

Community

#SupportDG

EDITION 91
Friday 15 October 2021



The Crichton Memorial Church, The Crichton, Dumfries



Be Kind



Connect



Take
Notice



Support



Give

Inside

Slavery

Racism

Suicide

www.dumgal.gov.uk/supportdg

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Dumfries
& Galloway



Welcome to Community



@dgcouncil



@DumfriesGallowayCouncil



Email updates dumgal.gov.uk/newsletters



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

Slavery and racism are abhorrent. The coming week gives us an opportunity to stand up to and speak out against both.

Modern slavery is the illegal exploitation of people for personal or commercial gain. It covers a wide range of abuse and exploitation including human trafficking, sexual exploitation, domestic servitude, forced labour, criminal exploitation, and organ harvesting.

Monday 18 October is Anti-Slavery Day, which provides an opportunity to raise awareness of human trafficking and modern slavery, and encourage government, local authorities, companies, charities, and individuals to do what they can to address the problem.

Racism is the belief that groups of humans possess different behavioral traits corresponding to physical appearance and can be divided based on the superiority of one race over another.

Friday 22 October is Show Racism the Red Card Day, which, through football, encourages a better society in which lives are no longer ruined by racism.

Each and every one of us can stand up against exploitation and racial prejudice to build a world beyond racism and discrimination, where we all respect human rights.

We'll be supporting the fight against slavery and racism. We urge you to do the same.

best wishes

Elaine and Rob



Show Racism the Red Card

Friday 22 October is Show Racism the Red Card Day.

Through football, Show Racism the Red Card campaigns for a better society in which lives are no longer ruined by racism:

Show Racism the Red Card - Month of Action

On 22 October, Council HQ in Dumfries will be lit red, and you're invited to wear red and contribute to the campaign.

Take a photo and share it on social media using the hashtag: #WRD21





The Scottish Fire and Rescue Service (SFRS) is underlining the dangers of the private use of fireworks as some organised displays are being cancelled for a second year due to Covid restrictions.

The Service is issuing a stark reminder that bonfires and the private use of fireworks can cause distress, pose a threat to spectators, and can cause devastating injuries..

Deputy Assistant Chief Officer (DACO) Alasdair Perry, Head of Prevention and Protection, said:

“For the second year running, Bonfire Night will be significantly different to previous years as some large-scale public events across the country are being cancelled due to Covid-19 restrictions.

“The Service is well resourced and prepared for this annual period of celebrations, which includes Halloween, Diwali and Bonfire Night, and we have robust measures in place to ensure we can continue to respond to emergencies.

“We welcome the continuing support of our communities. By following safety guidance from ourselves and our partners, they can help reduce the risk of harm wherever possible.

“We’re asking people to consider the risks of hosting a private event involving either fire or fireworks. Every year people are injured by bonfires and fireworks and admitted to hospital, and children are particularly at risk.

“We strongly encourage anyone who is considering having a private event to think again. Those who choose to do so should familiarise themselves with the fireworks code and fire safety guidance. Don’t take risks. The consequences can be devastating.”

November 5 is traditionally a busy night for the SFRS. Last year, Operations Control received 1,100 calls from members of the public. Crews responded to more than 500 bonfires in an 8-hour period. There were 12 recorded attacks on firefighters.

Stay safe:

<https://www.firescotland.gov.uk/your-safety/fireworks-safety.aspx>

[The Fireworks Code: https://www.firescotland.gov.uk/media/2387082/sfrs_bonfires_v3.5_ah_digital.pdf](https://www.firescotland.gov.uk/media/2387082/sfrs_bonfires_v3.5_ah_digital.pdf)





Castle Douglas ARC is 30

Castle Douglas Activity and Resource Centre (ARC) recently celebrated its 30th anniversary and, as part of the celebrations, members and staff designed and created a Sensory Garden.

The garden will benefit all members, including those with complex needs, visual impairments, autism and/or communication difficulties, by enhancing and heightening their remaining senses. The plants, flowers and equipment enable members to see, smell, touch, feel and hear different noises, sensations, and textures. This enriches their surroundings, providing a calming and educational environment.

Located close to Carlingwark Loch, the purpose-built ARC opened in 1991 to support adults with learning disabilities and acquired brain injuries access day opportunities.

