciating more than ever right now. Despite having to close during

this period, many outdoor education groups are continuing to provide inspiration and support to their families. Here are just two examples:

Babes in the Woods, a community outdoor play organisation in Dumfries, have been posting fun ideas for families online, including scavenger hunts, and how to build a wildlife pond. And they'll shortly be posting how you can take part in #30dayswild. In April, they got funding from local

parent group 'Bump, Baby and Beyond' to provide 200 activity boxes for families on low incomes. Designed to keep kids busy during lockdown, the boxes contain craft supplies and gardening activities, and are tailored to age and specific circumstances.

They've proven

very popular and there's now a waiting list! **You can contact Babes in the Wood on Facebook @outdoorplaydumfries.**

Nest Nurturing Futures CIC, based near to Dumfries in Mabie Forest, have been posting outdoor challenges such as making a bug hotel, creating wildlife gardens and birdwatching with a difference. Children are encouraged to spot birds collecting nesting materials or food, then being asked to see if they can spot where the bird is nesting – while taking care to keep a safe distance and not disturb the nest of course.

And parents haven't been forgotten either, with the group running 'Peaceful Parenting' Zoom meetings, looking at virtues and how to incorporate them into parenting. Patience, no doubt, being one of them! **Check out @nestnurturingfuturesCIC on Facebook for details.**



CHARLIE AND JERSEY

In recent weeks, our Lifelong Learning team have been speaking to many of our adult learners, to see how they're coping and adapting in the world of COVID-19.

Charlie (24) has Fragile X Syndrome and autism, and lives with his mum Sharon in the Isle of Whithorn. He normally attends the ARC in Newton Stewart three days a week, which he loves. When at home, Charlie spends a lot of time around local farms. He even he has his own cow, Jersey, who lives on a farm nearby, and he and his mum visit her most days to feed and brush her.

So, staying at home has been tough for Charlie, as he finds it hard to understand why he can't go out and be with Jersey. Although he can see her from his bedroom window, he's not been able to look after Jersey for eight weeks now.

Sharon said, "Charlie can't wait to get back to feeding his cow, which really helps de-stress him, and helps his mental health".

We hope it's not too long before Charlie and Jersey can be together again.

Virtual Sports Days

End of term is often when schools hold their annual sports days, and many schools across the region are being creative in how they make sports day happen online this year, holding virtual events instead. Parents have been recording the times of children in certain races, and schools have been preparing video demonstrations of each event, so pupils can see in advance how they're done.

Even better is the fact that many families have been getting involved with practice sessions too, on the run up to the day itself, which is a great way of encouraging daily exercise and helping children - and adults - stay fit and healthy during lockdown.

Schools have been encouraging pupils to send in photos and videos of practice sessions, which they then put on social media like Twitter and Facebook, to get others to join in.

On a normal sports day, children might win points for their house by finishing first, second or third. But new situations call for new thinking. At Moffat Primary, for example, they've been ensuring everyone gets credit, with house points being awarded for each child who sends in photos and videos of themselves taking part in races and events, or for those making the best Olympic country flags. Now more than ever, our schools are coming together to show it's the taking part that counts.



LIGHT UP LANGHOLM

Langholm Monument glowed resplendent in blue and rainbow colours as it was illuminated during recent Clap for Carers events. Lit up in tribute to our National Health Service, Langholm community groups including the Buccleuch, the Eskdale Foundation, Langholm RFC and the local rotary and masonic clubs all donated money to the cause, with Centre Stage community theatre helping to make it happen, free of charge. A grand total of £800 was raised, to be donated to the Thomas Hope Hospital in Langholm.



PIPING HOT

No one would be surprised if Ruthwell piper Curran Stainthorpe (15) is a bit out of breath, seeing as he's been taking part in the Bagpipe Challenge – and he's been at it for 60 days now!

The challenge involves pipers picking up their pipes at 1pm every day, to play a rousing tune during lockdown.

Curran found out about the Challenge via the South West Scotland Pipe and Drum Association, who tutor him (currently on Skype). Every day since, Curran has uploaded his piping videos to the association Facebook page. Tunes performed by Curran to date include Bonnie Galloway, Glasgow Police Pipers, Rowan Tree, Highland Cathedral, Curlew and many more.

Curran is a senior pupil at St. Joseph's College in Dumfries. Finding himself at home during lockdown, without exams to prepare for meant the bagpipe challenge came at the perfect time, allowing him to focus on a skill he enjoys, and bringing entertainment to many in the process. He's also been out in Ruthwell every Thursday piping at the 8pm Clap for Carers and Key Workers and he enjoyed piping for the village's VE Day anniversary celebration too.

You can see Curran and other pipers in action on Facebook @swspda.



SPOTLIGHT ON: Housing

If you're a tenant, it's important to know the Scottish Government has passed emergency laws, meaning people who rent their homes from social landlords can't be evicted during the pandemic.

Find out more at mygov.scot/social-rental-rights/

It may also be helpful to know that no pre-payment gas or electricity meters will be disconnected during the outbreak. The government has launched an emergency package with energy suppliers to make sure customers who aren't able to add credit are helped.

