

# Community

#SupportDG 

EDITION 12  
Friday 15 May 2020

New stones have appeared on the Glentroll kindness path



## What's Inside

Extra support for charities

Free school meals

Communities responding to COVID-19

## Where Am I?



Be Kind



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Dumfries & Galloway



# Welcome to Community

## Your Dumfries and Galloway Community Bulletin

Welcome to edition 12 of your Dumfries and Galloway community bulletin.

Today's edition is filled with more good news stories of how our communities are responding to COVID-19. We continue to be amazed by the huge effort and community spirit from each and every one of you. We also shine a spotlight on some of our reporters, who help bring you the twice-weekly bulletin.

On page 3 you will also see a graphic on the three options available for free school meals, where over 90% of families have asked for the direct payment option. This is a phenomenal response, and another super example of how we are supporting our children and families.

Stay safe.

with best wishes  
Elaine and Rob

 @dgcouncil

 @DumfriesGallowayCouncil

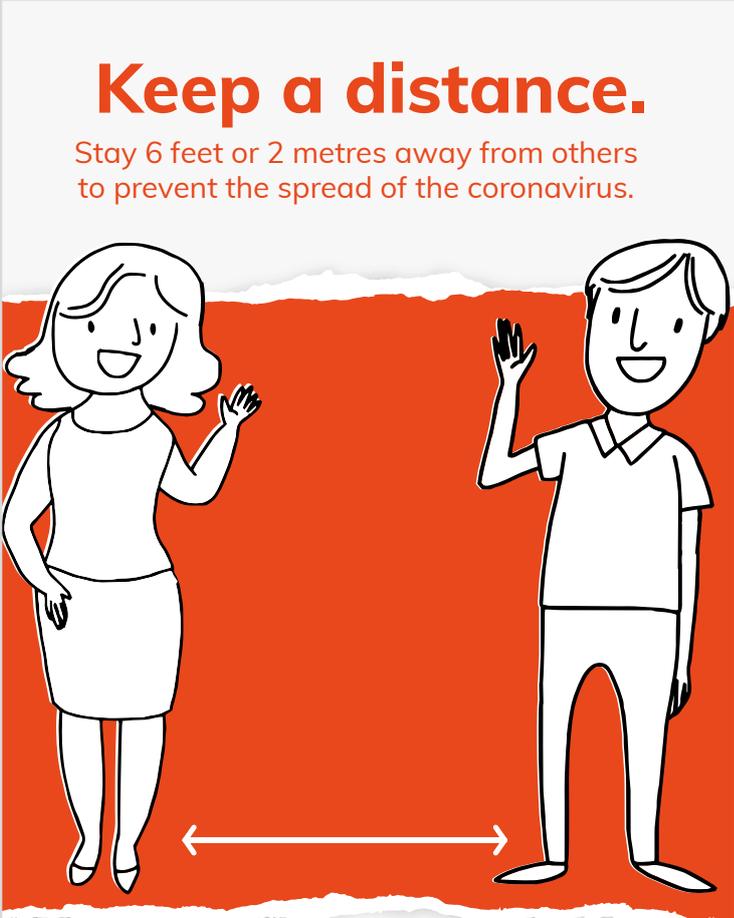
 Email updates [dumgal.gov.uk/newsletters](mailto:dumgal.gov.uk/newsletters)



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.

NHS Dumfries & Galloway Dumfries & Galloway Police Dumfries & Galloway DGHP Dumfries and Galloway Health and Social Care

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

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# Extra support for charities - Small premises now eligible for £10,000 grants

Properties occupied by charities can now apply for the £10,000 Small Business Grant Scheme to help with pressures caused by the coronavirus (COVID-19) pandemic.

The extension of the Scottish Government scheme is expected to result in an additional £31 million being made available to more than 3,000 small properties occupied by charities – including day centres, workshops and halls. It will apply to properties which are in receipt of any Charitable Rates Relief or Sports Relief, but are otherwise eligible for the Small Business Bonus Scheme.

Finance Secretary Kate Forbes, said: "Our package of business support is under constant review as we look for improvements that can be made to existing schemes, or any gaps we are able to fill."

"It had become clear that many charities which run small premises, such as day centres and halls, had been hit hard by loss of revenue during the pandemic. This is particularly

*pressing for small and medium-sized charities which deliver health and social care support, and are heavily reliant on income from their retail operations."*

*"In order to support these vital charities we have therefore taken the decision to open up the Small Business Grant Scheme to allow them to apply for grants of £10,000 on the first eligible property and £7,500 on any additional eligible properties."*

The Scottish Government scheme is administered in Dumfries and Galloway by our Council. Organisations can apply for the scheme at <https://supportdg.dumgal.gov.uk/article/20783/Support-for-local-businesses>



## MENTAL HEALTH AWARENESS WEEK 18-24 MAY 2020

### Is Next Week

We recognise that protecting our mental health is central to us coping with and recovering from the coronavirus pandemic – with psychological and social impacts likely to outlast the physical symptoms of the virus.