Manager Dawn Devanney said: "The Covid pandemic has been challenging to everyone, however, staff have risen to this challenge and adapted new ways

of working to ensure we continue to support our members, to achieve all they can within a safe and supportive environment. This includes delivery of on-line activities, started initially when members couldn't attend the ARC due to the pandemic. These include Down on the Farm, a live broadcast from a member of staff's farm, bingo, cooking demonstrations and recipes, live quizzes, and a lot more."

Community involvement is an important part of the ARC and has included painting exhibitions in the art gallery at Castle Douglas Library and in the coffee shop in Castle Douglas Garden Centre.

Members are encouraged and supported to undertake voluntary placements, which have included Carlingwark Residential Home and Castle Douglas Primary School.

Employer Support

Young Person's Guarantee



A free interactive guide for employers in Dumfries and Galloway has been developed to help businesses navigate funding, incentives and support that is available to help grow and develop their workforce.

The guide was developed by the D&G Employer Engagement Partnership following discussions with employers who wanted an easy way to understand the help and assistance that is available in the region, including incentives for recruiting and training staff, apprenticeships, and broader business support.

The Employer Engagement Partnership, part of the Local Employability Partnership in Dumfries and Galloway, works to provide support for employers based in the region. The Partnership aims to provide a joined-up approach to support local employment needs, with partners working collaboratively to promote Fair Work and create, support, and sustain a skilled workforce across the region.

Partners include Dumfries and Galloway Council Employability and Skills Service, Dumfries and Galloway Chamber of Commerce, Skills Development Scotland, Developing the Young Workforce, Dumfries and Galloway College, SRUC, and several private training providers.

Debbie Oliver at Tommy's Garage in Ecclefechan recently recruited Oliver Twynham. She said: "We've employed a young person as an apprentice mechanic through the Employer Recruitment Incentive. The young person left school in June 2021 and had no work experience. This incentive benefits the young person and our company."

Access the guide at: www.dgtap.co.uk/employers

Anti-Slavery Day

Monday 18 October is Anti-Slavery Day and, to mark the occasion and raise awareness, a number of public buildings in Scotland will be lit red.

The Scottish Government will light St Andrew's House and Victoria Quay in Edinburgh, and there are plans to do the same with Edinburgh Castle and other landmarks. Council HQ in Dumfries will be lit red to mark the day.

Anti-Slavery Day provides an opportunity to raise awareness of human trafficking and modern slavery, and encourage government, local authorities, companies, charities, and individuals to do what they can to address the problem.

[Anti Slavery Day 2021 - Calendar 2021](#)

www.humantraffickingfoundation.org



Flu and Covid vaccination

Rapid progress is being made with the roll-out of this year's flu vaccination programme, now being delivered to younger and older people.

All pre-school children in the region have been given appointments for their flu vaccinations, and last Monday saw the start of a speedy roll-out to residents of care homes, along with their Covid booster jags.

Nigel Calvert, Immunisation Co-ordinator in Dumfries and Galloway, said:

"We've got an early start in our flu vaccination campaign this year, being rolled out at a time when we're not yet seeing cases of flu.

"It's possible that we will see a higher rate of flu this year, along with other respiratory illnesses, compounded by the fact that people have not been exposed to these due to protective measures against the coronavirus.

"We'd therefore encourage everyone eligible to take up their chance of a flu jag this year. We'd also encourage everyone eligible to receive a booster against Covid, which will include everyone aged 50 and above."

Scheduled vaccinations against flu in secondary schools are now completed, with in-school vaccinations against Covid for 12 to 15 year old underway.

Flu and Covid boosters for Covid began in September and will continue on into December.

District nurses have a complete list of those set to receive their vaccinations at home, and the programme is proceeding on target.

Initial vaccination lists of people with weakened immune systems have been completed.

In Dumfries and Galloway, 95.9% of people aged 18+ have had a first dose vaccination against Covid, compared to a national average of 91.8%.

91.3% of people in that age group in the region have had both doses, compared to 86% nationally.

In the region's 16- to 17-year-old group, 79.6% have had their first dose and 19.8% have had their second, compared to 70.9% and 10.2% across Scotland.

To schedule a Covid vaccination appointment, t: 01387 403 090 or e: dg.covidenquiries@nhs.scot

For more info on vaccinations, including drop-in clinics, see: www.nhsdg.co.uk/vaccines/



Suicide United



Every day 2 people die by suicide in Scotland, and many more people think about taking their own life.

