

# Community

#SupportDG 

EDITION 9  
Tuesday 5 May 2020

Edingham Farm, near Dalbeattie.



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protective visors

## Where Am I?



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

Tel 030 33 33 3000

Dumfries  
& Galloway



# Welcome to Community

## Your Dumfries and Galloway Community Bulletin

It's now Maytime, when the sun comes out from behind the clouds, flowers are blooming, the bees are buzzing, and the birds are chirping – and we hope that many of you are able to enjoy this from the comfort of your gardens, or during your daily exercise.

But we know it's a Maytime, the likes of which we have never experienced before. So, we would once again wish to thank you that the actions we are all taking to stay at home and socially distance are working – and government advice is that we need to continue to stay at home, and only go out for essential food, health or work reason.

Our Council and partners continue to provide frontline and essential services to keep you safe – and to keep to best informed. In addition to our Community bulletin, you can keep up-to-date with what's going on in Dumfries and Galloway on Twitter and Facebook – and by registering to receive our regular email updates.

Together, we can beat the coronavirus.

with best wishes  
Elaine and Rob

 @dgcouncil

 @DumfriesGallowayCouncil

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



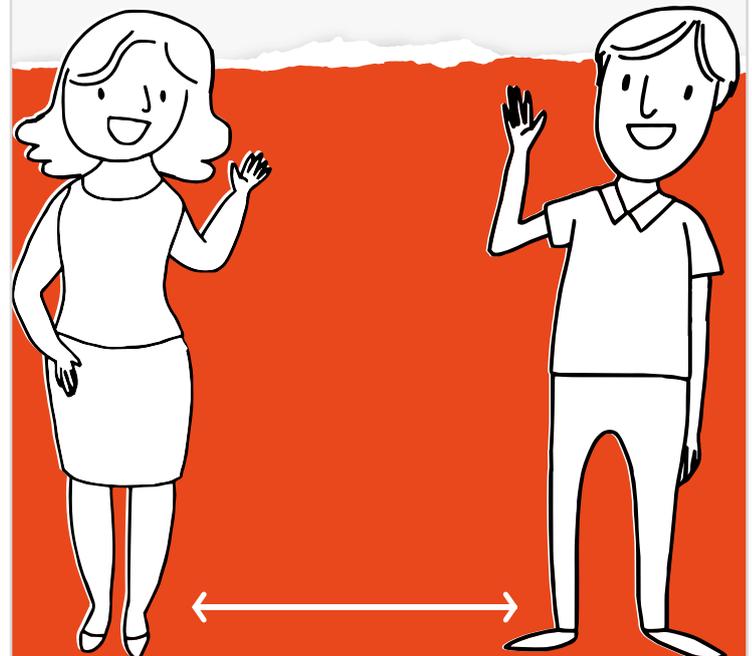
Cllr Elaine Murray  
Council Leader



Cllr Rob Davidson  
Depute Leader

### Keep a distance.

Stay 6 feet or 2 metres away from others  
to prevent the spread of the coronavirus.



If you would like some help  
understanding this or need it in another  
format please contact 030 33 33 3000

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# Working to keep our citizens and communities safe

