

Community

#SupportDG 

EDITION 22
Friday 19 June 2020



Image by Graeme Robertson

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Dumfries & Galloway



Welcome to Community

Your Dumfries and Galloway
Community Bulletin



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

Welcome to Edition 22 of Community.

In today's edition we have a spotlight on community learning and development (CLD), including an open letter from the Minister for Further Education, Higher Education and Science to the CLD sector.

We also have articles on adult learning in Dumfries prison, community groups busy planting for the summer, and eco warriors (that's the D&G Eco Warriors group) on beach cleans – and more.

We continue to be amazed by the range of activities and immense community spirit of individuals and groups throughout our region.

Thank you

with best wishes

Elaine and Rob

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 @DumfriesGallowayCouncil

 Email updates
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Youth Work Hubs Open

Dumfries and Galloway Council's Youth Work team restarted their face-to-face work on Monday, 8 June, providing support to young people at 13 newly formed Youth Work Hubs that are based in schools across the region.

The service aims to support young people aged 12-18 years by providing focussed group work programmes exploring a range of topics, including mental and physical health and wellbeing.

The sessions, running from 10.30am–12.30pm and 2pm–4pm, daily, across the region can accommodate small groups of up to eight young people. The groups will continue until the start of August when the schools will restart after the traditional summer holiday break.

The Youth Work Service has changed significantly following the outbreak of COVID-19, quickly adapting to a digital and phone service within days of lockdown. However, recent local and national surveys and statistics predict the impact of COVID-19 on young people will include increased mental health or wellbeing concerns, increased loneliness and isolation, increased social media or online pressure, lack of safe spaces and lack of trusted relationships or someone to turn to.

Councillor Adam Wilson, our Council's Young People's Champion said: "Our Council's Youth Work Service was the second of our Council's services to restart as we recognise the



importance of responding to the increasing issues and pressures that our young people are facing. The aim of our youth work hubs is to tackle some of the issues we know young people are experiencing, in a safe and controlled way. We hope that by having this service available we can reach out to and support as many young people as we can across the region."

The hubs are proving to be working well across Dumfries and Galloway. A young person from the West of the region said: "Just getting out of the house and seeing different people has been a lifesaver. It gives me something to look forward and that helps me get through the week. Getting the chance to talk through things with the youth workers has helped me put things into perspective."

Alongside the building-based services, Detached Youth Work teams have been mobilised in communities across the region. Detached Youth Work is a street-based approach where staff engage with young people on the streets and in known hang-out areas in their own communities. Through the detached programme, youth workers will listen to young people and ensure their voice is at the heart of future decision making, enabling them to be part of the recovery process in the aftermath of the crisis.

For more information on the new youth work hubs, contact Kelly Ross on 01387 260 243 or email youthworkhubs@dumgal.gov.uk



Bloomin' Marvellous!



Our Council is committed to helping our communities flourish and become colourful and vibrant again.

And to help achieve this, we recently have began distributing summer bedding and perennial plants to local groups across Dumfries and Galloway who have been busy planting the flowers around our towns and villages.

We're fortunate to have so many wonderful community volunteers who continue to bring community spirit, colour and energy to your local neighbourhood despite the Coronavirus pandemic and we thank you all, we really appreciate the work that you do to help brighten up your local area!

We're delighted to receive these photographs from the groups at Southernness and Kirkgunzeon.



Magical Moat Brae



Moat Brae – the garden where the writer J.M. Barrie played as a child, and which provided inspiration for his wonderful story Peter Pan – is now the National Centre for Children's Literature and Storytelling. Located in Dumfries, Moat Brae is temporarily closed to the public. But, behind the scenes, the team are busy keeping children at home entertained, ensuring the magic of Moat Brae continues to sprinkle its fairy dust far and wide!

