

Community

#SupportDG 

EDITION 62
Friday 26 March 2021



Drumlanrig Castle lit up for the National Day of Reflection



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Inside

FMD 20 years on

Climbing the Wall

Tartan Tramping

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Dumfries
& Galloway



Welcome to Community



@dgcouncil



@DumfriesGallowayCouncil



Email updates dumgal.gov.uk/newsletters



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

As we continue to battle against Covid-19 we pause to reflect that, 20 years ago this month, our region faced another massive challenge: Foot and Mouth Disease.

It was a bleak period involving sacrifice, anguish and heartbreak. The effect on our communities was devastating.

We took on that seemingly insurmountable challenge, conquered it and set out on the road to recovery. Dumfries and Galloway can do the same with Covid-19.

Our region has many wonderful people who have gone out of their way to improve the lives of others during the Covid-19 pandemic. Our Community Bulletin has featured many over the past year. We salute their indomitable spirit and thank them from the bottom of our hearts.

We are making progress in the fight against Covid-19. More than 60% of our region's adult population has now received the first Covid-19 vaccination, and around 10% the second.

However, we mustn't become complacent. We need to continue to all work together to keep infection rates low. Everyone should continue to follow the FACTS guidance. Anyone with Covid-19 symptoms should self-isolate with their household and book a test at a testing unit.

with best wishes

Elaine and Rob

Back to the Future

One year ago, as the first Covid-19 lockdown kicked in, Ian Hall swapped from working in a Council leisure centre to emptying our bins.

He was just one of many Council workers who were redeployed to new frontline roles in response to the Covid-19 outbreak.

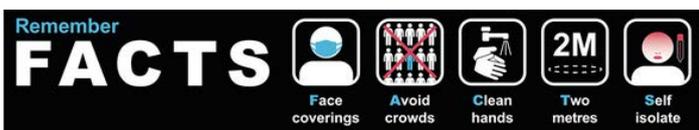


Ian usually worked in the fitness team at DG1 leisure centre in Dumfries. But, when the facility closed, the Council asked employees who weren't in the 'at risk' category to volunteer for new roles.

Ian, who hails from Annan, said: "I offered my skills to be used wherever they were most needed. I was initially assigned to support the community hub in Annan. However, there was a greater need for me to work in waste collection, and I was happy to help."

His new role was a bit of an eye-opener. "My colleagues showed me the ropes and kept me right but it's full-on. There's no time to dilly-dally. I developed a new respect for the people who empty our bins, which are mostly full and weigh a lot. It was a surprise just how much people can cram into a wheely bin!"

After lockdown, DG1 reopened and Ian returned to the day job. But then, after Christmas, DG1 shut again. Changing circumstances meant that Ian and his wife had to share teaching duties for their children. "It was great to get to spend so much time with our two children but extremely challenging trying to keep up with new ways of teaching! On the days when I've been at work, I've been conducting building checks and being the key holder for contractors. I've also been ensuring that all the health and safety documentation is in place for reopening. I've also researched and created a new training platform for lifeguard teams. So, compared to the last one, it's been quite an uneventful lockdown!"



FMD +20

Today we're fighting Covid-19 but 20 years ago this month our region was on the frontline in a national battle against Foot and Mouth Disease (FMD).

In February 2001, FMD was identified in an Essex abattoir. By 1 March, it had affected 2 farms in Dumfries and Galloway, 1 at Lockerbie, 1 at Canonbie.

Carpets and straw soaked in disinfectant at farm gates and road ends became a familiar sight, as did cull teams in white coverall suits, truck loads of old railway sleepers, ministry vets, and burning pyres on farmland. A ghastly smell of burning carcasses hung in the air.

The Army was brought in to assist with the cull, rendezvousing each morning at the Loreburn Hall in Dumfries.

Then Scottish First Minister Henry McLeish and UK Prime Minister Tony Blair visited the region. The UK General Election was postponed by a month.

The outbreak would last until 23 May. By then, 177 locations in the region had been affected and more than half a million animals slaughtered. Farms were able to start restocking in the autumn.

The impact of the epidemic on the Scottish economy was substantial. The effect in Dumfries and Galloway and in the Borders, however, where agriculture is a more substantial part of the economy, was much greater.

Not only would the loss to agriculture directly affect the output of the region, but many rural activities were affected by the closure of the countryside and the ban on moving animals and personnel from farms. It affected



hunting, fishing and small businesses, such as forestry contracting work, vermin control, and other activities linked to agriculture. Auction markets were closed, dealers and contractors who transport livestock had to lay off employees and for a time lost their livelihood.

But most serious of all was the effect on tourism, especially in rural areas. Tourism contributes substantially more to the Scottish GDP than agriculture. The damage to tourism was obviously greatest in the Dumfries and Galloway and Borders regions.