Suicide is a leading cause of death among young people, with men 3 times more likely to take their own lives than women.

Every one of us has a role to play in preventing suicide.

Many of us have been affected by suicide in some way, whether it's a loved one, someone we know, or thoughts we've had ourselves.

We know that talking saves lives, and the best way to prevent suicides is for all of us to feel comfortable in talking about it.

[Take Time \(iasp.info\)](http://iasp.info)

<https://www.nhsinform.scot/campaigns/suicide>

[United to Prevent Suicide](http://unitedtopreventsuicide.org.uk)



THE
DUMFRIES &
GALLOWAY

YOUTH AWARDS

THURSDAY 9TH DECEMBER 2021



**CLOSING DATE FOR NOMINATIONS
SUNDAY 7TH NOVEMBER 2021**

TO NOMINATE, PLEASE VISIT
WWW.DGYOUTHAWARDS.COM



SCAN ME

Youth Awards make a comeback

Our Youth Awards are back for 2021.

This year, the Dumfries and Galloway Youth Awards at Easterbrook Hall will be held with a smaller audience but a new hybrid style event will enable others to join the celebrations remotely by live stream.

The event organisers were keen for the awards to return this year after the 2020 event was cancelled due to the Covid pandemic.

Hannah Birse, a youth representative on the project's co-design team, said: "The Youth Awards is a significant event for young people in Dumfries and Galloway and is looked forward to by so many young people and youth organisations each year. Doing it this way means we're still getting the chance to acknowledge and celebrate young people's achievements, just in a different and safer way. Over the last 18 months, we've seen an outpouring of energy and enthusiasm from young people all over Dumfries and Galloway, doing remarkable things to help their peers and their communities and we need to showcase how amazing these young people really are."

The call for nominations is open. If you know a young person, youth worker or organisation in Dumfries and Galloway that you think is deserving of recognition, you can submit a nomination until the closing date on Sunday 7 November.

The main awards categories are:

- Health and Wellbeing
- Participation
- Equality
- Culture and The Arts
- Sports Award
- Environment Champion Award
- Youth Work Excellence
- Unsung Hero
- Youth Worker of the Year
- Young Person of the Year

As well as the main awards, citizenship awards will be presented to young people in recognition of their invaluable contributions to helping in their community, school, charities, or undertaking exceptional activities in support of others.

#DGYouthAwards2021 - [Twitter Search](#) / [Twitter](#)



QAVS for DG LGBT+

DG LGBT+ was this week presented with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Formed in 2015, the group offers training, support, events, and volunteering opportunities for LGBTQI people, their families, friends and supporters.

Staff and volunteers have delivered more than 1,000 hours of support and training to businesses and agencies across the region.

Volunteers also hosted walks, lunches, cinema nights, monthly cafes, dinners, weekly drop-in sessions, created a library service, provided LGBTQI activities to help reduce isolation, and offered a weekly face-to-face and telephone check in service.

Presenting the award, Lord Lieutenant Aileen

Brewis said: "I'm delighted that DG LGBT PLUS has been honoured with this prestigious award. It recognises the incredible dedication of the volunteers who work so hard to deliver vital support to their communities."

Iain Campbell, Service Manager, said: "This award recognises all the volunteers, whose hard work and passion help our community and the wider community. Our volunteers have gone beyond the call of duty to help create what we have today. Without our volunteers, we couldn't function as we do. This is your award for all your hard work. Thank you."

Created in 2002 to celebrate the Queen's Golden Jubilee, the Queen's Award for Voluntary Service recognises outstanding work by volunteer groups to benefit their local communities:

<https://www.gov.uk/queens-award-for-voluntary-service>

RBCFT Film of the Week

Herself

Herself is an Irish drama about a young mother who attempts to build a home for her and her daughters.

Clare Dunne (who also came up with the story and co-wrote the film) plays Dubliner Sandra who escapes her violent husband, leaving her and two daughters homeless.

Frustrated by the lack of affordable housing in the city, Sandra wishes she could build her own home. When family friend Peggy (Harriet Walter) offers her some land, Sandra's dream may finally come true.

Herself was screened at the RBCFT this week as part of the Monday Night Film Club. Hosted by volunteer Alex Banwell who provided an introduction and some context to the film, it was directed by theatre veteran Phyllida Lloyd who also directed the stage and screen version of Mamma Mia! as well as Thatcher biopic The Iron Lady.

