



Our Council and Partners wish you all a happy and safe New Year.

It has been a different festive period for all of us and the start of 2021 has found us back in lockdown again despite our collective and individual best efforts over the course of 2020.

As you will have seen from the media, there is an increase in cases in Dumfries and Galloway which is being exacerbated by the new more transmissible strain of COVID-19.

As Community Councils, Resilience Teams and Local Volunteers find their response increasing yet again we are ready to assist and support you as much as we can.

KEEP INFORMED

Dumfries and Galloway Council <https://supportdg.dumgal.gov.uk/>
 Third Sector D&G <http://thirdsectordumgal.org.uk/>
 Scottish Government <https://www.gov.scot/coronavirus-covid-19/>
 NHS <https://www.nhsinform.scot>

LOCAL AREA DATA

Public Health Scotland's [interactive dashboard](#) now provides a map showing the number of cases in local areas, as well as trends for local authorities and NHS boards. You can access data for your community by accessing the '[Cases by neighbourhood](#)' tab and you may want to share this information with your contacts.

COMMUNITY RESILIENCE PLAN

We are in the process of supporting local Teams to update their Community Resilience Plans to ensure amongst other things that contact details and arrangements for responding to emergencies in communities are fully up-to-date.

Many of you have already submitted your updated Plans and the next phase of Hardship Funding allocated to your community is now being processed.

If you are yet to submit your updated Plan and require support please contact your [Ward Officer](#).

ACCESSING COMMUNITY SUPPORT

Access information from local community groups and organisations offering support in response to the COVID-19 public health crisis by checking the dgresilience map.

<https://www.dgresilience.org.uk/>



During lockdown we are all having to spend more time than usual in our homes. We all need to be mindful and show considerations to our community. We have put together a few simple tips on how you can be a good neighbour during the coronavirus COVID-19 pandemic – you may want to share the following tips and this short youtube video <https://www.youtube.com/embed/d5rRD1qcFMc> via your social media channels.

1. Talk to you neighbours from a distance

Just talking, can make a huge difference to how you feel during lockdown. Have a chat to your neighbour over the fence or across your balcony if you can, even if you haven't done so before. We are all in this together – but remember to keep to the government guidelines for social distancing and stay at least 2-metres apart.

2. Talk to family and friends virtually

If you have a smartphone, apps such as FaceTime, Skype and WhatsApp allow you to make video calls using your home internet connection, at no extra charge. There are various other apps that allow for bigger groups to video chat and play games together.

3. Use local social media groups, such as Facebook and WhatsApp

There are various local groups across social media platforms that you can join, to stay updated and share any news in your local area. These can also be used if you or somebody you know need support in your area.

4. Ask your neighbour if they need something during your trip to the shops

Whether your neighbour is vulnerable or not, if you're heading out to do some shopping, maybe you could pick up a few essentials for them too. The less people that leave their homes the better, so we should all try to help each other.

5. Give each other space

Even in your own home, you might want some time to yourself. Agree with your partner or family to spend some time in a separate room – and reassure them it does not mean you don't love them you just need some quiet time.

6. Clear a path/spread some salt

Perhaps offering to clear someone's path of snow or putting some salt or grit down will enable someone to feel safe in leaving their home for exercise or to visit the shops for essential groceries.

A small act of kindness can make a difference to someone's life!

STAY SAVE – PROTECT OTHERS – SAVE LIVES

Remember **FACTS** for a safer Scotland

- F** Face coverings
- A** Avoid crowded places
- C** Clean your hands regularly
- T** Two metre distance
- S** Self-isolate and book a test if you have symptoms

You can access further information and download posters that you may wish to distribute across communities and local networks at www.nhsinform.scot/coronavirus. A 'pdf' document of the poster is also attached.

KEEP IN TOUCH WITH US

You can keep in touch with us by emailing SupportDG@dumgal.gov.uk or by contacting your [Ward Officer](#) – just let us know if there is anything that we can help you with.

Stay Safe

Your SupportDG Team

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