

INSIDE: BOWLING | EVENTING | FOSTERING

Friday 22 April 2022

Community





Progress **Event**-ually

The Council will support a programme of festivals and events over the year, awarding more than £99,000 for 13 projects.

Additional funding for support and marketing will boost the investment to more than £100,000.

The funding is from the Council's Major Festivals and Events Strategy 2018-2021, which has been extended for a final year to cover 2022/23.

7 projects will receive £60,000 from the Major Events Strategic Fund. These are;

- The Galloway Off Road Motorsports Festival, Drumlanrig (June 18-19)
- Two traditional music festivals in Newton Stewart and Minnigaff, organised by the Trad Music Trust (July 8-10 and October 21-23)
- The Scottish National Sheepdog Trials, Thornhill (August 17-20)
- Stranraer Oyster Festival (September 2-4)
- Music at the Multiverse (September 3-4)
- The Galloway Hills Rally (September 9-10)
- The Wild Goose Festival, Dumfries (October 22-29)

To assist social and economic recovery in the aftermath of the Covid pandemic, the Council has continued for a second year the Community Events Fund. This was

designed to encourage communities to come together through smaller scale festivals and events to promote community wellbeing. The Fund awarded 24 grants totalling £39,990 to projects across the region.

A new events strategy will be prepared by the Council in partnership with other regional agencies and community organisations by the Autumn of this year.

A Council representative said: "These events projects will be a catalyst for a strong regional recovery post-Covid. Our region is a standout destination for staycations. This funding is key to delivering an outstanding programme of entertainment."

Activity	Amount
Signature Events	£168,000
Major Events Strategic Fund	£60,000
Community Events Fund	£40,000
Marketing	£7,000
Total	£275,000

Signature Events	2022/23 award
Big Burns Supper	£30,000
D&G Arts Festival	£25,000
Scottish Rally	£18,000
Spring Fling	£25,000
Tour of Britain Series	£40,000
Wigtown Book Festival	£30,000
Total	£168,000



Suicide United

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.

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

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

[Take Time \(iasp.info\)](https://www.nhsinform.scot/campaigns/suicide)

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

[United to Prevent Suicide](#)

Shallow drop in Covid cases

A shallow decline in new Covid cases has been recorded in Dumfries and Galloway.

In the week ending 10 April there were 1,158 new cases, down from 1,434 the week before, with 1,889 in the week before that.

Consultant in Public Health, Dr Andrew Rideout, said: "Any decline in Covid cases is welcome but this is a smaller drop than we saw the previous week. We know that Covid is still present right throughout our region so we continue to ask people to do everything that they can to reduce the risk of transmission.

"People may feel that it's now okay not to wear a face covering as it's no longer mandatory and they don't feel threatened by Covid. But it's less about protecting themselves than it is about protecting others, including those more vulnerable.

"Wearing a face covering in indoor public settings helps to prevent people from unknowingly spreading Covid to others when they cough or sneeze. We'd ask people not to be embarrassed to continue wearing a face covering and recognise that doing so is a sign of caring about other people's health and wellbeing."



Testing changes

From 18 April, most routine public testing for people who don't have symptoms of Covid will cease and access to Lateral Flow Device (LFD) kits stop.

Routine asymptomatic testing will cease in education settings and workplaces, other than health and social care settings. LFD testing will continue to be available in certain circumstances where testing will still be recommended, such as visiting a care home or hospital.

From the end of April, testing of most people who are experiencing symptoms of Covid will end, moving to targeted testing for clinical care and managing serious outbreaks.

From the end of April, updated advice on what to do if experiencing symptoms of Covid will be communicated nationally and locally when available. For more info: www.gov.scot/publications/test-protect-transition-plan

Details on the stepping down of static and mobile testing at locations across the region by the end of the month will be at www.nhs.uk/testing

PCR testing will remain available until the end of April. Until then, the advice continues to be to isolate if you have symptoms of Covid and arrange a PCR test.

