

# Community

#SupportDG 

EDITION 26  
Friday 3 July 2020

**NHS**  
SCOTLAND

**72**  
YEARS  
#nhsscot72

Thanking Our Health and Care Staff

## What's Inside

Back in business

NHS at 72

Reopening of schools

Community stories

Where Am I?



[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 26 of Community.

It's been great to see shoppers returning our town centres this week, and respecting the social distancing measures in place. Our new brand posters of Shop Local, Shop Safe are on lampposts and in shop windows – and our town centres task teams, in their distinctive orange hi-vis vests, have been on hand to provide help and advice.

You will now be aware of the Scottish Government's announcements made by the Deputy First Minister and the First Minister that all schools will fully reopen in August should the virus continue to be suppressed and it is safe to do so. This is now our planning assumption, and our contingency plan is that of a blended learning approach consisting of part in school and home learning. More on this throughout the summer.

And on Sunday, it is seventy-two years since the National Health Service (NHS) was established Health Minister Aneurin 'Nye' Bevan. More than ever, we are thankful for the hard work and dedication of all of our health and social care workers across Dumfries and Galloway.

with best wishes

Elaine and Rob

 @dgcouncil

 @DumfriesGallowayCouncil

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



Cllr Elaine Murray  
Council Leader



Cllr Rob Davidson  
Depute Leader



### Light Up In Blue

Over the weekend national landmarks will be 'lit up blue' in remembrance but also to recognise the NHS anniversary on Sunday. We'll be lighting up Council headquarters in blue.

Also, the Together Coalition has asked people to remember all those we have lost by putting a light in their window or on their doorstep. This could be a candle, a lamp, or a torch.

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



## Back In Business!

Our teams have been busy across the region, getting town centres ready. From emptying and cleaning street bins to strimming and tidying pathways and pavements, we've been working hard. And we've been very grateful for your messages, expressing appreciation for the Council staff who've been delivering vital services throughout the pandemic.

Here's a few examples:

"Great job to Gail (pictured) and the rest of the Dumgal team keeping our region beautiful. I appreciate it very much."



"Well done everyone for keeping the area looking good throughout all this. Thank you."



Since Monday, our town centre taskforce teams have been out and about providing help and advice to the public and businesses. You'll see them wearing their distinctive orange hi-vis vests.

We've also set up a business webpage where you can download forms, applications, signage and find useful links at [supportdg.dumgal.gov.uk/Business-Restart-Hub](https://supportdg.dumgal.gov.uk/Business-Restart-Hub)

**Our business support team is also available Monday to Friday, 9am to 5pm on 01387 260280, or by emailing [supportdgbusiness@dumgal.gov.uk](mailto:supportdgbusiness@dumgal.gov.uk)**



## Safe Sewing

A few weeks back we featured the Quilters of Shambellie and their wonderful quilted 'hugs'.



Over 300 quilts have now been gifted to isolated people, and the project is still ongoing. But Ann Hill and her crafty team are now making face coverings as well. The Quilters have joined forces with the People's Project and Dumfries Rotary, initially to provide free face coverings to people using foodbanks and vulnerable folk. Mark Jardine from the People's



Project first approached Ann for help, hoping that the face coverings would give people extra reassurance and boost their confidence as they get back to normal life.

It quickly snowballed to include those using transport to get to lunch clubs and day care when they reopen, and hasn't stopped there. Over 1,200 face coverings have now been distributed to foodbanks regionwide, including the Trussell Trust, New Galloway Community Shop, Social Work Departments, River of Life Church, and Day and Community Centres.

Ann said, "There are those who, for perhaps the first time, are having to use the facilities offered by the foodbanks. Quilters and local sewers making these face coverings is simply another way in which we can pull communities together to help each other in these strange times".



**If you'd like to get involved – or you're in need of a mask, contact Ann Hill on telephone 01387 830638 or 07702 555646 or email [annhillquilter@btinternet.com](mailto:annhillquilter@btinternet.com)**

## Bonnie Beattock

Last week we worked in partnership with Kirkpatrick Juxta Community Council to plant bedding plants in Beattock village. Thank you to all the volunteers who assisted, the village certainly looks much brighter!



**Thanking Our Health and Care Staff**

**Our NHS at 72**

On 5 July 1948, Health Minister Aneurin 'Nye' Bevan announced the formation of a revolutionary new organisation that would forever change the face of Scotland, and the rest of the UK - the National Health Service (NHS). Its creation was borne out of the famed Beveridge report, which aimed to rid the UK of the five 'Giant Evils' in society: squalor, ignorance, want, idleness and disease.

The NHS marked the beginning of one of the most ambitious and far-reaching social experiments ever carried out, creating for the first time a healthcare system that was not only free at point of use, but available to everyone around the country who needed it.