Here are three activities to enjoy:

#Storyshare is a weekly story, read aloud by anyone who wants to share a favourite tale - and tell Moat Brae why you like it so much. Open to any reader, including kids, you can contribute, or watch the videos on Facebook @MoatBrae

#TheBookDoctor is a reading recommendation scheme with a difference! Ideas for great new reads never got sillier with this 'book prescription service'. Just email info@peterpanmoatbrae.org with your favourite type of book (adventure, mystery etc), and tell them what book you're currently reading. The Book Doctor will assess your 'symptoms' and 'prescribe' you a new book!

#GrowTallWithStories is from Moat Brae's new Writer in Residence, Maisie Chan. Maisie shares insights about writers and writing every fortnight on her blog at maisiechan.com.

Maisie said, "Imaginations can soar in lockdown, and stories can grow from seeds. Water them, tend to the growing leaves, the shoots, the buds and in the end, you have a fully-fledged story".



Communities responding to COVID-19

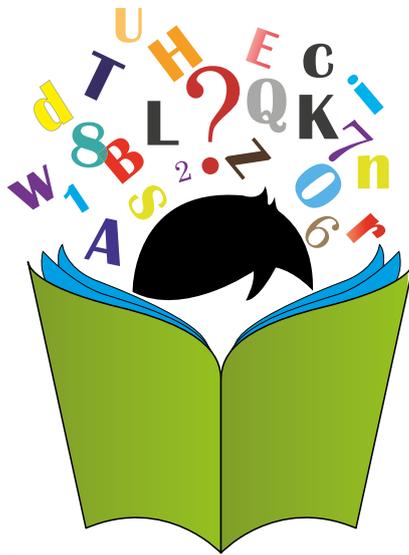
Learning in Prison

Much of the work in prisons is about helping folk to turn their lives around – and being able to read is a key that opens so many doors.

The Literacy Peer Mentor service at HMP Dumfries is a group of prisoners who support other prisoners needing help with reading, writing, numbers and basic computer skills. Working on a one-to-one basis, these volunteers start by giving practical assistance, helping their fellow prisoners with immediate needs like important paperwork or form filling. They then go on to work together, increasing the prisoner's confidence as well as their learning.

Since 2007, when it was set up, the mentoring scheme has seen 38 literacy peer mentors being trained, who in turn have supported over 120 learners with literacy issues.

Volunteer mentors are recruited following an interview and security check. They then go through an intensive 8-week training course, delivered by Lifelong Learning Assistant Jacki Sweeney, who works for the council's Lifelong Learning Service, but is based in the prison. Jacki said, "Training covers all aspects of adult literacy learning, giving volunteers the skills and tools they need to support their own learners. After training, mentors sign a working agreement and are matched with a learner who needs help. Mentors also attend a monthly meeting and have access to relevant training and one-to-one support from me".



The Learner: JM's story

"At school I was never very good at learning, so I never went. I left school early and didn't really do very much with my life except the odd job here and there. Having not gone to school meant I couldn't read and write properly, which I found embarrassing. When I found myself in prison, that's when I knew I had to get some help. I couldn't fill in the form needed to get my laundry washed. After seeing the posters for the literacy peer mentor service, I was interviewed by Jacki Sweeney, and was introduced to M. To start with, M helped me with my laundry sheet and gave me a template to copy, then we began at the beginning, with the sounds of words. That was last year, and I'm now about to begin an Adult Achievement Award at level 3."

The Mentor: JC's story

"I've always been very good at helping people. Outwith prison, I owned my own business and was quite successful, so when I saw the posters asking for prisoners to become peer mentors, I applied straight away. Following an interview, I completed the training course with seven other prisoners. It taught me how help others with literacy issues. My first learner was quite challenging, it was difficult to get him to focus because he just wanted to talk, but after getting advice from Jacki, and talking things through, I was able to get my learner to start to learn. I've worked with three learners so far and each are different. My current learner is working on his CV but has never had a job, which is quite a challenge! I've learnt so much in my time as a literacy peer mentor and I'm enjoying being able to help."