You'll find details here: www.endfuelpoverty.org.uk/tag/coronavirus/

We have several social housing providers across the region, all providing support in different ways.



DGHP are currently focused on supporting existing tenants, and are not letting homes to new tenants. While planned works may be postponed, DGHP are still carrying out emergency repairs, and completing half-finished building work. They have also set up a new emergency response fund, to provide items like fridges, microwaves, educational materials, and mobile phone top-ups. And, with Scottish Government financial assistance, DGHP have delivered 1,000 food parcels to in-need tenants via their 'Eatwell' service.

If you're a DGHP tenant and are in financial difficulty, please get in touch straightaway on **0800 011 3447**. DGHP can help with accessing services, and will not evict anyone as a direct result of coronavirus.

For details visit dghp.org.uk



Cunninghame Housing Association have a fuel poverty team called Lemon Aid Services. Although staff are currently working from home, if you're a Cunninghame tenant and you're struggling to top up your gas or electric meter due to shielding, self-isolating or lack of finances, you can call them on 07973 847981.

Lemon Aid will then call your supplier on your behalf to try to arrange for an emergency top up.

For updates and advice, go to cunninghame-housing.org



Loreburn Housing Association have established a dedicated Customer Support fund, and are encouraging customers who're finding it hard to juggle finances to get in touch. Using their database and the extensive knowledge of local teams, Loreburn have also identified vulnerable tenants who may need extra help. Director of Housing Services Sue Irving said, "Even something as simple as a regular phone call from one of our team can help with feelings of loneliness as the weeks progress."

Loreburn work closely with third sector organisations to ensure people have what they need. For example, they've recently launched a partnership with the Dolly Parton Imagination Library, to provide free books for children under 5 who live in a Loreburn home. They're also running a 'Time Capsule' competition for under 16s. Entrants are encouraged to write about life during lockdown or what the future Stranraer may look like. Winning entries will be buried in a time-capsule at Loreburn's housing development near Stranraer, to be opened in 2120.

You can call Loreburn on **01387 321300**, go to Facebook @[loreburnhousing](https://www.facebook.com/loreburnhousing) or visit loreburn.org.uk



Irvine Housing Association are continuing to provide housing for people in urgent need of a home, with nowhere else to go. The

hardworking team are giving advice to those struggling financially, and arranging emergency repairs and essential safety inspections, while ensuring safe working methods. They've also been providing support in Dumfries via the FareShare project, which delivers food parcels to local tenants. [pictured].



For many weeks, Irvine staff have been phoning customers to check on their wellbeing too, initially focusing on people over 65. The team also hosted an online chat last month, so that anyone with questions could join in. Housing Officer Jocelyn McConnell said, "Our tenants have been grateful for the support".

Contact Irvine on **0345 112 6600**, go to Facebook @[irvineha](https://www.facebook.com/irvineha) or visit irvineha.co.uk



Home Group Scotland is making sure any customer who lives alone or is vulnerable has been contacted to ensure they have food deliveries set up, and access to any prescriptions. In some cases, Home Group have referred

customers to the Fareshare Scheme in Dumfries. There have also been referrals to the Welfare Housing Options team, to assist with discretionary hardship payments, and to the Scottish Welfare Fund. Home Group have set up a £100,000 emergency fund for customers struggling to afford essentials. One example of the fund in action was when an elderly customer was getting out of hospital, to an empty home and no food. The local Housing Manager made sure food deliveries were set up, and the customer was hugely appreciative.

You can call Home Group Scotland on **0345 1414663** or visit www.homegroup.org.uk

These are just some examples of the great work going on in social housing. We all need shelter in these trying times.

If you, or anyone you know is at risk of being homeless, please contact the Council at www.dumgal.gov.uk/article/15280/Help-for-homeless-people.

"It is better to fail in originality than to succeed in imitation."

Herman Melville

Activities Page

Hidden Objects

Can you spot the hidden objects in the picture
Answers on back page



Dingbats

Answers on back page

- 1 put ton
- 2 bjaockx
- 3 ecnalg
- 4 PREIST
- 5 ^{house} Prairie

Where Am I?



Drumlanrig Castle is situated on the Queensberry estate north of Thornhill. The category A listed castle is the Dumfriesshire home of the Duke and Duchess of Buccleuch and Queensberry. The 'Pink Palace' of Drumlanrig, constructed between 1679 and 1689 from distinctive pink sandstone, is an example of late 17th-century Renaissance architecture. The first Duke of Queensberry, William Douglas, had the castle built on the site of an ancient Douglas stronghold overlooking the Nith Valley. The castle has 120 rooms, 17 turrets and four towers.

Sudoku

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

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 and one of our reporters will get back to you.



Household Waste Recycling Centres

Opening Hours

(7 days a week or unless otherwise stated)

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

Dingbats Answers
1 Put weight on, 2 Jack in a box, 3 Glance backwards, 4 Clerical error, 5 Little house on the prairie

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



Answers