

# Community

#SupportDG 

EDITION 64  
Friday 9 April 2021



Solway Coast



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Notice



Support



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## Inside

Galloway Glens

Doggy Dreams

Bike Bonanza

[www.dumgal.gov.uk/supportdg](http://www.dumgal.gov.uk/supportdg)

Tel 030 33 33 3000

Dumfries  
& Galloway



# Welcome to Community



@dgcouncil



@DumfriesGallowayCouncil



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



Cllr Elaine Murray  
Council Leader



Cllr Rob Davidson  
Depute Leader

Across Scotland, the number of deaths from Covid-19 has fallen sharply; down by over 80% in the last 2 months. The number of people in hospital and intensive care is also reducing.

Declining numbers of new Covid cases in our region and excellent progress in the rollout of vaccinations give us cause for cautious optimism.

However, we mustn't drop our guard. We must still defend ourselves against a deadly virus and strive to keep infection rates low.

We urge everyone to be vaccinated, taking up the offer of first and second doses. This is vital to protect our own wellbeing and that of our loved ones. Only by vaccinating as many people as possible will we have any chance of overcoming this dreadful virus.

Of course, the vaccine, though effective, doesn't provide everyone with complete immunity so it will be necessary to continue to observe the restrictions while these are in place. And, we must all continue to follow the FACTS guidance: face coverings, avoid crowds, clean hands, two metre distance. Anyone with Covid-19 symptoms should self-isolate with their household and book a test.

with best wishes

Elaine and Rob



## Managing our Shoreline

The Dumfries and Galloway Shoreline Management Plan is being updated to establish a robust, evidence-based and sustainable approach for managing the risk of coastal flooding and erosion along our coastline.

A series of engagement events is planned throughout the study period to provide information on the preferred management policies for each section of the coast.

At present these events will be undertaken virtually. The draft Policy Options documents are available (until 21 April 2021) in the Virtual Consultation Room at: [https://consultationspace.com/Dumfries\\_and\\_Galloway\\_SMP/](https://consultationspace.com/Dumfries_and_Galloway_SMP/)

Additional information is available on the project website at <https://www.dumgal.gov.uk/SMP>

If you would like to engage with the team:  
e: [smps@dumgal.gov.uk](mailto:smps@dumgal.gov.uk)  
t: 030 33 33 3000

Or write to Flood Risk Management, Roads and Infrastructure, Cargen Tower, Garroch Business Park, Dumfries DG2 8PN

## Don't COp It

Scottish Gas Network (SGN) is working with West College Scotland to raise the issue of carbon monoxide poisoning with students.

See: <https://dls.westcollegescotland.ac.uk/enrol/index.php?id=515>

Facebook • Twitter: @SGNgas

Find out how to protect your home from carbon monoxide

Smell  
gas?

T: 0800 111 999



# Covid-19: a CCU nurse's view

The last year has certainly been one that many people would like to forget. Ironically, 2020 was The Year of the Nurse! There has never been a time when the nursing profession has been so much in the spotlight.

To cope with the increased nursing requirements of Covid-19, people who had previously worked in CCU were drafted back. Theatre, Day Surgery and Reception/Recovery were relocated to CCU, while maintaining a level of work at their respective areas.

The staff drafted into CCU were amazing, undertaking condensed training to prepare them for critically unwell patients. Nurses are resilient and the training is excellent but nothing can completely prepare anyone for the real thing.

I've never before seen such great teamwork in the most challenging situations we've ever had to embrace. The nursing care provided was of the best possible quality.

At the peak of the pandemic, we were tested professionally, emotionally, and personally. The hospital psychology team provided really helpful weekly sessions that offered intervention and key support in managing people's mental health. The camaraderie in the team has been nothing short of amazing. But nothing could boost us more than seeing our first recovered Covid patient leaving CCU to continue their recovery elsewhere.

More than a year into the Covid-19 pandemic, as vaccinations are rolled out and transmission rates fall, we now feel as if there is light at the end of what has been a very long tunnel.



