

Community

#SupportDG 

EDITION 30
Friday 31 July 2020



Glenkens Pilgrims' Way



Be Kind



Connect



Take
Notice



Support



Give

What's Inside

Glenkens Pilgrims' Way

Ten years as a
Fairtrade town

Community planting
in Thornhill

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Dumfries
& Galloway



Welcome to Community

Your Dumfries and Galloway Community Bulletin



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

Welcome to edition 30 of Community.

Yesterday at Full Council we agreed our Restart Renewal Recovery approach, built on our learning from the initial response period. We're having a sharper focus on our council priorities too which can be simply defined as:

- Schools and learning
- Economy and business
- Inequalities and vulnerability
- Local communities.

The communities we serve are at the very centre of our restart, renewal and recovery work. As a council, we're committed to place-based working and community empowerment and this focus on working in partnership with our communities to plan, design and deliver services around people and place has been central to shaping our immediate response to lockdown. This is evident in how our communities have responded to the very real risk to life posed by the virus – and once again we thank you all.

We also thank you for your ongoing support as we continue our journey along the route map for moving out of lockdown.

with best wishes
Elaine and Rob



@dgcouncil



@DumfriesGallowayCouncil



Email updates dumgal.gov.uk/newsletters



SCOTLAND IS STUNNING LET'S KEEP IT THAT WAY

As Scotland opens its doors to a relaunched tourist season, Zero Waste Scotland have launched a new campaign highlighting the country's natural beauty and wildlife and urging visitors not to spoil it by littering when they're enjoying the delights of our coast, countryside and campsites.

Scotland is stunning, let's keep it that way aims to inspire people to get out and about to enjoy the great outdoors without leaving litter, reminding them they should either bin litter or take it home.

The campaign, which highlights the beauty of our lochs and mountains, city parks and country woodlands, is backed by the Scottish Government and Keep Scotland Beautiful – who have jointly condemned scenes of abandoned campsites, burned out trees and waste, as well as litter, as being hugely damaging to Scotland's reputation.

How can you get involved?

Download the campaign toolkit, featuring posters, social media copy and assets for using on your channels

[managingourwaste.scot/litter](https://www.zerowastescotland.gov.uk/managingourwaste.scot/litter)

Follow the campaign on social media at **#BinYourLitter**



Share posts on Facebook
@zerowastescotland



Share posts on Twitter **@zerowastescot**

Share campaign details with tourism partners and community groups.

Glenkens Pilgrims' Way



The Galloway Glens Landscape Partnership connects the people living and working in the area with its heritage and landscape. In doing so, they are working to secure a prosperous future for the communities



GALLOWAY GLENS
Landscape Partnership

around the Water of Ken and River Dee, right from their source to the sea. Focussing on this area within the Ken and Dee river catchments, a series of projects is underway that will connect people and communities with the unique natural and cultural heritage of this area.

One such project is bringing the 'Old Pack Road' back into use, the route runs from Carsphairn to the deserted settlement of Polmaddy. This path formed an important part of the network of pilgrims' routes across south west Scotland bringing pilgrims from Glasgow and Edinburgh to the cradle of Christianity in Scotland at Whithorn. Historic records show that King James IV used part of this route on one of his many pilgrimages on foot in the late 1490s to visit the shrine of Saint Ninian.

Despite the historic importance of the route, it was gradually disappearing, and urgent attention was required to save a route rich in the history of the area. The improvement of the path was technically complex because of the difficult and poorly drained upland terrain and lack of access by road. Funding was provided by National Lottery Heritage Fund and the Scottish National Heritage administered 'Improving Public Access' scheme.

The path design was three years in the making and construction involved careful planning, support of local landowners and the movement of 800 tonnes of construction material by helicopter. Now relaunched as the 'Glenkens Pilgrims' Way' with the construction works now complete, plans are underway for signage and other interpretation features along the route. Due to COVID-19 the path can only be accessed when guidelines allow.



Ten Years as a Fairtrade Town

Congratulations to Castle Douglas as they celebrated their tenth anniversary of being named a Fairtrade Town on 22 July.

Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. It enables them to improve their position and have more control over their lives.



Colin Smyth MSP, Chair of the Dumfries and Galloway Fairtrade Regional Steering Group and the Convener of the Scottish Parliament Cross Party Group on Fairtrade said about the achievement: *"I'm delighted to congratulate Castle Douglas on its 10th anniversary of being a Fairtrade Town. That long commitment demonstrates how important fairness and ethical trading is to the businesses in the town – and that's even more needed to achieve international recovery from the COVID pandemic."*

"The support of local people and local media for Fairtrade events over all these years have shown that Castle Douglas cares about improving the lives of farmers and producers, wherever they are in the world. Well done to everyone who has been involved!"

Norah Anderson, Chair of Castle Douglas Fairtrade Group, added: *"It's quite an achievement for Castle Douglas to have been a Fairtrade Town for ten years! To maintain your status, the town needs to have shops that are selling Fairtrade: you need to have a Steering Group that meets up and plans events, and activities that promote Fairtrade each year, and you have to have a presence in the media."*

"Our Group has enjoyed speaking to the schools, Rotary Club, churches and other groups about why Fairtrade is important and the positive difference it makes to the lives of people in the poorest countries of the world, and we have had great fun being involved with food town days, a fashion show, Christmas lights, and civic week. We've even got our own mascot – a Fairtrade 'Beltie' called Dougie! We could not have sustained a decade of activity without local shops, especially the Co-op, and local people - so thank you to everyone who has supported us."



Customers who choose products with the Fairtrade Mark can be assured that not only has a fair price been given to the producer but a little extra has been paid to the producer groups to invest in their communities, environments or strengthening their business. Workers' rights and environmental standards are also being met. Products that are certified in accordance with

Fairtrade standards are marked with the Fairtrade Mark. Dumfries and Galloway became a Fairtrade zone in October 2017.



Community Planting in Thornhill

The garden at the Friendship Club in Thornhill has been transformed thanks to the efforts of the local community spirited volunteers - and with wonderful plants supplied by our Council.

The group responded to the Council's offer of plants to community organisations. The garden had recently been renovated using a grant from the Thornhill Co-op store but had lain bare due to the lockdown. Now it will provide colourful surroundings for the Alzheimer's Scotland group and the many other users of the Friendship Club once they are allowed to return there.

David Formstone, chair of the Friendship Club commented: *"We're delighted by the Council's generous donation of plants. And special thanks to Brian at the Cargenbridge nurseries for all his time and assistance. Our garden now looks fantastic."*



Dumfries Pub Quiz Helps Big Doddie's Fund

Dumfries pub quiz organisers Liam and Sue Chalmers from Dumfries have raised funds for **My Name's 5 Doddie Foundation** after a series of online quizzes during lockdown.



Retired council officers Liam and Sue Chalmers, who organise the regular charity quizzes at Cavens Arms in Dumfries had to cancel their quiz planned for 6 April said, *"It was disappointing as we had 20 teams signed up for it"*.

Liam told us: *"We do a quiz every couple of months and have raised funds in the last few years for major national charities such as Brain Tumour Research, WaterAid and Pancreatic Cancer Research – and for local causes such as D&G Blood Bikes, Caerlaverock Wetland Centre and the First Base Food Bank."*

He added, *"our named Charity for April – My Name's 5 Doddie Foundation. It was a popular choice. Big Doddie Weir, a former Scotland and British Lions' rugby star revealed in June 2017 that he had been diagnosed with Motor Neuron Disease"*.

"When we had to cancel, it occurred to me our quiz regulars might welcome a 'daily challenge' to offset the lockdown boredom. As an aside, I was keen to have something to keep me busy so I decided to do a sheet of ten questions each day and email them to our 25 or so regular quiz contacts."

The idea certainly took off. We've now had eight quizzes, each with eight rounds (sheets) of ten questions. As word spread, they added more contacts and the circulation list expanded to nearly 60.

Liam said, *"I sent it to a friend in Glasgow and it now reaches others in Aberdeen, Norwich, Falkirk, Ayr and Stirling. Many of the contacts told me they were using the daily sheets to challenge the family or neighbours"*.