After last week's polarising comment from an audience member ("there's two hours and twenty minutes of my life I'll never get back"), Herself was met much more favourably by the rest of the audience.



Thanks to the discussion, we learned that Sandra is not the only victim of domestic abuse, so subtly is the theme of abuse presented at times, she isn't without flaws. Tonally jarring at times (like "Ken Loach attempting a feel-good film" was one observation), the film comes together in a thrilling (and entirely unexpected) climax.

With a fine script, the film is never less than compelling and the cast is uniformly excellent. Clare Dunne excels as the resilient and resourceful Sandra as does Ian Lloyd Anderson as her malicious husband. They're ably supported by Harriet Walter as family friend Peggy and Conleth Hill (Varys in Game of Thrones) as the reluctant and grumpy (but caring) builder coerced into helping Sandra build her home.

Released to universally excellent reviews earlier in the summer, this one from the Irish Sunday Independent sums it up perfectly: 'Two parts reality, one part wishful thinking, Herself is heartfelt, female-driven, people-positive, and mostly feelgood. But bring tissues.'

The film is screening across the UK and is coming to both the RBCFT and The Ryan Centre in Stranraer on 22 October.

Everyone is on the internet but they're not all talking with each other. There are groups upon groups out there, but they don't talk to one another. So, while the internet brings everyone into a shared space, it does not necessarily bring them together. *David Lynch*

Quiz of the Week



1. "How do you like them apples?" Is a line from which Matt Damon / Ben Affleck film?
2. To the nearest trillion how many miles are there in a light year?
3. Which was the last English football team to win the double of the league and FA Cup?
4. In which year was the film Harry Potter and the Philosopher's Stone first released?
5. Which comedy duo play the parts of Jeeves and Wooster in the 1990 – 1993 TV series?
6. Which famous English scientist was born the year Galileo died in 1642?
7. Which Scottish team has won most league and cup doubles?
8. Who developed the theory of evolution?
9. In molecular biology, what is the name of the term which refers to the structure formed by double-stranded molecules of nucleic acids such as DNA?
10. What is the only country with a coastline on both the Red Sea and the Persian Gulf?
11. At which Olympic Games did Torvill and Dean win a gold medal?
12. Which Asian country is bigger than France, Spain and Germany combined but has a population of little over two million?
13. Which Toy Story actor is married to actress Rita Wilson?
14. Mount Vesuvius overlooks which Italian city?
15. Peter Fleming won 7 Grand Slam tennis doubles titles. Who was his playing partner?
16. In which US state is the Harvard University?
17. In New Zealand on which island is the capital Wellington situated?
18. Port Moresby is the capital of which country?
19. Which popular TV chef has children named Buddy Bear Maurice and River Rocket Blue Dallas?
20. In what year did Simon and Garfunkel's reunion concert in New York's Central Park take place?

Halloween pumpkin cake

Prep 20 mins

Cook 30 mins

Makes 15

Ingredients

For the cake

300g self-raising flour
300g light muscovado sugar
3 tsp mixed spice
2 tsp bicarbonate of soda
175g sultanas
½ tsp salt
4 eggs, beaten
200g butter, melted
zest 1 orange
1 tbsp orange juice
500g (peeled weight) pumpkin or butternut squash flesh, grated

For drenching and frosting

200g pack soft cheese
85g butter, softened
100g icing sugar, sifted
zest 1 orange and juice of half

Method

STEP 1 - Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 mins, or until golden and springy to the touch.

STEP 2 - To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.

STEP 3 - If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.



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

Employability Support Helpline 01387 260 060
Mon-Fri 9am-5pm

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



Powillimount beach coastline, Dumfries & Galloway

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

Answers

1. Good Will Hunting
2. 6 trillion (approx. 5.9 trillion)
3. Manchester City in 2018/19
4. 2001
5. Stephen Fry (Jeeves) and Hugh Laurie (Wooster)
6. Isaac Newton.
7. Celtic (19) ahead of Rangers (18)
8. Charles Darwin
9. Double helix
10. Saudi Arabia
11. The Winter Olympics in Sarajevo in 1984
12. Mongolia
13. Tom Hanks
14. Naples
15. John McEnroe
16. Massachusetts
17. The North Island
18. Papua New Guinea
19. Jamie Oliver
20. 1981