Contributed by a Senior Charge Nurse, Critical Care Unit (CCU), DGRI

## Youth Services team up with Gretna FC



The Council's Youth Services has announced a new partnership with Gretna FC 2008, providing free youth services in Gretna.

Engaging with young people over the last 2 months showed that they wanted a fitness group and an arts and crafts group.

So, a fitness group (supported by players/coaches and Police Scotland) and a wellbeing group (to include arts, crafts, and cooking) will take place each week for people aged 12 to 25.

Youth Services will use the football pitch and concrete area and, once Covid restrictions ease, the indoor facilities.

Outdoor activities will start in the week beginning 5 April, with a maximum of 13 young people in each group.

**Any young person wanting to attend can sign up online or t: 01387 260 243**



## Queen's Award for Voluntary Service

Nominations are being sought for local groups eligible for the Queen's Award for Voluntary Service (QAVS), the highest award given to volunteer organisations in the UK.

Previous winners include Dumfries and Galloway Blood Bikes, Dumfries and Galloway Befriending Project, Castle Loch Lochmaben Community Trust, Sports Driving Unlimited, and Dumfries and Galloway LGBT Plus.

Eligible groups must be volunteer led and be making a considerable difference locally. They should have at least 3 members and have been operating for at least 3 years.

Anyone can nominate a group for a QAVS, as long as they are not one of its employees, or volunteers. Nominations can be submitted between April and September at:

<https://qavs.culture.gov.uk/>



## Galloway Glens Scheme is 3 years old

1 April 2021 was the third anniversary of the Galloway Glens Scheme getting underway.

To date, over £2.3m has been spent on projects; delivering jobs, education/training schemes, footpaths, refurbished buildings, new facilities, protection for species and habitats, and support for communities in the Ken/Dee Valley.



Overall, the scheme will see more than £5m spent between 2018 and 2023.

Highlights to date include:

- 8 refurbished buildings, including the new facilities at the Otter Pool and Balmaclellan Smiddy
- 15 miles of improved footpath, including 2 bridges
- More than 360 school pupils attending events and over 4,000 people attending online events
- 1,394 hectares of Galloway landscape under active management

Galloway Glens Team leader, McNabb Laurie, said: *"The principle of a landscape partnership scheme is that a series of projects are undertaken in a co-ordinated and strategic approach with projects benefitting from each other resulting in something that is greater than simply the sum of parts."*

*"My thanks go to everyone involved, particularly the National Lottery Heritage Fund, supported by lottery players around the country, which has been steadfast in its support, and the Council's Environment Team for their foresight in seeing the opportunity for a scheme like this."*

*"The project is connecting people to their heritage while supporting sustainable communities and boosting economic activity. We reckon that, so far, we've given work to more than 180 businesses in Dumfries and Galloway"*.

For more info: [www.gallowayglens.org](http://www.gallowayglens.org)

# YES to Online Support

Dumfries and Galloway Council's Youth Work Team has launched a new, bespoke Online Support Hub for young people aged 12 to 25.



After months of development by young people and youth workers the new Youth Enquiry Service website is now live offering support, information, and advice in a virtual setting.

Developed as part of the Counselling in Schools Project, funded by the Scottish Government, the new Youth Enquiry Service (YES) site will offer young people access to a wide range of resources including peer education, a service directory of local support providers, and confidential low level psychological support sessions that can be accessed from home.

Young people have been involved in every stage of developing the website and are excited to see this new support service up and running after months of hard work.