Changes in the way that Covid is managed doesn't mean that it has gone away. It remains critically important that you ensure that you're as fully vaccinated as possible: www.nhs.uk/vaccines

#NotPartOfTheJob

DUMFRIES & GALLOWAY ASSAULT PLEDGE C

How was your day at work?
**Today, we were insulted,
threatened and assaulted.**

Dumfries & Galloway Council, SCOTTISH FIRE AND RESCUE SERVICE, NHS Dumfries & Galloway, POLICE SCOTLAND POILEAS ALBA, Scottish Ambulance Service, SPS SCOTTISH PRISON SERVICE

Our emergency and front-line services in Dumfries and Galloway are committed to reducing physical and verbal attacks on their staff. Abuse isn't part of the job. Any staff affected are encouraged to report it.



Youth Beatz: it's your **time to shine**

Youth Beatz, the UK's largest free youth music event, is back and offering upcoming young talent the chance to perform in front of 40,000 people across its main stages.

Taking place on 25 and 26 June, Youth Beatz, now in its twelfth year, will again be the highlight of the year for young people in Dumfries and Galloway.

A Council representative said: "This is an amazing opportunity for young people to perform to large live audiences and further their music career. We're delighted to welcome the festival back and be able to showcase the talents of our young people."

Liv McDougall, from Dumfries and who played on the Main Stage in 2018, said: "Playing Youth Beatz was an incredible experience. It really helped build my confidence as a young artist. Covid obviously had a massive impact on the events industry but I'm finally back writing with the band. We can't wait to start gigging again. Maybe even at this year's Youth Beatz. I'd really encourage others out there to take up this opportunity to get involved."

Apply at <http://youthbeatz.co.uk/upload>

Tell us what you do, how to contact you, attach any images or videos you have of you doing your thing, and you could be on the big Youth Beatz stage this summer.



Waste not...

Following a tender process, the Council has awarded a 2-year contract to NWH Group for waste transport services.

The contract is worth around £2.2m and covers the movement of waste from and between council-operated facilities, such as waste transfer stations, and the Ecodeco mechanical biological treatment plant near Dumfries, which deals with 60,000 tonnes of municipal waste each year.

NWH will also be responsible for moving waste to third party off-takers inside and outside the region.

Based on 2020/21 figures, it's expected that the contract will cover 3,675 vehicle movements with 78,967 tonnes of waste each year. This will include solid waste, wood, green waste, bulky waste, metal and plastic, cardboard and paper, solid recycled fuel, derived fuel, glass, and stone.

NVH Group provides waste management services to the industrial, commercial and construction industries and skips to residential properties. It transports materials to its own recycling facilities where they are transformed into high value products such as cardboard, paper, washed sands, biomass for energy, and animal bedding.



The Fleet's in

The Council's roads fleet has taken delivery of 3 new Leyland DAF wagons, reducing plant hire costs. The multi-functional vehicles can carry hot boxes for road patching.



Burning Down the House

The Big Burns Supper has a new home, courtesy of the Council.

The Council has granted the use of the Loreburn Hall to the Big Burns Supper to create a new entertainment hub to boost the cultural life in Dumfries.

Now, a multi-use space is being developed with 3 performance spaces and a capacity of 1,200 people. Forthcoming attractions will include an 80-sofa pop-up cinema, complete with bar, serving draught beers and popcorn. Find out more [here](#).

You can support the project by becoming a member Find out more [here](#).


There will also be live music events, including a free bank holiday weekend programme:

Friday 29 April:
The Status Quo Experience and the Bob Marley and the Wailers Experience.
[Book now.](#)

Saturday 30 April:
Hells Bells, Simple Minded, Deacon Blues, Love DistrAction, The Complete Stone Roses.
[Book now.](#)

Sunday 1 May:
Rocketman, Abba Revival, Mercury Queen Tribute Band.
[Book now.](#)





**I didn't
think I
could quit
smoking.
But I got
help to do
it my way.**

Find your way

**QUIT
YOUR
WAY**
with our
support

Get started at QuitYourWay.scot
Call free on **0800 84 84 84**

**Or call your local service,
Quit Your Way on 0845 602 6861
or speak to your Community Pharmacist**

Free training for unpaid carers

Dumfries and Galloway Health and Social Partnership (HSCP) and Dumfries and Galloway College (D&G College) have developed a programme of free training and short certified courses for unpaid carers in Dumfries and Galloway.