As the countryside was shut down, our region's rural economy and tourism took huge hits. Scottish Enterprise expected recovery in Dumfries and Galloway to take a minimum of three years.

The subsequent economic recovery in Dumfries and Galloway was greatly assisted by multi-agency working to develop the tourism product and branding for the region.

See: www.rse.org.uk

Saving Private Ryan Centre

More than 20 staff at the Ryan Centre in Stranraer have been trained by the Army to carry out the test for asymptomatic Covid-19.

The Army has now moved out and, since 22 March, Ryan Centre staff have been running the test site.

The site is open from 9am to 5pm each day for anyone seeking a lateral flow test.

A spokesperson said: "We've all been fully trained and inducted and provided with all the appropriate PPE. This is just the latest redeployment in what has been an ever changing situation for council staff over the last year."





You'll be bowled over by Bouldover

In Annan, work is ongoing to create something truly special for the local climbing community.

The Bouldover Centre will be completed by the time that lockdown lifts. Meanwhile, 55 climbing and bouldering enthusiasts can register through Facebook to get a glimpse of the new facility, the first of its kind in Dumfries and Galloway.

Company Director Andy Weeks said: "We're delighted to offer this facility to communities across South West Scotland, providing great opportunities for people to participate in this growing sport, which is now an Olympic discipline. We will welcome experienced climbers and newcomers alike.

"After such an extended period in lockdown, climbing is an ideal way to get fit, lose weight and brighten your mood. We're looking forward to building a loyal customer base and can't wait to meet everyone."

Sponsorship opportunities are available. A climbing hold costs £2.50 and each wall needs around 1,000 holds. Any supporters sponsoring 20 or more holds will receive free membership for a year.

www.gofundme.com/f/bouldover-climbing-centre

Up Yer Kilt!

Do you want to get active while raising funds for disability sport in Dumfries and Galloway?

The virtual Kiltwalk over the weekend 23 to 25 April can be completed locally or even at home. So, clad yourself in plaid and set yourself a challenge based on your ability.

The Hunter Foundation will top up all funds raised by a further 50%. Funds raised will be used to develop facilities for people with physical, sensory or learning disabilities.

To get involved:

- Choose a challenge: walk, run, wheel, push, skip, dance, cycle or any combination
- Register for the event: www.thekiltwalk.co.uk
- Select Dumfries and Galloway Disability Sport as your chosen charity
- Start fundraising by seeking sponsorship through your page.
- Get your family / friends involved by signing up and accompanying you on your training 'walks', get active together
- Put on a piece of tartan and enjoy the challenge

For more info information, e: laura.vickers@dumgal.gov.uk or t: 07795 680 141



Bog to Bloom

The Council's Community Assets teams have been working in small work bubbles to comply with Government Covid guidelines. This has given the opportunity to work on smaller projects across the region in partnership with local community groups.

Michael Cuthbertson and David McCleary, Streetscene Operatives from Barnkirk Depot, have been working with the Women of Minnigaff and Newton Stewart (WOMANS) Group to improve the community garden at Creemills, Newton Stewart.

The garden had been flooded and was badly in need of significant drainage work. It was decided to plant a wildflower meadow, a boggy plant area, and a sensory plant area to allow people to connect with nature.



Over a 2-month period, Michael and David prepared the ground, completed the drainage work, and re-gravelled the park's paths. They then tidied up the garden area, cutting back bushes and shrubs, and rotovated the ground for re-planting. Wildflower seeds have been sown to attract bees, butterflies, and insects.

While it might take a few years for the flowers to fully establish, the newly revamped garden now offers a suitable place for people in these challenging times. Hopefully, it'll be blooming marvellous soon.

FIND OUT WHERE YOUR KIDS GO ONLINE

#KEEPINGKIDS SAFE ONLINE



Keeping Kids Safe Online

Lockdown and long-lasting pandemic restrictions over the last year have resulted in many children and young people spending more time online than usual, increasing the risk that they might be targeted and exploited by online abusers.

Child Protection Committees Scotland is running a Keeping Kids Safe Online campaign to complement the Scottish Government's #CSEthesigns and Police Scotland's #GetHelporGetCaught campaigns.

The campaign encourages parents and carers to be curious and actively interested in what their children are doing online and to learn how to help keep them safe from the dangers of online abuse or exploitation.

