

Community

#SupportDG 

EDITION 13
Tuesday 19 May 2020

Staff from the Oasis Youth Centre, Dumfries made this tribute for all Key Workers to see as they travel past the building.



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Statistics at a glance

Mental Health Awareness Week

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Where Am I?



Be Kind



Connect



Take Notice



Support



Give



www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Dumfries & Galloway



Welcome to Community

Your Dumfries and Galloway Community Bulletin

This week is Mental Health Awareness Week - and the theme for this year is kindness.

Why kindness?

One thing that we have seen all over the world in that kindness is prevailing in uncertain times.

We have learnt that amid the fear, there is also community, support and hope.

We know that the added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

This week in the 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 lots 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!

Be Safe.

with best wishes

Elaine and Rob



@dgcouncil



@DumfriesGallowayCouncil



Email updates dumgal.gov.uk/newsletters



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

We are hosting a series of public online Q&A events focused on Community Support, Business Support and Children, Young People and Parents.



Community Support LIVE at 7pm Tonight (19 May)

To register for this event and ask a question see <https://supportdg.dumgal.gov.uk/chat-with-us>

We will also make a video of the event available afterwards for anyone unable to attend live.

Children, Young People and Parent "Your Worries" on Thursday (21 May)

The video of the event will be available online on 21 May. See <https://supportdg.dumgal.gov.uk/chat-with-us>

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

Working to keep our citizens and communities safe

#StayHome

#StaySafe

#SaveLives



4,804

Meal boxes for vulnerable people shielding produced and delivered

3,491

#SupportDG emails handled



4.2M

Facebook reach

5.3M

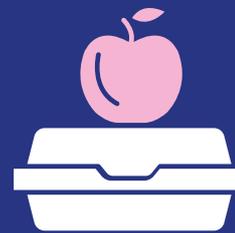
Twitter reach



2,938

Business grants awarded and paid out totalling

£31.2M



1,627

Free School Meals Direct Payments

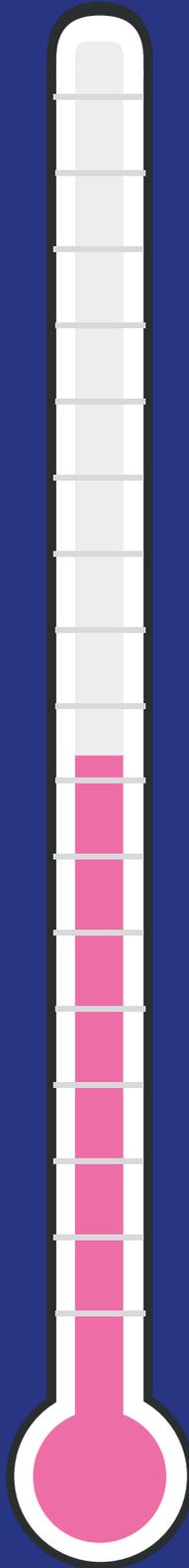
316

Community groups and hubs assisting in COVID-19 response



2,571

Volunteers registered



#SupportDG

www.dumgal.gov.uk/SupportDG



Wash Your Hands Regularly with Soap and Water for 20 Seconds



National Mental Health Awareness 2020 is all this week – and this year's theme is **kindness**.

Research shows that kindness and our mental health are deeply connected – kindness is an antidote to isolation and creates a sense of belonging. Showing kindness and compassion towards ourselves helps us reduce stress, brings a fresh perspective, and improve feelings of confidence and optimism.

Be Kind To Yourself – Looking After Your Own Mental Health And Wellbeing

There are many practical things we and our families can do to help us feel better during lockdown.

Remember simple steps to taking better care of our mental health and wellbeing over the coming weeks include:

- **Keeping to a routine** – trying to sleep and wake at the same time and eating at regular times.
- **Moving more** – staying active, within the current guidance, to boost your mood.
- **Taking a break** – limiting exposure to the news on social media if you feel things are getting on top of you, instead using fun games, quizzes, and apps online to pass the time.
- **Making time for yourself** – simply taking a breather or doing something you enjoy.
- **Keeping in touch** – phoning family and friends to ease worry and feel connected.