The training/courses offered will be flexible to enable carers to benefit. For example, there could be courses offered face-to-face at Stranraer campus or Dumfries campus, or other locations if there is demand, or virtual online learning, or remote learning, which can be done at any time to fit in with individual needs.

Potential topics for courses, include mental health first aid, food hygiene, health and safety, cooking skills, social care, childcare, and general numeracy and literacy.

More information about courses and qualifications can be found on the D&G College website:

www.dumgal.ac.uk

The Dumfries and Galloway Health and Social Care Partnership (HSCP) is asking Unpaid Carers for their views on what training they would like to see offered: [Free Training Survey for Unpaid Carers in Dumfries and Galloway](#)

**COULD YOU TRANSFORM THE LIFE OF
A CHILD OR YOUNG PERSON?**



**Dumfries and
Galloway
Council is
recruiting
foster carers /
host families**

For more info on fostering see:

<https://content.govdelivery.com/accounts/UKDGC/bulletins/3111344>

FILM AND THEATRE at the Ryan Centre

Fairhurst Road, Stranraer DG9 7AP
Tel 01776 703 535

Sonic the Hedgehog 2

Saturday 23 April at 2pm

The world's favourite blue hedgehog is back for a next-level adventure.



The Bad Guys

Saturday 30 April at 2pm

Several reformed yet misunderstood criminal animals attempt to become good, with some disastrous results along the way.



Music For All presents George Todica

Friday 22 April at 7.30pm

George Todica, the recent winner of the Royal Overseas League Keyboard Prize, will perform in Stranraer before going on to compete for the ROSL Gold Medal for all instruments in July at the Wigmore Hall in London. He will perform works by Grieg, Ravel, Rachmaninov, Debussy and Chopin.



**Get further information and to
book seats tel: 01776 703 535**

Tickets and information



MIDSTEEPLE BOX OFFICE



All tickets are available from www.dgboxoffice.co.uk | Telephone 01387 253383

The Lucky Doves Film

RBC Film Theatre, Dumfries

Friday 22nd April 8pm - 9pm

This is the film of the first gig that The Lucky Doves did after lockdown at the Theatre Royal Dumfries as part of the 2021 Dumfries & Galloway Arts Festival.



Rich, story driven song writing, enchanting acoustic pluck and a fantastic folk/rock style that just keeps giving. Welcome to the exciting new world of The Lucky Doves, an emerging 5-piece from Scotland currently bringing their mesmerising melodies to venues far and wide. Their sound is like what would happen if you combined The Pogues and The Waterboys into one slick sound.

Doonhame Festival

Tickets are available to buy in person at Midsteeple Box Office or on the [website](http://www.doonhamefestival.co.uk).

Call 01387 253 383

Email midsteeple@dumgal.gov.uk



Climate change hits Stranraer

In March, the regional Climate Change Champions group hosted an event in Stranraer with a litter pick on the Agnew Park shoreline, workshops, and free vegan food.

The event was part of a series of climate change events that took place around the Region.

The Stranraer event enabled young people to engage in addressing climate change locally, increasing their knowledge of environmental issues and developing them as advocates. The young people who took part in the beach clean received the Saltire Challenge Award.