- just as you want to know where your children are going when they go out, you should ask them where they are going online and who they talking to
- be curious and chatty with your children about their online lives
- it's okay to ask about what your kids are doing online and who they are talking too
- don't ask just once, keep being interested and curious, keep asking questions
- learn more about your kids' online lives, ask them to show you how sites, apps and platforms work
- talk to your children about who their online friends are, what they chat about and what information they share
- encourage your children to be careful about sharing information with someone they've never met
- face your own fears about the online world and find out more about how to keep your kids safe
- learn from the many existing toolkits and information sites about how to help protect your children from predatory people
- talk to your children about online risks as early as possible, even very young children can be targeted by online abusers
- **if you are worried that your child is or has been a victim of online abuse or exploitation, take action immediately**



Give us your Groats

Castle Douglas community playpark is being redesigned as an inclusive site to provide a better place for people to walk, run, play and relax.

The reconfigured facility will cost around £375,000 and fundraising is underway, led by Castle Douglas Development Forum with Council support.

Project development officer, Sarah-Jane Allsopp, has signed up for a virtual challenge: walking the 874-mile distance between Land's End and John O'Groats.

Sarah said: "Like many others I've been working from home for a long time. I saw this as an opportunity to get out of the house, do something active, and raise money for a good cause. I'm now walking an average of 2.5 miles each day and I've already completed more than 210 miles. My goal is to raise £1,000 and I've already raised half of that."

To sponsor Sarah: www.facebook.com/

To sponsor a piece of play equipment: projects@castledouglas.info



Sense of Entitlement

You can now apply for new National Entitlement Cards (NEC), including bus pass for over 60s, bus pass for disabled people, and Young Scot, online at getyournec.scot

If you can't apply online, t: 01387 260 196 to make an appointment to visit a Customer Service Centre where staff can complete the online form, check your proof of ID, and take a photo.

For replacement, lost or damaged cards, t: 030 33 33 3000

To renew an existing card, t: 01387 260 196 to make an appointment to visit a Customer Service Centre.



Young or Emerging Artist?

Bardennoch is a name shared by two hills; one in Dumfries, one in Galloway.

Bardennoch is a starting point for young visual artists to explore their connection to Dumfries and Galloway; be that the physical geography of the area or their experiences of rurality and community. The choice of name is not restrictive, rather it acts as a way for artists to think creatively about their surroundings and examine the interactions between people, language, and landscape.

The Bardennoch exhibition invites young and early careers artists (around 17 to 26) from Dumfries and Galloway to submit existing works or create new works that address their relationship with the region.

Shortlisted works will hang in the Mitchell Gallery at Kirkcudbright Galleries in summer 2021, with artists having the opportunity to sell their works.

The exhibition will showcase works that demonstrate artistic merit at an emerging stage, in the early stage of their career as they gain experience and develop an individual style.

For more info see: bardennoch.tumblr.com or @bardennoch on Instagram.

Deadline for submissions: 18 April 2021

Applications to: lily.knott@dumgal.gov.uk

Applications to include:

- Name, address, age
- School / college / university (if still attending)
- Details of any previous exhibitions
- Short paragraph about yourself and your ambitions
- Work: title, medium, selling price (including 40% commission)/not for sale, preferred display (wall / floor / case)
- 3 clear images of your work

RBCFT Film of the Week

Collective

Collective is a hard-hitting Romanian documentary that investigates corruption in the country's healthcare system.

Released to great acclaim in 2020, The Times called it the best film about journalism since All the President's Men, the film has been nominated in two categories at this year's Academy Awards: Best International Feature Film and Best Documentary. It's the first Romanian film to be nominated for an Oscar. It is also nominated for Best Documentary at this year's BAFTAs.

The film is not for the faint hearted. The film begins with phone footage from the Colectiv nightclub in Bucharest in 2015, where a rock band is on stage. Soon we see smoke and, within seconds, the ceiling is on fire. The footage captures the moments in which the crowd desperately makes its way to the exit as flames and smoke engulf them. 64 people died in the fire or later in hospital.

A reporter at a sports paper, Gazeta Sporturilor, soon uncovers an uncomfortable truth, that more concert goers died from hospital infections than in the fire itself. Reporters find that hospital disinfectants supplied to state hospitals were being diluted rendering them useless. They find fraud and cover-up on a massive scale and that



the indifference of government officials is staggering. The team find links to Pharma only for a boss supplying disinfectants to die mysteriously. They find that the head of one hospital is little more than a gangster, lining his own pockets at the expense of patients' lives. There is some hope though; the corruption leads to a change in government and a new health minister is appointed. We soon find his efforts to reform the corrupt system are met with substantial challenges.

Collective plays out more like a political thriller than a documentary and the obvious injustices may make your blood boil. It's an utterly compelling look at investigative journalism at its very best.

Collective is showing on BBC4 on Monday 29 March and i-Player after that.