#StayHome

#StaySafe

#SaveLives



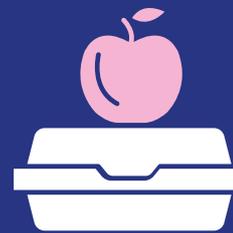
**812**

Meals for vulnerable people shielding produced and delivered

**2,246**

Business grants awarded and paid out totalling

**£24.55M**



**81,565**

Free School Meals produced and delivered

**2,622**

#SupportDG emails handled



**316**

Community groups and hubs assisting in COVID-19 response



**2.24M**

Facebook reach

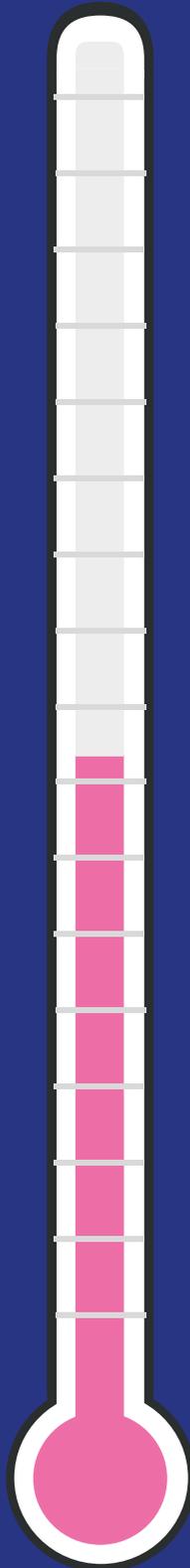
**3.35M**

Twitter reach



**2,425**

Volunteers registered



**#SupportDG**

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**Wash Your Hands Regularly with Soap and Water for 20 Seconds**

# Communities responding to COVID-19

## All Go At Burnfoot

It's more important than ever for us all – young and old – to stay cheerful and active. Staff at Burnfoot Hall and Coach House Care Home in Ecclefechan are working tremendously hard to keep residents healthy in body and spirit, adapting their usual activity programme to make sure everyone gets time to participate in a variety of activities, either in a group or a one-to-one.

Extra movie afternoons are being laid on, as well as more of Burnfoot's very popular music afternoons.

A whole variety of arts and crafts activities have been included. Burnfoot residents are keen crafters, and sell the treasures they make to raise money for their social fund.

The care home is also using modern technology such as video calls to help families keep in touch. But nothing beats pen and paper, and residents are enjoying sending letters to loved ones. They've been receiving letters too, along with some lovely pictures, from their friends in the community, including local children, as young and old continue to care and share.

Carrie Lupton, deputy manager, said, "We are enjoying the dry weather so we can walk around our extensive grounds and tend to our animals we have as well as starting to plant seeds and grow vegetables"



## Making People Happy

Maya Skachill's mum has always knew her daughter was caring – and creative. But when Maya's teacher asked her pupils to carry out some acts of kindness, Maya (8) surprised everyone with a thoughtful art project.

Maya's mum, Sarah, explained, "She's always drawing pictures for her family and friends.

Throughout this pandemic she wanted to do something kind for others, and she decided to hand-paint some stones.

On our daily walk we collected the stones, then cleaned them up".

Maya thought about frontline jobs, and painted designs on the stones for different key workers. She originally set up a stall at the bottom of her road in Dumfries then arranged more stones outside her school, Georgetown Primary.

Sarah said, "We gave the stones a little spray before we left them. Maya was delighted when I got messages and photos from people saying how happy they were to pick up a stone and take it home. We can't thank every key worker enough for everything they're doing".

Last word goes to Maya:

"The Coronavirus is making us all sad. I made the stones to make people happy. I loved seeing how many were taken."



## My Everyday Heroes

Lindsey Kirkwood, Principal Teacher at Noblehill Primary School recorded a message for all pupils, parents and staff using the track 'Everyday Heroes', by Skerryvore as the backing. The track was written in support of the NHS and key workers so was a very appropriate track for her video. During such a difficult time

for everyone, she used her talent playing the bagpipes to bring the school community together and reminded them that things will get better and a rainbow will shine over us all again. The video has had a phenomenal response with over 11k views to date.





## CONSUMER ADVICE

### Takeaway Food During COVID-19

We can use takeaway food shops just now, but you should use a home delivery service where available. If you have no choice but to collect, you need to protect yourself and others by following the social distancing and other simple rules:

- Pre-order and pay online or over the phone
- Leave money for deliveries in a safe collection outside
- Put a note on your door asking the delivery person to knock the door or ring the bell, where to leave the food and to then please step back
- Open the door, if required, explain where the cash payment is
- If change is due, have it left at a safe distance
- Collect the change, clean it and wash your hands
- Only one person should go if collection is the only option
- Don't travel until the food is due to be ready
- Queue outside at a safe distance
- Don't enter the takeaway until your food is ready
- Avoid close contact with staff and other customers
- If paying onsite use contactless
- When ready to eat wash your hands, empty the food onto a clean plate and dispose of the packaging
- Wash your hands again before eating

### ...and enjoy

If you have any concerns that a takeaway shop is not ensuring social distancing rules, please let us know at [cv19comms@dumgal.gov.uk](mailto:cv19comms@dumgal.gov.uk)

## Letter to a stranger

Today's letter was written by an eleven-year-old girl from PLACE

### Dear Stranger

Since we have finished school my mum and dad have kept my brother and I busy. First of all, we made ourselves a daily timetable – boy, no slacking in our house!