In our Community Bulletin we bring you stories from across the region that demonstrate the kindness and compassion of individuals who are supporting our citizens and communities through these difficult times.

There are a lot of ways you can support Mental Health Awareness Week, all from the comfort of your home. Why not pick up the phone and chat to someone you haven't heard from in a while, organise a family or virtual quiz night with your friends, share stories of acts of kindness, or carry out your own random act of kindness to show someone you care!

Next week, we will be bringing you lots more information, but in the meantime you can find out more at [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**#KindnessMatters**

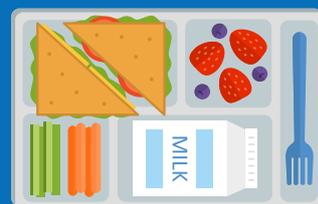


Families now have 3 ways they can receive

### Free School Meals

- Option 1** Receive a Cash Payment of £35 every 2 weeks (£17.50 per week) per child & you make your own food arrangements
- Option 2** Delivery of Free School Meals Food Pack direct to your house
- Option 3** Collection of Free School Meals Food Pack from a Community Hub

**Over 90%** of families have asked for the direct payment



# Communities responding to COVID-19

## Postman Pat – for Real!

Residents in Newton Stewart may have spotted a familiar face delivering the post recently. Local postie Tommy Monteith decided to cheer up the locals by donning a Postman Pat outfit, much to the delight of kids and adults alike. If you live in the town, make sure you keep an eye out for him and give him a wave! Who knows, maybe next time he'll bring Jess the black and white cat along as well?



## Langholm Letters

Last week, children in Primary 4 at Langholm Primary School were set a task with a difference, to write a letter to one of the town's key workers. The letters were sent out to thank the local workforce for all they've been doing during the pandemic. Here we share a sample of some of the letters. Police Constable Wayne Irving is shown with his daughter Holly, who wrote her letter for her dad. Paramedic Hazel Jeffrey is pictured with her letter from Lauren Davidson. Postman Gordon Young is pictured with his letter from Suhaer El-Khaled, while



Abbie Laidlaw is shown with the letter she did for the local pharmacy. The recipients were very grateful for their surprise letters and knowing the work they're doing is so appreciated.



## Reel Effort

Students from a highland dance school in Annan and Dumfries are making a reel fundraising effort for NHS Charities Together.

Many of the dancers have relatives who are frontline NHS or key workers. They've taken one of their routines that was to be performed at Dumfries Tattoo, and recorded individual performances while socially distancing at home. Dance teacher Louise Smith then spent over 30 hours putting together more than 60 videos, to create an amazing choreographed routine which shows the dancers doing what they do best – working together as a team.

The video has now been linked to a Just Giving page in support of NHS Charities Together, with the dancers hoping to reach a target of £1,300. If you'd like to donate, visit <https://www.justgiving.com/fundraising/team-smith19>



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## In the Bunker

The Gatehouse Bunker (TGB) is a community organisation delivering a range of youth and community programmes in Gatehouse.

While many regular activities have been suspended during lockdown, the team have been busier than ever.



Project co-ordinator Sara-Leigh Cain explained: *"In the last few weeks, our volunteers have handed out around 200 donated vegetable packages, which are distributed weekly to older people. And, thanks to a Dumfries and Galloway Council COVID-19 community support grant, we're able to distribute food parcels to even more people in need."*



TGB have also handed out around 100 two-day emergency goods packages, and have bought and distributed 90 activity packs and 90 craft packs for local young people – and Rotary Club funding will allow us to buy more.

As well as practical support, the community's emotional needs are being kept in mind too, with a volunteer providing a weekly

phone chat with senior group members, and TGB working alongside the local drop-in centre to provide a youth hotline for any young person who may be struggling.

Sara-Leigh feels the whole community has pulled together: *"We're really grateful to the local businesses, residents and Gatehouse community church for the donations of food and cash to help us carry out this important work."*

You can contact TGB by phone 07850 773181, email [bunkeroo@gmail.com](mailto:bunkeroo@gmail.com) or [www.tgbgatehouse.com](http://www.tgbgatehouse.com)



## Time to Care in Newton Stewart

Clifford Smithers, a volunteer with Cree Valley Resilience Group has gone back in time during lockdown, as he's now delivering daily newspapers to the same gentleman he delivered to as a young paper boy over fifty years ago!