Erin Blair, who was a member of the development team, said: *"It's been a really exciting time to be involved in the development of this new resource. Now, more than ever, online support for young people is vital and it's brilliant that the Youth Enquiry Service has the ability to deliver this in addition to their face-to-face work."*

Young people can now access the website, search for local service providers, participate in workshops from home, and chat online with youth workers 7 days a week: [www.youthenquiryservice.org](http://www.youthenquiryservice.org)

For more info on how support impacts on the lives of young people see: <https://www.youtube.com/watch?v=FuHLrIR8Yw>

A purple poster for the Scottish Parliamentary Election on 6 May 2021. At the top, it says 'Scottish Parliamentary Election 6 MAY 2021'. Below this, it states 'You must be registered to vote by midnight on 19 April.' To the right is a yellow ballot box with a white envelope slot and the word 'VOTE' on it. In the foreground, there are stylized illustrations of five diverse young people walking. At the bottom right, it says 'Register to vote at [dumgal.gov.uk/SPE2021](http://dumgal.gov.uk/SPE2021)'. The Dumfries & Galloway Council logo is in the bottom right corner.



## Kirkgunzeon spreads its web

A new community website for Kirkgunzeon has been launched with support from the Council.

The site includes information on Kirkgunzeon and Maxwell Memorial Hall; the history of Kirkgunzeon Parish, including the church and war memorial; the local natural environment; and links to local services.

Paul Phillips, hall committee, said: *“Like many community facilities, the hall is currently closed due to Covid-19 restrictions. This website is part of an effort to maintain and promote a sense of community spirit in these difficult times.*

*“We see the activities and facilities offered by the Hall as a positive way to promote feelings of community goodwill, belonging and civic pride. Last year, we organised two socially distanced events, the Scarecrow Competition and Celebration of Halloween Lanterns, as we were unable to hold our usual events such as the Community Duck Race and barbeque.*

*“We can’t currently bring the community together for activities, so we’re keen to do what we can to foster our sense of community, to help reduce feelings of social isolation and promote a sense of wellbeing.*

*“The website showcases past community events and activities, such as the restoration of the War Memorial and creation of the Centenary Roll of Honour, which now hangs in the hall, and enables us to present the fascinating information discovered through the research of local community historians such as Lynne Crichton. We can now offer online access with the opportunity to maintain and develop these community records.”*

The website also draws on the expertise of the South West Scotland Environmental Information Centre, based in Kirkgunzeon, which offers access to a resource for those interested in the natural environment.

See: [Community Website of Kirkgunzeon, Dumfries & Galloway, Scotland](#)

## Field of Doggy Dreams



Starting a new business during a global pandemic was always going to be tough but Emma Maxwell of Kirkgunzeon Canines has worked hard to make her doggy dream a reality.

The result of her hard work is the unique Freedom Field located in the countryside off the A711, between Kirkgunzeon and Beeswing, just 15 minutes outside Dumfries.

Freedom Field is a secure 2-acre site, enclosed by a 6ft chain-link fence, to keep our 4-legged friends safe while exercising off the lead.

All dogs are welcome to use the field and the space can be booked online for 30 minutes, 1 hour, or longer if requested.

Emma believes that the field is ideal for all dogs but is particularly beneficial for:

- Nervous and scared dogs
- Recall and training
- Sensitive dogs
- Escape artists
- Rescue dogs

For more info see [www.kirkgunzeoncanines.co.uk](http://www.kirkgunzeoncanines.co.uk) or [www.facebook.com/kirkgunzeoncanines](https://www.facebook.com/kirkgunzeoncanines)

## Cashback boosts health and wellbeing

The Council’s Youth Services team has been providing support to Annandale and Eskdale Youth Management Committee to source funding through Cashback for Communities.

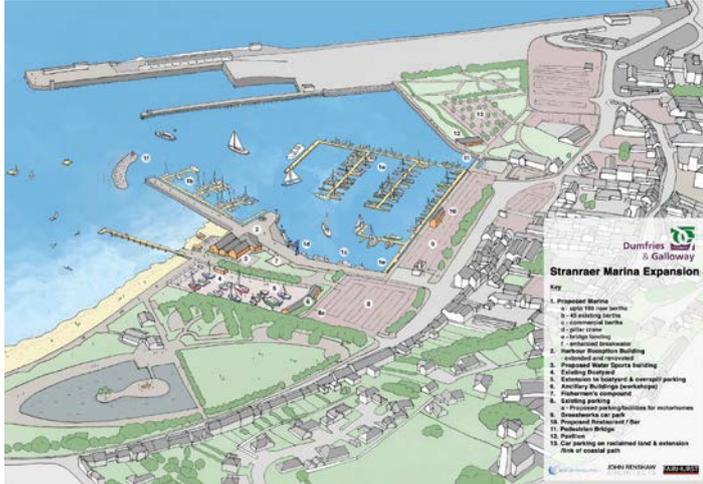
During summer and autumn 2020, feedback from youth groups demonstrated an interest in sports-based health and wellbeing.