Mum still gets us up at usual time, shower, breakfast, then straight into a few exercises before our homework which is sent through the school app. No cheating, as Mum can see.

We break at 10am for 15 minutes where we usually make ourselves toast or have fruit. Back to our schoolwork until 12.30pm, and then lunch. Mum makes this but always with fruit. Back to schoolwork but know we are on the last leg as get to finish at 2.30pm (if finished what we were meant to get through). Snack then it's Dad's turn to take us outside for daily exercise. My dad's a PE teacher so he has made us workstations and he works us hard. My favourite station is the press ups and I'm always trying to beat my brother but he's pretty good.

I have started baking with my mum and so far, have made a banana cake, pancakes and caramel muffins. I think the caramel muffins have to be my favourite and tasted even better the next day. I'm learning lots of new skills in the kitchen but hate the washing up as I'm so very messy.

For our family exercise we go either on our bikes around the neighbourhood or down to the cycle path and some nights we never meet anybody, but if we do meet somebody then we keep our distance. Some people say hello, but most just want to get past. We also go on long walks – my mum's legs were really sore last night with walking and being on the bike. My dad says she's not fit.

I am eating very healthily as I have to stay healthy as I am a Dolphin swimmer and keeping fit is part of my training (my coach wouldn't like it if I ate rubbish). I'm hoping to go back soon as I swim five nights straight after school and also a Saturday morning. The rest of Saturday is taken up with homework from school and if I'm lucky I get to meet friends for a chat – only if I've finished my schoolwork and exercise do I get to be in touch with my friends through the Xbox or Facetime on phone to ask how they are and what they have been up to during their day. At least there was no homework during the Easter holidays. My mum is a teacher, so we have to do as we are told. My favourite relaxation at home is painting my nails with lots of magical colours, but my favourite one is blue.

I am frightened about what is going on in the world just now, but I also know everybody is working hard to try and get us all back to normal. I'm so grateful to the NHS and all key workers. Obey the rules. STAY SAFE.

### With love from a Stranger



# SPOTLIGHT ON:

Spotlight on Schools Making Protective Visors

# LASER VISION

**We're all keen to do what we can to support the region's frontline workers.** And we all know how innovative our schools can be. So, it's no surprise to learn that school technical departments have been putting their ingenuity to good use, and firing up their equipment to make visors for frontline workers.



Staff at Wallace Hall Academy in Thornhill and the Douglas Ewart High School in Newton Stewart have been using laser cutters and 3D printers to produce necessary full-face visors.

Neil Corrigan, Principal Teacher of Design and Technology, read of another school producing similar items, so he thought this was something that Wallace Hall could produce. Neil designed a new lock-together acrylic visor that can be sterilised for re-use.

Neil said, "Our Head Teacher, Barry Graham, was very supportive. It's clear there's a high demand for these visors. Many items of PPE were readily available, but full-face visors were difficult to get hold of. My design is efficient as you can make a

*lot of visors quickly, with very little wasted material, so I posted the design*

*online. I was thrilled to be contacted by schools from all over the country, who wanted details so they could make them too".*

After contacting local NHS and health and care staff, it became clear the team would need to work flat out to make the number of visors required, so a team of volunteers was quickly assembled. So far, the school has produced over 1,500 visors, with a record of 180 face visors produced in one day! The visors have been distributed to Dumfries and Galloway Royal Infirmary, Thornhill Hospital, our community nurses, and a number of GP surgeries.

Over in Newton Stewart, staff at Douglas Ewart High School knew there was a large number

of key workers in the local area. Technical Education teacher Kirsteen Hogg proposed the idea to Head Teacher George Webb, that a team of twenty volunteer staff members should organise themselves in a mini production line, laser cutting and assembling the visors.