Quiz of the Week



1. What is the name of Clint Eastwood's film production company?
2. In which year was VIZ Comic founded?
3. Who played the character of Jack Ford in the BBC drama, When The Boat Comes In?
4. Canadian singer Roberta Joan Mitchell is better known by which name?
5. What was Mary Anning (1799–1847) famous for? .
6. Which rock band formed in 1994 takes its name from a term used by the Allies in the Second World War to describe various UFOs?
7. Who assassinated Archduke Franz Ferdinand of Austria in 1914?
8. What is the area of biology devoted to the study of fungi known as?
9. Characters Timothy Claypole, Fred Mumford, and Dobbin the Pantomime Horse all featured in which children's tv series that ran from 1976 to 1984?
10. In what year was the Reichstag Building in Berlin severely damaged by fire?
11. Which African country has the largest population?
12. The Portico Library is located in which English city?
13. In what year did Iceland gain its independence from Denmark?
14. It was estimated that Winston Churchill drank two bottles of champagne a day. How many bottles was it reckoned he drank in his lifetime (to the nearest 1,000)?
15. Twitter founder Jack Dorsey's first tweet sold for how much recently?
16. Who was recently announced as the new host of Mastermind?
17. Which actress played Jackie Laverly in series one of Line of Duty?
18. What does QR stand for in QR Code?
19. What is the second highest mountain in Scotland?
20. Who is the most capped men's footballer of all-time, playing 184 times for Egypt?
21. The largest lake in Europe is Lake Ladoga, where is it located?

Theesy Vegetable Gratin

Serves 6-8

Prep 15 mins

Cook 40 mins

Ingredients

1 cauliflower (450g), broken into florets, leaves reserved

200g purple sprouting broccoli

200g spinach

70g unsalted butter

70g plain flour

900ml whole milk

2 tsp English mustard

150g mature cheddar

½ bunch of chives, finely chopped

Method

STEP 1 - Bring a pan of lightly salted water to the boil and cook the cauliflower florets for 3 mins. Add the broccoli and cook for 2 mins more. Drain in a colander and leave to steam-dry.

STEP 2 - Tip the spinach into a large saucepan, add 2 tbsp water and cook with the lid on over a low heat for 3-4 mins until wilted, then tip into a sieve and press the excess moisture out of it with the back of a wooden spoon. Set aside.

STEP 3 - Heat the oven to 220C/200C fan/gas
7. Melt the butter in a saucepan over a low heat until foaming, then stir in the flour to create a thick paste. Cook for 2 mins, remove the pan from the heat and whisk in the milk in several additions until lump-free. Return to the heat and whisk until thickened. Whisk in the mustard, most of the cheese and the chives. Season to taste.

STEP 4 - Arrange the vegetables, including the cauliflower leaves, in a medium ovenproof dish. Pour over the sauce, then sprinkle with the remaining cheese. Bake for 25-30 mins or until golden and bubbling.



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 260 280
Mon-Fri 9am-5pm

Multi Agency Safeguarding Hub 030 33 33 3001

Social Work Out of Hours 01387 273 660

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



Fuel Poverty Fund

The Scottish Government has announced a new Fuel Poverty Fund, which is being delivered by Advice Direct Scotland to help households suffering from fuel poverty. For more info see: www.advice.scot.

Period Dignity

Our second round of home deliveries for this project has now been completed. In total, 958 women and girls in the region are now receiving support, an increase of 206 since our last delivery in February.

Art on the Slide

A slideshow of submissions for the Gracefield contemporary art challenge can be viewed at [Gracefield Facebook page](#)

Well Read

Reading Well's Read, Talk, Share initiative was launched to combat loneliness and deliver wellbeing through the power of reading during the Covid-19 pandemic. Championed by authors Amanda Prowse and Natasha Devon, along with Girls Aloud singer Nicola Roberts, the initiative aims to support and connect isolated individuals and promote the mental health benefits of bibliotherapy.

Titles from the collection are available free on the library Borrowbox App. Join the library at [DumGal Libraries](#)

EARTH HOUR
Saturday 27th March
🕒 8:30pm

wwf FOR YOUR WORLD

© Frederico Viana / WWF

Earth Hour will be a tad different this year.
See: [Earth Hour 2021: How you can get involved](#)

**If you would like help understanding this
or need it in another format telephone 030 33 33 3000**

Answers

1. Malpas
2. 1979
3. James Bolam
4. Joni Mitchell
5. Collecting fossils

6. Foo Fighters
7. Gavriolo Princip
8. Mycology
9. Rentaghost
10. 1933
11. Nigeria

12. Manchester
13. 1944
14. 42,000 bottles
15. \$2.9m
16. Clive Myrie
17. Gina McKee

18. Quick Response
19. Ben Macdui
20. Ahmed Hassan
21. Russia