Along with newspapers, the team of volunteers are delivering lifeline support to residents across the Cree Valley area – especially those who are elderly or vulnerable – by arranging shopping, collecting prescriptions, and offering a listening ear through supportive phone calls.



Red alert cards have been issued to over 2,500 households, allowing residents who need support to display the card in their window, for follow-up by a

member of the team. Local fire fighters and Galloway Mountain Rescue volunteers are checking homes regularly throughout the week.

Alan Marshall, Lead Volunteer said, *"We started planning two weeks before lockdown. We've recruited over 50 volunteers and are now looking ahead, to identify what we need in place after lockdown to support the recovery process in the Cree Valley"*.

The Resilience Group recently purchased three community defibrillators which will be mounted in three areas of the town. If you live in the Cree Valley area and need a helping hand, you can contact the team on 07961 678693.



# SPOTLIGHT ON:

## Community Bulletin team

The community bulletin is very much about bringing communities together by sharing good news stories, community spirit and the huge volunteering effort by local people, as well helping to keep citizens and communities up-to-date on the COVID-19 response.

Meet some of the staff-volunteers who bring you stories twice a week.



**Name** Mandy Green  
**Job Title** HMO Licensing and Landlord Registration Officer  
**Area** West

**Role in Community Bulletin Team:** Reporter

I signed up to work on the community bulletin as I'm currently working from home and wanted to feel like I was contributing to helping our Council during this pandemic. The bulletin is a good way of providing information and is highlighting how communities are pulling together. I've enjoyed getting to know other colleagues I would normally not come across in normal working life. It has made me even more appreciative the area I live in, its people and their resilience and how we care for one another!



**Name** Andrew Hay  
**Job Title** Community Safety Officer  
**Area** West

**Role in Community Bulletin Team:** Reporter / Photographer

I joined the bulletin team because I felt it was a very important job to share the good news stories from the communities with a wider audience. I was a volunteer for many years with the Army Cadet Force and was their public relations officer for south & west Scotland. Many Council employees are going above and beyond what is required of them, and volunteers in our communities are doing good deeds that should be recognised. I enjoy talking to people and writing stories about our unsung heroes that are doing their best for their community. Long may this mindset continue!



**Name** Elizabeth Parsons  
**Job Title** Learning Assistant  
**Area** Dumfries

**Role in Community Bulletin Team:** Reporter

I felt being a reporter for the community bulletin would be a good way in which my skills could be applied well, while being of service and help at this time. I'm really enjoying the peace and quiet of my new role, and the feeling of purpose, contributing to my community.

I hope the bulletin rouses community spirit and cohesion, and answers people's need to see and be involved with changes taking place and action being taken in response to the crisis across the region. I hope the positive stories of community resilience at this time are cheering and inspiring.



**Name** Gillian Grieveson  
**Job Title** Performance & Quality Manager  
**Area** Social Work Services

**Role in Community Bulletin Team:** Sub-Editor

I volunteered as I genuinely saw the opportunities in the idea of sharing heart-warming, funny, and community-spirited stories with everyone at a time when we need some uplifting news. The bulletin finds a way to bring us together while we are physically apart. I enjoy reading and editing the stories as they come in describing in detail the lengths people are going to in support of others. They can really change and uplift your mood or leave you with a different perspective just now when there is so much change and uncertainty. While we are in lockdown and everyone is doing their bit, it's nice to know what people are getting up to and that we are not in this alone.



# Key Contacts

<b>National COVID-19 Helpline</b>	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.	
<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>Dumfries and Galloway Citizens Advice Service</b>	0300 303 4321 www.dagcas.org
<b>Samaritans</b>	116 123
<b>SHOUT</b>	Text SHOUT to 85258 for free
<b>Scotland's Domestic Abuse Helpline</b>	0800 027 1234
<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.

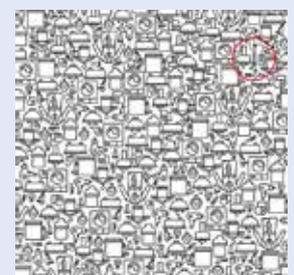
Outdoor access rights in Scotland depend on responsible behaviour.

Please follow all reasonable requests to avoid farmyards and busy working areas.

Look out for signs on your local exercise during Covid-19 restrictions.



**KNOW THE CODE**  
outdooraccess-scotland.scot



**Crossword Answers**

**Across**

3. Scapula, 4. Raisin, 6. Chat, 8. Romeo, 9. Aladdin, 10. Solar, 14. Odin

**Down**

1. Gust, 2. Facade, 5. Nile, 7. Hansel, 11. Ocean, 12. Act, 13. Leo