Eco Warriors Work On

Dumfries and Galloway Council was one of the first local authorities to declare a climate emergency, and has a twelve-point plan to tackle climate change, plus a commitment to working with the wider community effort.

Community group D&G Eco Warriors do a fantastic job of organising beach cleans around the region's coastline. Founders Lottie Glover, Laura Howieson and Fiona Rogerson, from Dumfries, are passionate about dealing with the problem of plastic pollution and litter, as well as increasing awareness, community engagement and action, and encouraging others to organise their own beach cleans too.

As their beach cleans are not currently running, D&G Eco Warriors are sharing lots of information and educational resources on social media instead. Here's a few ideas to stay committed to cleaning our seas:

Join the Surfers Against Sewage campaign to **#Seelt #SnapIt #ShareIt**, of any litter you see out on walks. Post on social media and ask the manufacturer what they're going to do about reducing their plastic production.

Make some beach / sea / ocean related art for the Eco Warriors art competition. Post your art on the group's Facebook by the end of June for the chance of winning an Eco Warriors t-shirt or hoodie. **Good luck and have fun!**

More information on Facebook at D&G Eco Warriors Beach Cleans.



See CD? See Heroes!

Residents in Castle Douglas look forward to the delivery of their community newsletter, the CD Journal to keep them up-to-date with what's happening locally – including, of course, the community's response to the COVID pandemic.

The Journal asked people to nominate some of the amazing volunteers who've become everyday heroes in the Stewartry, carrying out acts of kindness that mean so much to others. This can be everything from collecting shopping, delivering meals or just lending a listening ear.

Here's a roll call of just some of those everyday heroes – and what locals have been saying about them (all good!)

Derek Ross:

"Derek goes above and beyond, and would do anything for anybody."

Caroline Cannon:

"Her patience, cheerfulness, good humour and bad jokes have really kept our spirits up. With a Caroline in your corner, life is a much better deal."

Hannah McKerie:

"Hannah is the youngest person in CD helping to send scrub bags for the NHS. Thank you Hannah for your caring, kind action."

Steven Dill:

"Steven is offering lots of help and support to neighbours who describe him as a 'gem'."

If you'd like to share a kindness story in the CD Journal, you can contact Carolyn Yates on 07773 797 495 or email carolynanne57@gmail.com

SPOTLIGHT ON: Community Learning and Development



Community development is fundamentally based on the values of human rights, social justice, equality, and respect for diversity. The principles which underpin its practice are:



Self-determination – people and communities have the right to make their own choices and decisions.

Empowerment – people should be able to control and use their own assets and means to influence.

Collective action – coming together in groups or organisations strengthens peoples' voices.

Working and learning together – collaboration and sharing experiences is vital to good community activity.

The principles of community development are used across council, voluntary and third sector services, to deliver all kinds of community support, training and learning, to all sorts of people and ages, throughout the region.

Having access to community learning and development (CLD) is so important to helping people – and entire communities – grow. From our ward working, community planning and engagement, lifelong learning, and youth work services, CLD practitioners help individuals and groups achieve their great ideas.

Examples of CLD include:

- Community development (where communities can engage with and influence decision makers, ensuring what happens locally is shaped locally)
- Youth work, family learning and other early intervention work with children, young people and families



- Community-based adult learning, including adult literacies and English for speakers of other languages (ESOL)
- Working with individuals and communities to improve health and wellbeing
- Volunteer development
- Learning support and guidance in the community
- Learning for vulnerable and disadvantaged groups in the community, such as people with disabilities, care leavers or offenders.

See our Learning in Prison story on page 4 for a great example of CLD in action.



So welcome are the efforts – and benefits – of CLD across Scotland, that Richard Lochhead, Minister for Further Education, Higher Education and Science has written a letter of thanks to the entire CLD sector, which we're reproducing here.