The Scottish Government's new campaign 'Clear Your Head' provides lots of information, tips and ideas designed to help us get through COVID-19. More information at www.clearyourhead.scot



More information at
www.mentalhealth.org.uk



Be Kind To Yourself When Working Or Learning From Home

Thousands of people are likely to be working or learning from home due to the coronavirus pandemic. Here are some tips to help you to stay efficient, keep your spirits up and maintain a positive mental health!

1. Get dressed

Washing and getting dressed will not only improve your state of mind, it will psychologically prepare you to start work or study. Getting dressed also increases motivation to leave the house. Likewise, changing out of work clothes when you clock off for the day helps your brain to understand that the working or school day is over.

2. Establish boundaries

Be ready to start your day at the same time as you would normally arrive in your school, office, or workplace, and finish your day at the same time. At the end of a working day, switch off your computer and tidy away paperwork. If you have the space, set aside a specific, separate area in your home where you can set up your workstation – ideally with a properly adjusted desk and chair.

The NHS advice is that you should adjust your chair so you can use the keyboard with your wrists and forearms straight and level with the floor.

3. Get out and about

(if you're not self-isolating)

Working or learning from home shouldn't mean you stay cooped up indoors all day. While you might

not miss your daily commute, it does guarantee that you leave the house at least once during the day. Going for a walk can help undo mental blocks and give you a fresh pair of eyes for any tasks you're struggling with.

4. Pick up the phone

If you're working or learning from home, the chances are you'll be alone. When you're at work or school, you're more likely to chat to colleagues and peers, but when you're working from home, you could spend the whole day without speaking to anyone which can be isolating. Make some time to pick up the phone and have a real conversation, rather than relying on email and instant messaging.

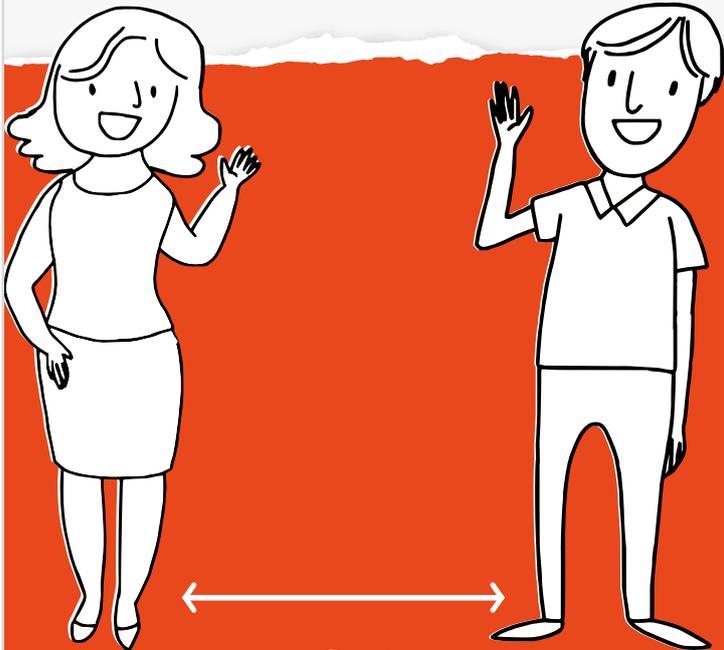
5. Take regular breaks

It's good to have a routine when you're working or learning from home, but work shouldn't become monotonous. And you shouldn't stay glued to your screen all day. It's important to take regular screen breaks and get up from your workstation and move around just as you would in an office or school. Research has also found that short breaks throughout the day are more beneficial than less frequent, longer breaks.

Communities responding to COVID-19

Keep a distance.

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



A Letter to a Stranger

This letter is written by Sam, who is 20 years old.