The project will run from 1 April 2021 to 31 March 2022, with young people leading the development of the project, supporting delivery, and setting up the sessions for the personal development they want to undertake.

The project will deliver a range of opportunities for young people, boosting their confidence, physical and mental wellbeing, and improving opportunities for learning and careers.

# Stranraer Marina

The Council is developing proposals for the expansion of Stranraer Marina as part of the regeneration of Stranraer waterfront.



The aim is to repurpose Stranraer and Loch Ryan as a distinctive and successful marine leisure destination and is expected to deliver significant regeneration and economic benefits for the Stranraer area, including:

- Regeneration of the underused waterfront
- £18m investment in Stranraer – (£16m Borderlands Inclusive Growth Deal funding, plus £2m from D&G Council)
- £35.4m boost to the local economy over 25 years

- New employment and business opportunities
- 20,000 additional visitors per year boost to tourism
- Opportunities for inclusive participation in watersports
- Ensuring expansion complements the operation and facilities provided by the traditional harbour for commercial vessels

The concept proposals are for a 223 berth fully serviced marina, including:

- Additional pontoon berths
- Main marina berthing area close to south quay wall which will add interest to the waterfront
- Extended breakwaters to provide better shelter from waves and weather
- Additional shoreside support facilities, including expanded harbour / marina office with extra showers, etc
- Superyacht berth
- Extended boatyard with workshop units for boat repair / servicing support businesses
- Land reclamation using dredged material

The target is for the new marina facilities to be operational by 2024, with a phased delivery of the new pontoons.

RBCFT Film of the Week

## MINARI

Our Film of the Week is *Minari*, a South Korean drama set in Arkansas in the mid-1980s.

A tender and sweeping story about what roots us, *Minari* follows a Korean American family that moves to an Arkansas farm in search of their own American Dream. The family home changes completely with the arrival of their sly, foul-mouthed, but incredibly loving grandmother.

Nominated for 6 Oscars and 6 BAFTAs, *Minari* is a truly moving, heartfelt and frequently funny film with standout performances from Alan Kim as 8-year-old David, Steven Yeun (best known for *The Walking Dead*) as his father, and Youn Yuh-jung as the grandmother.

The film is full of genuinely touching moments; the way David looks at his grandmother with a mixture of fear and awe; when the father is torn between giving up his dream or going to back to his mundane factory job; the joy upon finding a supply of water for the crops.

But it all goes back to a family's love for one another, through good times and bad. *Minari* shows the undeniable resilience of family and what really makes a home. If there's a better film released this year, we'll be pleasantly surprised.



*Minari* is released On Demand. By purchasing a ticket through the RBCFT page you will be supporting your local independent cinema.

**Book your ticket here: <https://bit.ly/3s113Xn>**

*Minari* is rated 12A due to a rude gesture, suicide references. South Korean and English with English subtitles.