When someone suggested they should have charged an entry fee - and it was too good an idea for Liam and Sue to pass up, and since they had to cancel the quiz for Big Doddie's fund, they decided to invite donations raising a total of £405.

My Name's 5 Doddie Foundation is a Scottish charity that raises funds to aid research into the causes of Motor Neuron Disease and investigate potential cures, and to make grants to individuals suffering from MND, to enable them to live as fulfilled a life as possible.



Path to Criffel

Funding to upgrade the path to the summit of Criffel was recently secured by Dumfries and Galloway Council, working with the Southern Upland Partnership and the local community.

The Scottish Government's Rural Tourism Infrastructure has granted £210k through VisitScotland to improve the path and provide new signage and interpretation.



Criffel may be only 570m (1,866ft) high, but its modest altitude belies its prominence.

Rising from the Solway Firth, it dominates the coastline as the highest hill for miles around. Although it's no more than a big hill, it feels like and can behave like a mountain. The ascent is short and steep, rewarding walkers with stunning views of the Solway, the Dumfries area, its estuaries, and the English Lake District.

The walk to the summit of Criffel has long been popular with locals and visitors. Peaty soil, high rainfall and heavy use have resulted in sections of path being eroded and damage to its moorland habitat.

The recent rescue of a woman from near the summit with a broken ankle is a timely reminder of the need for this path. Walkers are asked to avoid the route of the path until it's surfaced to prevent it becoming very muddy.



Are You Struggling Financially?

- Are you struggling financially with rent, council tax, additional costs due to disability or ill health?
- Is COVID-19 impacting on your living costs?

Don't miss out, we're here to help you...



Scottish Welfare Fund Crisis Grants - Help Available

Are you struggling for cash to cover the basics such as food or gas and electricity meters because of COVID-19?

It may be that you are waiting on a benefit payment or money from HMRC due to being furloughed or your income has been greatly reduced.

If so, we're here to help - we can offer immediate short-term assistance with money to pay for these items.

This money is a grant, you do not need to pay it back.

The quickest and easiest way to apply for these grants is by using the online application at dumgal.gov.uk/scottishwelfarefund

If you don't have online access don't worry, you can phone our Council's call centre on **030 33 33 3007**. One of the team will phone you back and take the application over the phone for you.



Benefit Advice if you are over 60

If you have any health issues, we've a team who can help you make a claim for entitlements such as Personal Independence Payments or Attendance Allowance. This could give you extra money to spend to help with daily costs such as cleaning or gardening or anything that improves your health and wellbeing. You don't need to have a carer to receive these health benefits.

We can also help you make a claim for Pension Credit, Employment Support Allowance or Carers Allowance.

We also review cases and identify any additional premiums that may have been missed by the Department of Work and Pensions (DWP) and help customers to put in a claim. One customer received an additional weekly amount of £66.95 backdated to 2010 resulting in a backdated award of £31K, providing a much-needed boost to their income.

You can email a request for help to fiwsreferrals@dumgal.gov.uk or phone the Council's call centre on **030 33 33 3008** who will take the referral over the phone for you.

Welfare and Housing Options Team

The team offer help to those experiencing budgeting problems to work within a realistic budget and those threatened with homelessness to sustain their tenancies.

Our aim is to support our most vulnerable residents: those threatened with homelessness, those who make repeat applications to Scottish Welfare Fund; Universal Credit claimants who need support.

We work in partnership with the Housing Options & Homeless Service, Registered Social Landlords, and Housing Support Providers to co-ordinate support and advice to help customers to sustain their tenancies.

Email: WelfareandHousingOptions@dumgal.gov.uk

Phone: 030 33 33 3008

The Housing Options & Homeless Service

If you are threatened with homelessness or are homeless please contact your local Housing Options & Homeless Service Office between 9am - 5pm Monday to Friday:

Annan: **01461 207019**

Dumfries: **01387 273660**

Kirkcudbright: **01557 332234**

Stranraer: **01776 888312**

Out with these hours please contact: **01387 273660**

We can help you with many things such as: rent arrears; if your home is not safe to live in; you're fleeing violence or at risk of violence; leaving prison; if you require support to live in your home.