After going through a rigorous NHS quality assurance process, the visor design was approved, and the school has now been in production for a couple of weeks. Over 500 visors have been delivered to nearly forty organisations from Castle Douglas to Stranraer, including health and social care workers in residential and home care.

Kirsteen said, "We've been overwhelmed by the generosity of local businesses and the community, who donated materials. We hope to produce hundreds more visors, so we're still seeking donations. The visors are being used by key workers such as NHS staff, carers, shop assistants, and bus drivers. Being able to fulfil this need makes us all very proud. Our volunteers include teaching and non-teaching staff, and more are coming to join us each day".

All staff involved make sure they're observing social distancing, and health and safety legislation. Across Dumfries and Galloway, these visors are protecting staff working with some of our most vulnerable people, and helping to reduce the spread of COVID-19. Every single person, school or organisation producing PPE for key workers have the same aim, to keep our communities safe.



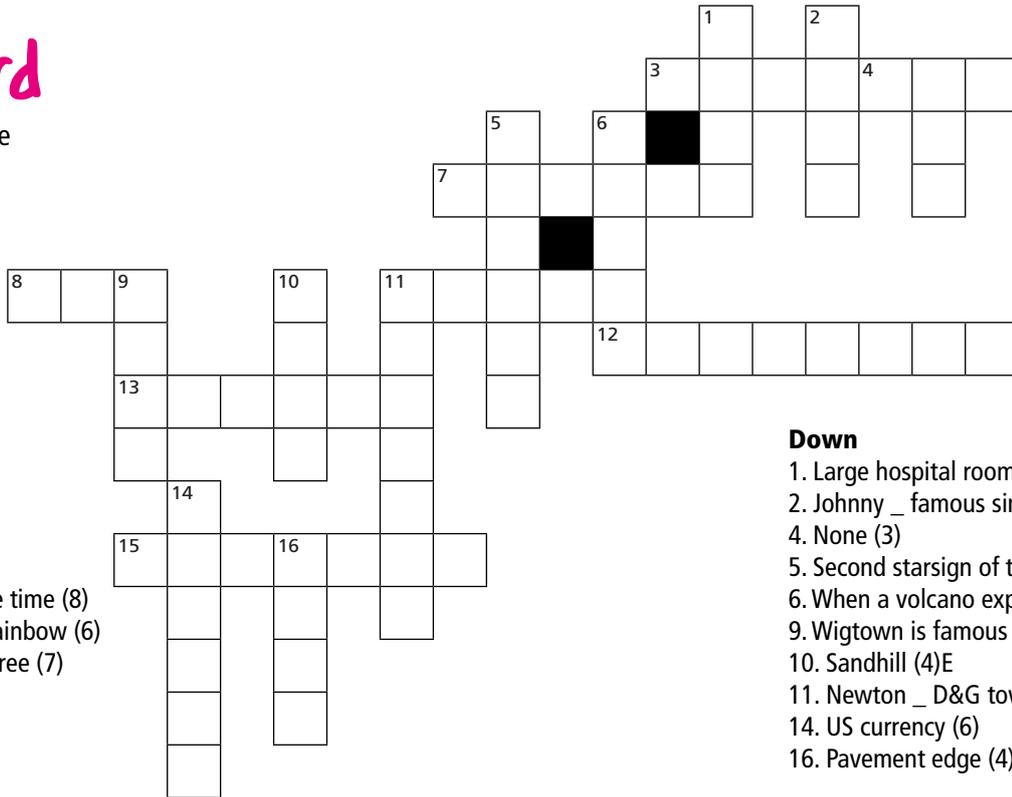
**Now that's what we call teamwork!**

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## Crossword

Answers on back page



### Across

- 3. African grassland (7)
- 7. Spain's capital (6)
- 8. Movement of tide (3)
- 11. Thick sweet liquid (5)
- 12. Three born at the same time (8)
- 13. Second colour in the rainbow (6)
- 15. Nuts from a chestnut tree (7)