A Letter Of Thanks

I am writing to personally thank everyone across Scotland's Community Learning and Development (CLD) sector for their incredible efforts in responding so brilliantly to the COVID-19 crisis - a time, I know, that has been hugely unsettling for many.

I have been heartened to hear of the myriad of examples of hard work, adaptability and dedication being shown in recent weeks to continue supporting Scotland's vulnerable young people, adults and communities.

Whether that's been delivering online youth work or food parcels, creating new learning packs, or caring for the elderly or for the young - the level of innovation coming to the fore has been hugely impressive.

So please be assured, the Scottish Government is extremely grateful.

We already hold Scotland's CLD community in the highest regard, and these added efforts simply reinforce that impression.

I am continuing to work with Alan Sherry, the Chair of the CLD Standards Council for Scotland, as part of my high level Further and Higher Education Ministerial Leadership Group and together we remain fully committed to supporting the sustainability of this nationally vital sector.

Thank you again for your continued commitment, and I wish you all my very best.

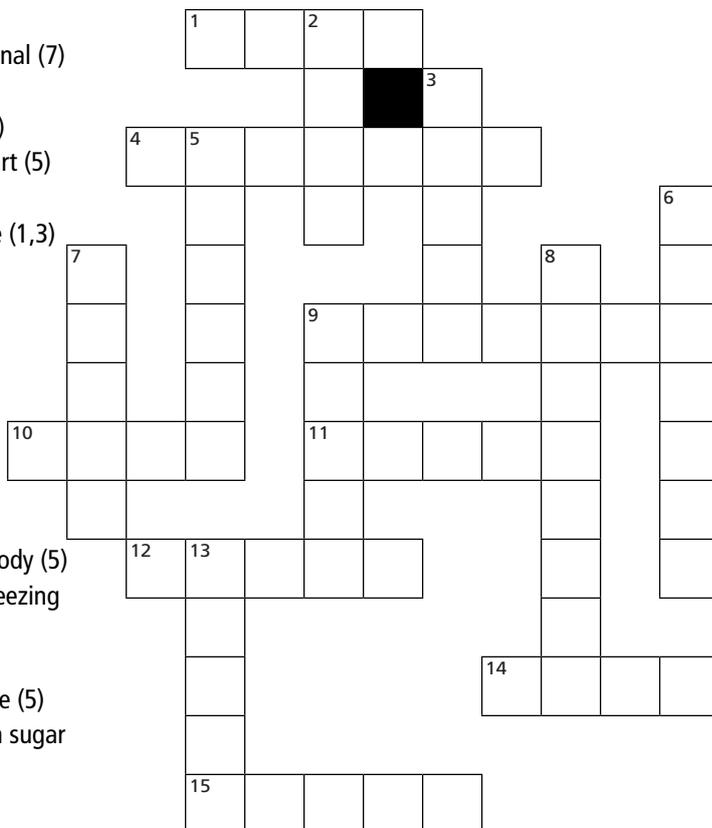
Richard

Crossword

Answers on back page

Across

1. Thin fog (4)
4. Home of the Grand National (7)
9. Dickens' miser (7)
10. Long walk in the hills? (4)
11. Trunk artery from the heart (5)
12. Wrath (5)
14. Children's guessing game (1,3)
15. Ways out (5)



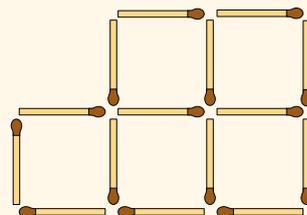
Down

2. Badger's residence (4)
3. Longest bone in human body (5)
5. Spear-shape formed by freezing dripping water (6)
6. _ Gorge, cheese (7)
7. Language of ancient Rome (5)
8. Dark syrup extracted from sugar cane (8)
9. Liquid, gas or solid? (5)
13. Sister's daughter (5)

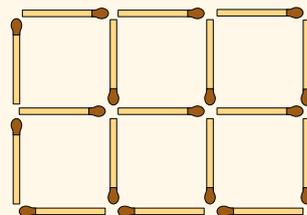
Matchstick Puzzle

Answers on back page

- 1 Leave just three squares by removing three matchsticks



- 2 Leave just three squares by removing five matchsticks



Where Am I?