"The greatest mistake you can make in life is to be continually fearing you will make one."

Elbert Hubbard, American writer (1856-1915)

Activities Page



GREYHOUND

BILL CUNNINGHAM'S FILM OF THE WEEK

Bill Cunningham worked at the Robert Burns Centre Film Theatre (RBCFT) in and wrote the film guide for Dumfries & Galloway Standard for many years. With the continued closure of the cinema Bill watches lots of films and submits a regular Film of the Week on the RBCFT Facebook page. Bill's choice this week is the WWII drama 'Greyhound.'

"The effect of Covid-19 on the cinema industry has been little short of catastrophic with cinemas closed and film releases delayed or going to streaming. A classic case is my Film of the Week, 'Greyhound': Sony planned to release the film in cinemas in June but with Covid-19 decided to offer it for streaming rights. Apple paid \$70 million for the rights and released it on Apple TV+ in July.

The film has been a 10-year project for Hanks. He produced the film and wrote the script based on the novel by C.S. Forester, 'The Good Shepherd.' Hanks plays Commander Ernest Krause, a naval veteran who has finally been given his first command, a US destroyer codenamed 'Greyhound,' the lead protection vessel for a convoy carrying essential supplies to Britain in 1942. The convoy faces a five-day mid-Atlantic journey where they are vulnerable to attack by German U-Boats and where no air support is available. Krause is supported by a largely young inexperienced crew and together they must face the unknown terrors of the sea while hampered by erratic sonar and radar equipment.

As ever Hanks is magnificent as the go-to man in a crisis. He superbly reveals the tension and torture of a man carrying the responsibility of hundreds of lives. This is an exciting, nail biting watch which stands as a tribute to the men who really did the job. It is a blockbuster drama unfortunate to bypass the big screen. 'Greyhound' is exclusively on Apple TV+."



Quiz Time

Answers on back page



Questions

1. How many teeth does an adult human have?
2. What is the largest bird of prey in the world?
3. In which sport would you use a shuttlecock?
4. Who is fifth in line to the British throne?
5. What is the biggest state in America?
6. Who wrote Snow White And The Seven Dwarves?
7. What is the capital of Hawaii?
8. Enchiladas originated in which country?
9. In Dirty Dancing, what is Baby's first name?
10. How many eggs does the average chicken lay per year?
11. In which English seaside town was 'Fawlty Towers' set?
12. What is a group of lions called?
13. Where would you find the River Thames?
14. What animal alive today is even bigger than a dinosaur?
15. What alcohol do you traditionally use to flame a Christmas pudding?
16. What is a baby kangaroo called?
17. What is the name of the fictional town where the series Stranger Things is set?
18. What year did Rihanna achieve global success with the mega-hit 'Umbrella'?
19. Name the slowest animal in the world.
20. Is the sun a star or a planet?



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

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.

REMEMBER THE FACTS

When you arrive pubs, restaurants and cafés you will be asked to provide contact details to help support NHS Scotland's Test & Protect.

PUBS, RESTAURANTS AND CAFES ARE REOPENING

Phase 3

Safely enjoy hospitality in your local area

- Pay attention to signage, guidance and instructions from staff
- When you arrive you will be asked to provide contact details to help support NHS Scotland's Test & Protect
- Do not make use of hospitality services if you are in the shielding group or if you have symptoms



Remember

FACTS

for a safer Scotland



use coverings



avoid crowded places



wash your hands regularly



2M distance



self isolate and book a test if you have symptoms



Healthier Scotland
Scottish Government



Quiz Answers

1. 32
2. Andean Condor
3. Badminton
4. Prince Louis
5. Alaska
6. The Brothers Grimm
7. Honolulu
8. Mexico
9. Frances
10. 260
11. Torquay
12. A pride
13. London
14. Blue Whale
15. Brandy (or rum)
16. A Joey
17. Hawkins
18. 2007
19. Three-toed sloth
20. A star