Dear Stranger

Some people do better than others in stressful situations, and apparently, people who manage stress better tend to live longer. This theory isn't great for me, because practically everyone in my family seems to suffer from some kind of stress. Stress is ever present and while it might not hurt us too badly, it certainly doesn't help.

I probably still don't handle stress as well as I could, but one day I realised that my stress level doesn't have to be proportional to the amount of stressful things happening in my life. Allowing stressful things to affect my attitude and outlook is my choice. With a little bit of help and direction from people I trust, I was able to reduce my anxiety and distress and approach some of life's challenges from a different angle.

I know if you are feeling anxious and highly stressed you are probably thinking, aye right. But it actually works. Simple things like planning your day, being more organised, seeking help when you need it and making time for yourself can help you to lead a much happier life.

Be kind to yourself. Be steady. Be strong. And know that in the end, I'm here beside you, a stranger in passing – and I'm rooting for you.

Susi's Got It Covered



With the First Minister advising we should consider wearing face coverings when out shopping and other similar situations, some folk have been raiding their sewing boxes for the greater good.

One such generous crafter is Susi Briggs from Gatehouse. Known to schoolchildren throughout the region for her Scots language books and storytelling, Susi is also creative on the sewing machine – a 1922 Handturn Singer to be precise! She explains: "Initially, I started sewing face

coverings for carers who work in some of the care homes I used to visit with 'Music Matters'. Then I made some for key workers and volunteers, including those at The Gatehouse Bunker."

"I'm happy to make masks for anyone locally who needs them. It keeps me busy. Normally I'd be sewing costumes for my fairy storyteller persona but that's all on the shelf until we get through the worst of this crisis."

Susi added: "I've made nearly 200 face coverings already. My right arm is like Popeye's from turning the sewing machine handle so much!"

There's no charge for Susi's masks, but if you'd like to donate towards fabric and elastic you can contact Susi at susifairy@gmail.com

Donations of cotton fabric scraps at least 7"x9" and 6mm elastic are also very welcome.



Communities responding to COVID-19



From Bad Behaviour to Bins

Community Safety Officer Colin Rennie usually spends his working day dealing with antisocial behaviour and environmental offences. But Colin from Stranraer is now keeping our streets clear in another way – by working with our Waste Collection Service during the pandemic.

Along with many others, Colin volunteered for his job to be redirected, ensuring a vital service like waste collection continues to be provided for us all.

He's now joined his new team and has undergone training in the Terberg Loading System. Colin said, *"It's not as easy as just putting the bins at the back of the lorry. It's actually quite a strenuous job. I'll admit I broke sweat often!"*

He added: *"While keeping myself clear of the machinery, I have to be constantly aware of the traffic around me. By 10am this morning we'd already been fully loaded and away to the Waste Centre to tip. We'll have three or four loads today, with around 10 tonnes in each load."*

"We're so grateful to all staff who've shown flexibility across the Council, ensuring our critical services continue as normal. Please help with refuse collection by making sure your bin is out by 6am on collection day, and please don't leave extra bags beside your bin, as we're unable to collect them at this time."



- ANSWERS**
1. Brave, 2. The Little Mermaid, 3. Tangled, 4. Frozen, 5. Aladdin, 6. Sleeping Beauty, 7. The Princess & the Frog, 8. Beauty & the Beast

No Brakes for Cyclists

None of us can go far just now, but that hasn't put the brakes on Stepping Stanes Youth Cycling Club.

The club took on a huge challenge to raise money for Charnwood Lodge Care Home in Dumfries, by seeing how many times they could cycle the distance of the Southern Upland Way. No mean feat, as this is a whopping 212 miles, spanning from Portpatrick on the west coast to Cockburnspath on the east coast.



Of course, the intrepid cyclists couldn't actually travel all that way, so instead, they set off with their families, pedalling the fantastic network of routes across Dumfries and Galloway as part of their daily exercise. By the end of the day, the team clocked up an amazing 1,400 miles between them.

One of the families involved were the Barbour's from Dumfries. Primary pupil Izzy Barbour said, *"I was so pleased to raising money for a good cause while doing something I love"*.