### Down

- 1. Large hospital room (4)
- 2. Johnny \_ famous singer (4)
- 4. None (3)
- 5. Second starsign of the zodiac (6)
- 6. When a volcano explodes? (5)
- 9. Wigtown is famous for? (4)
- 10. Sandhill (4)E
- 11. Newton \_ D&G town (7)
- 14. US currency (6)
- 16. Pavement edge (4)

## Airports & Famous Names

All the place names below have airports named after famous people, who? Answers on back page

- 1. New York
- 2. Liverpool
- 3. Virginia, Washington
- 4. Belfast
- 5. Paris
- 6. Orange County, California
- 7. Venice
- 8. Buyant Ukhua, Mongolia
- 9. Delhi
- 10. New Orleans



## Where Am I?



### Crichton Memorial Church

Designed by Edinburgh architect Sydney Mitchell, in 1890-97, the Church features a nave, chancel, transepts and a 123 feet high square tower over the crossing.

The richly detailed exterior is of red sandstone from Locharbriggs and the elegant interior features sandstone from nearby Thornhill. Inside the church you will find a stunning oak roof and floors of Irish and Sicilian marble under foot and superb furnishings, including a stone carving by William Vickers of Glasgow illuminated by the impressive stained glass by Oscar Paterson of Glasgow.

## Category Challenge

Fill in the blanks with words that begin with the letter: **K**

Shop Name:

Dog Breed:

Spice/Herb:

Celebrity:

Author:

Fruit:

Occupation:

Restaurant:

Country:

Body Part:

Car Make/Model:

# Key Contacts

<b>NHS24</b>	111 www.nhsinform.scot
<b>Emergency</b>	999
<b>Doctor Out of Hours</b>	111
<b>Dumfries and Galloway Council</b>	030 33 33 3000 www.dumgal.gov.uk/SupportDG
<b>Business Support Helpline</b>	01387 260280 Mon-Fri 9am-5pm
<b>Multi Agency Safeguarding Hub</b>	030 33 33 3001
<b>Social Work Out of Hours</b>	01387 273660
<b>Third Sector Dumfries and Galloway</b>	0300 303 8558
<b>Samaritans</b>	116 123
<b>SHOUT</b>	Text SHOUT to 85258 for free
<b>Domestic Violence Helpline</b>	0808 2000 247
<b>Age Scotland</b>	0800 12 44 222 Mon-Fri 9am-5pm
<b>Shelter Scotland</b>	0808 800 444 Mon-Fri 9am-5pm
<b>LGBT Helpline Scotland</b>	0300 123 2523
<b>Childline</b>	0800 1111



If you have any positive stories about things that are happening in your community and would like to see them featured in Community – please email us at [communitybulletin@dumgal.gov.uk](mailto:communitybulletin@dumgal.gov.uk) and one of our reporters will get back to you.

## Damp It Down

Being at home might mean you're doing more gardening, but we're urging people not to light bonfires, so we can protect the health of others during the coronavirus crisis.

We recognise there's more domestic waste being created at the moment too – and that the necessary closure of local Household Waste Recycling centres might be adding to this. Unfortunately, this increase in household and garden waste has led to the Council receiving a steady increase in reports of nuisance smoke caused by householders trying to manage waste by burning it at home.

We would ask you to be considerate to your neighbours and avoid having garden bonfires at this time. Smoke from bonfires can aggravate respiratory problems which your shielded, vulnerable, and asthmatic neighbours may be experiencing.



The smoke and smell from bonfires are unpleasant and can cause additional stress to those trying to relax and enjoy their outside space at this difficult time. Remember, glass bottles, cans and textiles can still be deposited at unstaffed Recycling Points, while plastic bottles, paper and card can be put in your household wheelie bin or

Council refuse sacks – as can garden waste, if essential. However, if you can reduce or recycle garden waste at home by composting for example, that would really help to take pressure off our Waste Services, who continue to work hard to keep our communities clean.

**For more advice on reducing and prioritising waste visit <https://supportdg.dumgal.gov.uk/article/20792/Household-Waste-Recycling-Centres>**