**For those of you who would prefer to see the film on the big screen, *Minari* will be coming to the RBCFT in May.**

## Quiz of the Week



1. Which film director made the controversial films *The Wild Bunch* and *The Straw Dogs*?
2. Which football club plays at Gayfield Park?
3. Which popular children's fantasy novel was first published on 21 September 1937?
4. What was the name of the recent BBC Scotland drama set in the world of forensic science (and based in Dundee)?
5. What is Bob Dylan's real name?
6. Which Scottish footballer won the Ballon D'Or (World Footballer of the Year award) in 1964?
7. What is the Roman numeral for 1000?
8. Where in Scotland would you find The Tomb of the Eagles?
9. Which flower does saffron come from?
10. In which Scottish city was Brewdog's first bar?
11. What is the world's largest ocean?
12. Clare Grogan was the singer in which band?
13. What percentage of the world's hazelnuts are used to make Nutella?
14. Where in Scotland would you find The Caird Hall?
15. Which is the only US state to begin with the letter P?
16. Allan Wells won Gold medal in the 100m at the 1980 Olympic Games. Who came second?
17. Which popular 1950s radio show featured the characters Eccles, Bluebottle, and Henry Crun?
18. What nationalities were the parents of James Bond (in the Ian Fleming novels)?
19. Which character in the Netflix show *Bridgerton* is not returning for the second series?
20. Which Scottish band brought out their debut album *A Walk Across the Rooftops* in 1984?

## Spring vegetable soup with basil pesto

Serves 2 (Easy)  
Prep 10 mins    Cook 15 mins

### Ingredients

- 1 tbsp olive oil
- 2 leeks, washed and chopped
- 100g green bean, cut into lengths
- 1 large courgette, diced
- 1.2l hot vegetable stock
- 3 vine-ripe tomatoes, deseeded and chopped
- 400g can cannellini bean
- 1 nest vermicelli (about 35g)

### For the pesto

- 25g pack basil
- 1 garlic clove, crushed
- 25g pistachio nuts
- 25g vegetarian parmesan - style cheese,
- 2 tbsp olive oil

### Method

**STEP 1** - Heat the oil, then fry the leek until softened. Add the green beans and courgette, then pour in the stock and season to taste. Cover and simmer for 5 mins.

**STEP 2** - Meanwhile, make the pesto: put the basil, garlic, nuts, Parmesan, oil and ½ tsp salt in a food processor, then blitz until smooth.

**STEP 3** - Stir the tomatoes, cannellini beans and vermicelli into the soup pan, then simmer for 5 mins more until the veg are just tender. The soup and pesto can now be chilled for up to a day.

**STEP 4** - Reheat the soup, if necessary, then stir in half the pesto. Ladle into bowls and serve with the rest of the pesto spooned on top. Eat with chunks of crusty bread.



# 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 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](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

## On Your Bike

The Council has been awarded £137k by Transport Scotland for the Paths for All Smarter Choices Smarter Places programme and will continue to fund Sustrans to deliver the IBike programme in schools and provide additional support for adults wanting to return to cycling.



[I Bike - Promoting Healthy Travel Choices in Education \(sustrans.org.uk\)](http://sustrans.org.uk)

[I Bike Communities - I Bike \(sustrans.org.uk\)](http://sustrans.org.uk)

The programme will also enable the Living Streets WoW travel tracker for school pupils to record how they travel to school and encourage low carbon choices.

[WOW - the year-round walk to school challenge | Living Streets](#)

Active Schools will receive additional funding to support Bikeability, the nationally recognised standard for cycle training certification in schools.

In Dalbeattie, the community will be supported to deliver social prescribing of Ebikes and, across the region community groups will be supported in encouraging sustainable travel choices.

[Dalbeattie eBike project \(dalbeattiematters.net\)](http://dalbeattiematters.net)



Following the Council's climate emergency declaration and major changes to national transport policy, the Active Travel Strategy will be refreshed.

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

### Answers

1. Sam Peckinpah
2. Arbroath Football Cub
3. The Hobbit (or to give it its full title, The Hobbit, or There and Back Again)
4. Traces

5. Robert Zimmerman
6. Denis Law
7. M
8. South Ronaldsay in Orkney
9. The crocus
10. Aberdeen

11. Pacific
12. Altered Images
13. 25%
14. Dundee
15. Pennsylvania
16. Silvio Leonard (Cuba)

17. The Goon Show
18. His father was Scottish and his mother Swiss.
19. Simon Basset, the Duke of Hastings
20. The Blue Nile