Club chair Paula Voce said, *"Our awesome @teamsteppingstones cycled over 1,400 miles collectively. That's Land's End to John O'Groats! It was an inspirational effort - from the person who raked up 101 miles on the turbo, to the mum who hadn't been on a bike since school! We showed what we can do together"*.

The original target was to raise £100, but the club has surpassed their goal, with the current total at an amazing £1,400.

Ride for Charnwood Lodge
@rideforcharnwood @steppingstonesunday @southernuplandway

With the ongoing lockdown we have teamed up with Charnwood Lodge Care Home where our Welfare Officer Kerry Higgins, is manager to provide some treats for the residents. On the 3rd May 2020 Steppingstones Youth bike club will record their daily exercise and attempt to ride the Southern Upland Way, a total of 212 miles/ 344.5km. But how many times can they do it?

steppingstones

"We are all in the gutter, but some of us are looking at the stars." Oscar Wilde

Activities Page

Wordsearch

T D T Y A Q E C M D Y G X T Z
 K K E L M G M U V M L U R C I
 L F D N Y Q I R N J A S H V Q
 Y T A P M G V I M K T U A E O
 R P T I L A A I N D I A X B R
 A D T E L P R G D W O V Q D T
 G S B E S A B K V W C D N J X
 N H K Y C Q R B Y E A Y F Q V
 U Q D D G N R T F G N R F U I
 H D Z D O A A J S Y A D C O L
 N U J K Z L R R A U D A Q A J
 Z Z S I U R E P F P A P A M F
 V D L O C I X E M N A G T V H
 Z M J I C E L A N D V N A Y B
 J Z J N F I Y Z J F J S R I C

AUSTRALIA
 BELGIUM
 BRAZIL
 CANADA
 DENMARK
 EGYPT
 FRANCE
 HUNGARY
 ICELAND
 INDIA
 ITALY
 JAPAN
 MEXICO
 PERU
 QATAR
 SPAIN

Quick Quiz

Can you tell us the names of the Disney Movies that these famous Princesses star in?

1. Merida
2. Ariel
3. Rapunzel
4. Anna
5. Jasmine
6. Aurora
7. Tiana
8. Belle



Find the Toaster



Where Am I



The eight **Kirkmadrine** Stones include three of the oldest Christian memorials in Scotland, dating to the 500s AD. The remaining memorials date from the 700s to 1100s AD, and demonstrate the growth of the Scottish church in this time.

They confirm the existence of an early Christian church at Kirkmadrine, and play a pivotal role in our understanding of northern Britain after occupation by Imperial Rome in the early first century AD.

Historic Environment Scotland

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
Business Support Helpline	01387 260280 Mon-Fri 9am-5pm
Multi Agency Safeguarding Hub	030 33 33 3001
Social Work Out of Hours	01387 273660
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



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 and one of our reporters will get back to you.

Kudos to Karate Postie

Postman James Milward is a busy man. As well as delivering the mail in Stranraer, for the last eight years he's also run the town's Takeda Karate Club. During lockdown, the club had to temporarily close, but that hasn't stopped James from keeping his students on their toes.

He's been issuing them with weekly challenges, including designing a new club logo with a Karate and Stay Safe theme, videoing katas (sequence of moves) either alone, or to the beat of music, and has also got them teaching a parent or sibling a karate move. Each week, James takes time to edit these videos together to show how everyone is getting on, and has also set up a YouTube channel where students

can watch his tutorials, and practise the techniques they need for their next grading. James has also started doing Facebook Live sessions, featuring a weekly challenge for his students. This week it was the 'Lockdown Fight Scene' challenge!

James' students and their families are incredibly grateful to this community-spirited postie, for all his efforts to help them continue with their passion. Catriona Adams said, "I have four kids in the club. They miss it, and their friends, but it's lovely to see them practise together and laugh when they do these challenges. James is putting himself out there every day as a postie, yet he still takes time to think about his karate students and how to keep them engaged".