It's easy to see how **Grey Mare's Tail** got its name as you gaze at the tall, thin line of white frothing water.

The waterfall, one of the UK's highest, plunges 60m down into the Moffat Water valley. This dramatic upland landscape was created by glacial erosion over millions of years and unfolds further up steep slopes past the waterfall to picturesque Loch Skeen.

Grey Mare's Tail is a paradise for wildlife enthusiasts, who come to see the rare upland

plants, peregrine falcons, ring ouzels, feral goats and, if you're lucky, ospreys fishing in the loch. Loch Skeen is also home to Britain's rarest freshwater fish, the vendace.

The area boasts a rich human history as well, dating back to at least the Iron Age. In the 17th century Covenanters used Watch Knowe as a lookout point in the valley to keep an eye out for government troops.

Quick Quiz to test your memory and thinking skills

Answers on back page

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. Only three words in Standard English begin with the letters "dw" and they are all common words. Name them.
6. Can you name the 8 most popular punctuation marks in English grammar?
7. Name the one vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
8. Name the 6 most popular things that you can wear on your feet beginning with the letter "S."

Key Contacts



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

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.



BASBOUSA

Today we share a recipe for basbousa, a traditional Middle Eastern semolina cake. This sweet sticky cake is light in texture and incredibly moist. The traditional recipe has been adapted by adding ground pistachios into the mix, as well as bejewelling the diamonds with pistachios. The cake is dense, but as the mixture uses melted butter as well as yoghurt, the texture is moist, sweet, sticky and delicious.

Cooking Instructions

- Preheat the oven to 190C. Grease and line a round 9" cake tin.
- Grind the pistachios in a food processor then pop into a mixing bowl along with the semolina, desiccated coconut, flour, and sugar. Melt the butter then add to the dry ingredients along with the yoghurt and vanilla extract.
- Stir with a wooden spoon until evenly combined then pour into your prepared cake tin. Smooth the top with your spoon then, using a sharp knife, mark out diamonds. Place a pistachio kernel in the middle of every diamond then bake on the middle shelf for 35-40 mins.
- While the cake is baking, make the syrup by dissolving the sugar in the water in a small saucepan over a medium heat. Leave to bubble for 5 mins then remove from the heat and add the lemon juice and rosewater.
- Once the cake is baked, remove from the oven and cut along the previously marked lines to re-define the diamonds. Spoon over all the syrup while the cake is still hot then leave to cool in the tin before serving.
- ALTERNATIVE: You can use almonds in place of pistachios and you can use orange blossom water in place of rosewater.

Ingredients

For the cake
 65g pistachios
 300g semolina
 50g unsweetened desiccated coconut
 65g self-raising flour
 200g caster sugar
 200g unsalted butter
 200g natural plain yoghurt
 1 tsp vanilla extract
 25g whole pistachios to decorate

For the rosewater syrup

175g caster sugar
 175ml water
 A good squeeze of lemon juice
 2 tsp rosewater
Serves 10

#RefugeeWeek2020 #SupportDG



Crossword Answers

Across

1. Mist, 4. Antree, 9. Scrooge, 10. Hike, 11. Aorta, 12. Anger, 14. I Spy, 15. Exits

Down

2. Set, 3. Femur, 5. Ictle, 6. Cheddar, 7. Latin, 8. Molasses, 9. State, 13. Nice

Matchstick Puzzle

1. Boxing

2. Niagara Falls

3. Asparagus & Rhubarb

4. Strawberry

5. Dwarf, dwell & dwindle

6. Fullstop, comma, colon, semicolon, apostrophe, mark, quotation marks

7. Lettuce

8. shoes, socks, sandals, slippers, skates, skis