In Scotland, this innovative concept changed the lives of hundreds of thousands of people who, until then, had been unable to afford even the simplest medical treatment. Within a month, over 90 percent of Scots had access to a family doctor for the first time in their lives. In its inaugural year, the NHS in

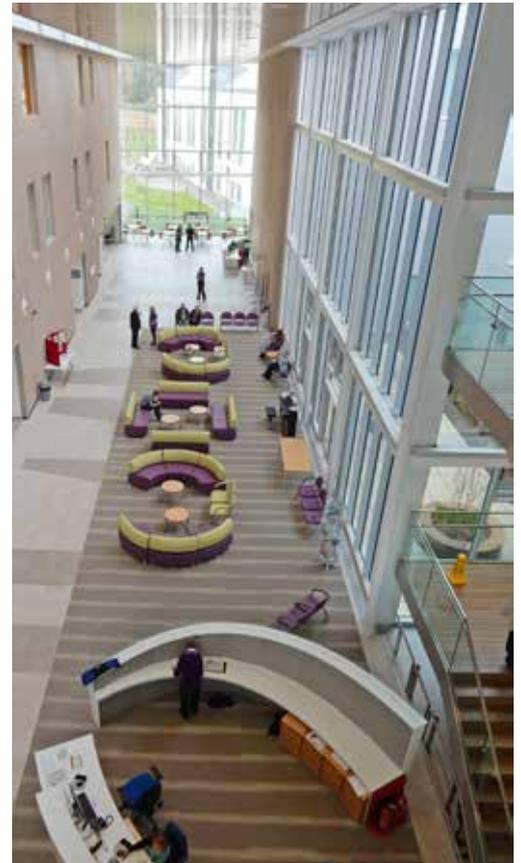


Scotland provided free eyeglasses to half a million people in need, while another half a million people received free dentures.

**Ahead of its time**

Scotland's reputation as a home of medical excellence was well established prior to the introduction of the NHS in 1948. You may not know this, but Scotland has been central to some of the biggest advancements in modern medicine. Joseph Lister's pioneering use of antiseptic in surgery at Glasgow Royal Infirmary; Alexander Fleming's discovery of penicillin; James Young Simpson's ground-breaking work with anaesthesia – these are just some of Scotland's medical highlights.

With impressive contributions like these, it's no real surprise that the introduction of free universal health care like the NHS also owed much to developments in Scotland too. In fact, a state-run healthcare system had been operating in parts of Scotland for more than 30 years before the NHS came along.



The new Dumfries and Galloway Royal Infirmary opened in December 2017

The Highlands and Islands Medical Service had been running since as far back as 1913 and covered almost half of Scotland's land mass. The service provided much-needed government funding for doctors and nurses looking after the health of some of the country's poorest rural residents.

As if that wasn't enough, Scotland also had an impressive medical infrastructure in place up and down the country. This was in part due to the build-up to the Second World War, which saw the construction of dozens of new hospitals and





specialist medical units. After war broke out, the majority of these buildings went on to become part of the new NHS.

As a result, Scotland in 1948 boasted more nurses and doctors per patient than anywhere else in the UK and was excellently placed and prepared for the new NHS system.

## An Enduring Legacy

Scotland's significant contributions to the medical world don't stop there. Throughout its seventy-two years of life Scotland's NHS has maintained its status as a world leader in healthcare. For example, in 1959, the University of Edinburgh established the UK's first Nursing Studies unit, cementing itself as a world-leader in nursing education and research.

As well as this, the world's first custom-built transplantation centre was built in Edinburgh in 1968; the Glasgow Coma Scale – an internationally recognised method of assessing brain injuries – was developed in 1974 and the world's first MRI scan was carried out in Aberdeen in 1980.

Recent years have also seen pioneering Scottish breakthroughs in areas such as the development and use of prosthetic limbs, genetic mapping, stem cell therapy and many more.

With this long tradition of excellence, coupled with some of the world's best medical schools and state-of-the-art facilities like the new Queen Elizabeth University Hospital, the people of Scotland can look forward to many more decades of top quality care from our NHS.



# #nhsscot72

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## YOUNG MINDS AND THE BEANO



Young people's mental health charity Young Minds have recently teamed up with Beano Studios (home of the Beano Comic) to create fun, engaging content for under 12's that can help to support their mental health and wellbeing.

A series of comic strips focus on an all new character - Mandi. Mandi's life is typical of any teenager and the worries and fears that all young people have, and her awkward and stressful situations have been turned into cartoons, along with some helpful tips and advice alongside each topic.

Topics include: the anxiousness around starting secondary school; gaining independence; taking your first set of selfies; dealing with exam stress; and getting your first mobile phone. These may be of particular relevance right now, as young people are impacted in many ways by the COVID-19 pandemic and are facing new challenges as a result of this, but also because they're still growing up and facing the age-old issues that all young people have to overcome.