Mental Health

~ breathe ~

Helpful Tips

Stress is a feeling of being under abnormal pressure. We all suffer from varying degrees of stress at different times and it affects us in different ways. In some cases, short term stress can be good for you it:

- Boosts Brain Power
- Increases Short Term Immunity
- Motivates

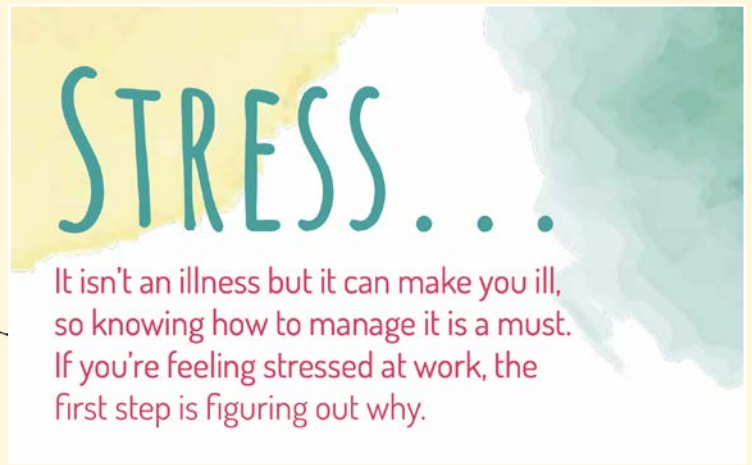
But longer-term stress can have a negative impact affecting your:

- Behaviour
- Mood
- Body

BE mindful

7 steps to protect yourself from stress

- Eat Healthy – Try and ensure your body is getting the vitamins and minerals it requires and drink lots of water.
- Be aware of smoking and drinking alcohol – Try not to or reduce your intake. Also reduce your intake of caffeine in coffee and tea.
- Exercise – Exercise releases endorphins into the brain which create a feeling of euphoria.
- Take time out – Ensure you take time to relax and do the things you enjoy doing.
- Be mindful – Try to practice mindfulness on a regular basis. Pay attention to your thoughts and feelings, this will allow you to manage stressful situations better.
- Get a good night's sleep – Can you amend your bedtime routine/environment to allow this.
- Don't be too hard on yourself – Take a few minutes each day to appreciate the good things you have achieved. Keep things in perspective. Try not to listen to your inner critic or an outer critic.



STRESS...

It isn't an illness but it can make you ill, so knowing how to manage it is a must. If you're feeling stressed at work, the first step is figuring out why.

[Click for more information about dealing with stress](#)



Get more... ...Sleep

It's a no brainer.
Getting enough sleep can make our brains sharper, our mood more positive and make us more productive.

If you struggle to get a good eight hours a night, here are three key areas which will help you get more 'zzzz's'...

Routine

“ Most adults need between 6 and 9 hours of sleep a night. ”

NHS UK

[Click for more information about sleep](#)



It's Good to Talk

Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. **Remember: it is OK to share your concerns with others you trust.**

Here are some other organisations that can help you:

- Breathing Space 0800 83 85 87
- Samaritans 116 123
- Anxiety UK 03444 775 774
- Calm 0800 58 58 58
- Mind 0300 123 3393 Calm 0800 58 58 58
- Shout Crisis text line (text) 85258
- Childline 0800 11 11

Quiz of the Week

“ Business is like walking up the down escalator. If you do nothing, you go down. If you walk at a certain speed, you stay where you are. So, you'd better run.

Dieter Zetsche, CEO, Mercedes ”



1. In which year did the Battle of Culloden take place?
2. Who wrote the series of novels featuring Tom Ripley?
3. When did Andy Murray win his first Wimbledon title?
4. Which football team plays at Gayfield Park?
5. What was the Roman name for England?
6. In which French city would you find the Musée D'Orsay?
7. In which European country would you find Chopin Airport?
8. The US escapologist Harry Houdini was born in which eastern European country?
9. In which European city will the Olympic Summer Games of 2024 take place?
10. Salt Lake City is the capital city of which US state?
11. Actors Mads Mikkelsen and Nikolaj Coster-Waldau were both born in which European country?
12. Stephanie Kwolek, a scientist born in America in 1923, was best known for inventing which strong, heat-resistant synthetic fibre?
13. To the nearest 10 how many cities are there in England?
14. Which actress played Margaret Thatcher in the 2011 film The Iron Lady?
15. Which television food writer and chef is well known for her Lemon Drizzle tray bake?
16. Which biblical character was known for his prodigious strength that he derived from his uncut hair?
17. Which US actor played Dr Raymond Stantz in Ghostbusters and Elwood Blues in The Blues Brothers?
18. The Cherry Orchard, The Seagull and Three Sisters are plays by which Russian playwright?
19. Which South African city is known as Mother City?
20. Which American comedy TV series sees a college-level American football coach given the job of managing a Premier League football team?