For more information and to view the comic strips, please visit [www.youngminds.org.uk/get-involved/campaign-with-us/beano-and-youngminds](http://www.youngminds.org.uk/get-involved/campaign-with-us/beano-and-youngminds)



# Reopening of Schools



**So that parents and young people are kept up to date with arrangements ahead of our schools reopening in August, we will be sending regular updates to parents throughout the summer holidays. We will provide information to make sure everyone feels informed and prepared for the return to their school.**

**Below is a copy the most recent letter (30 June) to parents and carers, children and young people from Gillian Brydson, Director of Skills Education and Learning.**

I wrote to you earlier in the month with information about our emerging plans for a phased introduction to schools and early learning and childcare in August.

You will now be aware of the Scottish Government's announcements made by the Deputy First Minister and the First Minister that all schools will fully reopen in August should the virus continue to be suppressed and it is safe to do so. This move is a significant change in our planning assumptions.

We expect revised national guidance from the Government no later than the end of July. Only when we have received this clarity will we be able to plan how our schools and nurseries will return in August.

I recognise that this means I cannot confirm arrangements for the reopening of our schools in August at this time. However, as we enter the summer break, I want to assure you that our schools are well prepared. Our schools have two plans – one for a full return and a contingency plan - and we will continue to develop these plans over the summer.

The information provided by the Government and the national recovery group at the end of July will allow us to finalise our planning for the return of our schools in August.

The blended learning model that we originally communicated with you will remain as our contingency plan and is likely to be the approach taken should the scientific evidence be such that a full return in August would be unsafe or, following a return, the levels of the virus increased or there are local spikes. You can view a copy of our education contingency plan on our Council's website: [www.supportdg.dumgal.gov.uk](http://www.supportdg.dumgal.gov.uk)

There remains a number of questions that we are still awaiting clarity on – our Council will be seeking the answers to these questions over the coming weeks. In particular, school transport continues to be difficult to confirm with the social distancing measures required. We still need time to make the necessary arrangements with transport providers and we will continue to update parents over the summer holiday.

When children return there will be enhanced cleaning arrangements throughout the schools, and we will continue to promote good hand hygiene measures. The welfare of our children, young people and staff remains a priority so that we have a safe working environment for all when we return in August. To do this we will continue to follow the national guidance.

We have reached the last week of what has been a difficult and unusual term. I would like to thank all parents and carers and pupils for all your efforts since March – we all have had to think hard about what is important to us as communities. Our schools have shone, and I am proud to live and work alongside you in Dumfries and Galloway.

**Gillian Brydson**



## Geography Crossword

Answers on back page

### Across

2. Capital of Azerbaijan (4)
4. World's oldest active volcano (4)
7. World's most Northernly capital? (9)
10. Most recent US State added? (6)
11. Havana is this country's capital (4)
12. In which city would you find the Mona Lisa? (5)
15. Which US state is home to Fort Knox? (8)
16. Country home to Halong Bay (7)
17. Country Beirut is the capital of (7)

### Down

1. Largest of the Balearic Islands (7)
3. Ocean where Christmas Island is found (6)
5. Country with the longest coastline (6)
6. Largest Mediterranean island (6)
8. African country with highest population (7)
9. Capital of Greenland (4)
13. Largest of the 5 Great Lakes (8)
14. World's largest ocean (7)



## Where Am I?

**Clatteringshaws Loch** is a freshwater reservoir near New Galloway. It was created by damming the River Dee as part of the Galloway Hydro Electric Scheme. Forestry and Land Scotland maintain a visitors' centre by the loch to welcome visitors to Galloway Forest Park

Wikipedia

## Sudoku

Answers on back page

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

# 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](http://www.nhsinform.scot)

## Emergency

999

## Doctor Out of Hours

111

## Dumfries and Galloway Council

030 33 33 3000

[www.dumgal.gov.uk/SupportDG](http://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](http://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.

## Pamper Hampers For Veterans

Stranraer Community Reuse Shop staff and volunteers from the wanted to thank local veterans for their service and came up with a novel way of expressing their gratitude.

Wilma, a member of the Community Reuse Shop team said, "We decided that since the usual celebrations were not possible this year, we would like to still mark the occasion out of respect. We identified local ex-servicemen, and a widow of an ex-serviceman, and we made up some 'Pamper Hampers' containing luxury foods and smellies and our Community Engagement Officer Julie delivered them. They were delighted with their doorstep deliveries".



SHOP LOCAL  
SHOP SAFE

ENJOY YOUR  
**SPACE**  
PLEASE  
SOCIALLY  
DISTANCE

Guess the Country Answers  
1. Mexico, 2. Italy, 3. China,  
4. Brazil, 5. India

Connecting Words Answers  
1. Key, 2. Deck, 3. Pupil, Exam or Private,  
4. Case, 5. Bank or Flow, 6. Sheet,  
7. Tank, 8. Racket, 9. Mummy, 10. Pipe