RBCFT Film of the Week



The Adam Project

The Adam Project is a superb family film released on Netflix in March this year.

It's a simple premise. After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed (Ryan Reynolds) teams up with his 12-year-old self for a mission to save the future.

Reynolds plays his usual wise-cracking self (but somehow less irritating) as older Adam and he's helped enormously by Walker Scobell playing his younger self; not as cocky, or so-self-assured, but every bit as funny as the person he grows up to be.

For around a decade, The Adam Project was in development hell, at one time interesting Tom Cruise in

starring, but eventually being offloaded by Paramount to Netflix in the middle of 2020. A shame really, as it had huge potential to be a hit at the cinema. Strong word-of-mouth helped the film to be a huge hit for Netflix, where the film was viewed for 92.4 million hours in its first 2 days on the platform.

We soon learn what the Adam Project is and there's talk of paradoxes and wormholes but it's not all action and sci-fi beats.

Where the film truly excels is in the emotional moments. Reynolds gets to meet his late father (played by Mark Ruffalo) and tries to make amends with his mum Ellie (Jennifer Garner). In 2022 Adam has just lost his father, and his mum is struggling to reconnect with him.

The relationship between young Adam and older Adam is an absolute joy and there's obvious warmth, vulnerability and synergy between the 2 actors.

The film is cast perfectly and, in smaller roles, Zoe Saldana plays Adam's 2050 wife, with Catherine Keener superb as the villain.

According to the filmstories website, The Adam Project is "the most memorable family live action movie in many years." We can't argue with that.

The film is currently on Netflix.

New Exhibition for 2022



151 years of Sanquhar Bowling Club



Bowled over

Sanquhar Tolbooth Museum is currently running an exhibition celebrating 150 years of Sanquhar Bowling Club (1871 to 2021).

The exhibition was created with the assistance of William Dalgleish, former Bowling Club President and compiler of a booklet commemorating the 150th anniversary of the club.

The origins of the club and its connections with the Wilson family (who collected many of the objects on display) are explored. A film loop shows photos of the club and its members from the past.

The club's achievements include a Silver British Empire medal for John Watson Black, who worked as a miner while achieving international success in bowling.

**Open Tuesday to Saturday,
Sanquhar Tolbooth Museum is free to visit.**



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 030 33 33 3000

Council

www.dumgal.gov.uk

Employability Support 01387 260 060

Helpline Mon-Fri 9am-5pm

Business Support Helpline 01387 260 280

Mon-Fri 9am-5pm

Multi Agency Safeguarding 030 33 33 3001

Hub

Social Work Out of Hours 01387 273 660

Third Sector Dumfries and 0300 303 8558

Galloway

Dumfries and Galloway 0300 303 4321

Citizens Advice Service

www.dagcas.org

Samaritans 116 123

SHOUT Text SHOUT to 85258 for free

Scotland's Domestic Abuse 0800 027 1234

Helpline

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

Quiz of the Week Answers

- 1746
- Patricia Highsmith
- 2013
- Arbroath
- Albion
- Paris
- Poland
- Hungary
- Paris
- Utah
- Denmark
- Kevlar
- 50 (there are 51)
- Meryl Streep
- Mary Berry

- Samson
- Dan Aykroyd
- Anton Chekhov
- Cape Town
- Ted Lasso