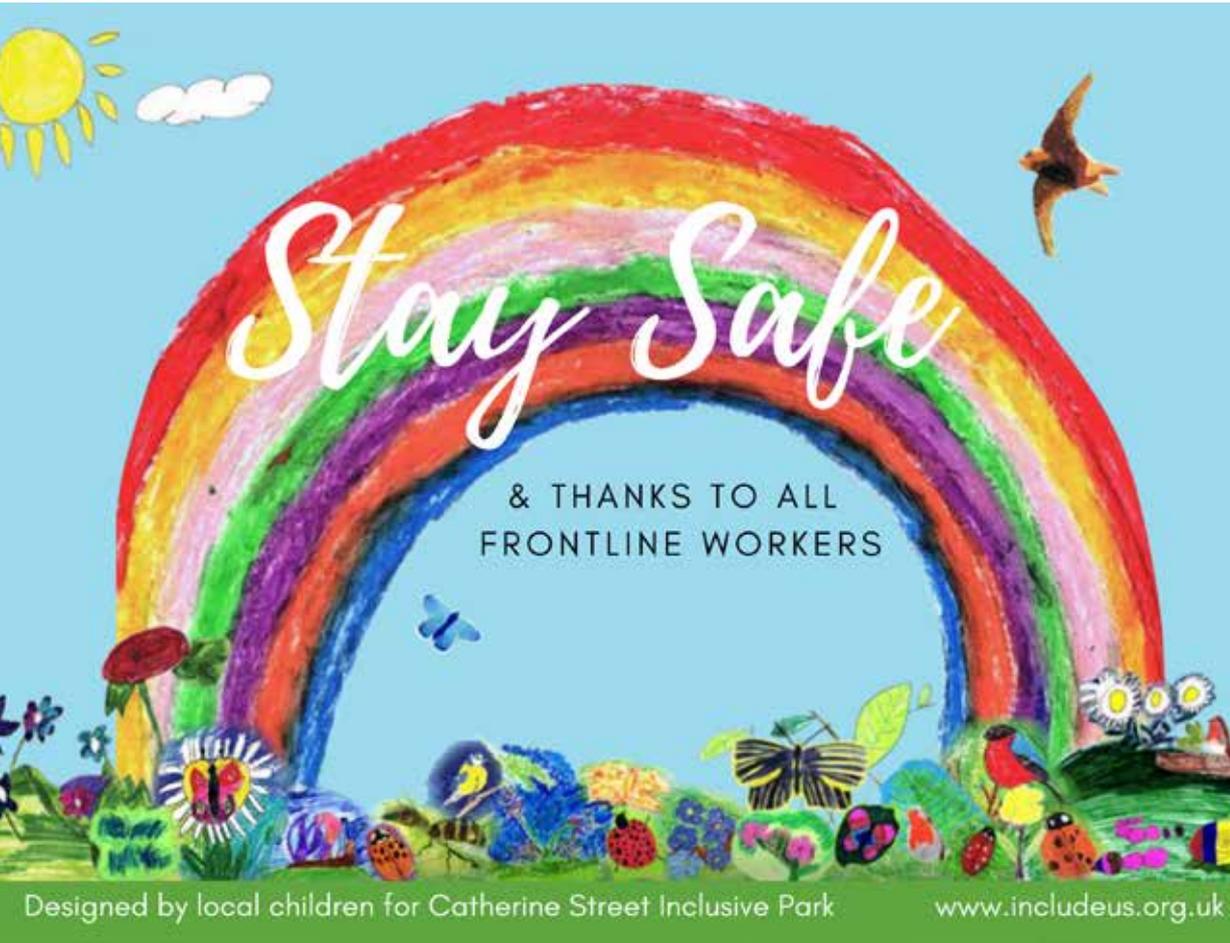


Community

#SupportDG 

EDITION 6
Friday 24 April 2020



What's Inside

Leaders' message

Advice following national suspension of screening programmes

Communities responding to COVID-19

Spotlight on home learning

Where Am I?



Be Kind



Connect



Take Notice



Support



Give

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Tel 030 33 33 3000

Dumfries & Galloway



Welcome to Community

Your Dumfries and Galloway Community Bulletin

With the Easter holidays now behind us, we still find our schools closed for face-to-face learning and teaching due to COVID-19. However, our teachers continue to provide and support learning for children and young people through the delivery of a wide range of learning activities, available online or in hard copy.

We know that this is an anxious and worrying time for everyone – and maintaining a degree of normality in your child's life is in many ways more important than worrying about specific school subjects – but please be assured that all of our schools have arrangements in place to enable pupils and parents to maintain contact with their school, and for you to ask for help and support when needed.

A routine and a structure to the day can be a great help, however, you should not feel it is necessary to run a full school day, and remember learning can take place in many different everyday activities, and we know so many of you are doing this.

We truly give thanks to parents and families right across Dumfries and Galloway, who are both supporting the learning of our children and young people, during these most unprecedented of times.

Finally, in today's spotlight article look out for the dates of forthcoming live webcasts on Council services. You can join the chat and ask questions that will be answered live online.

Stay safe.

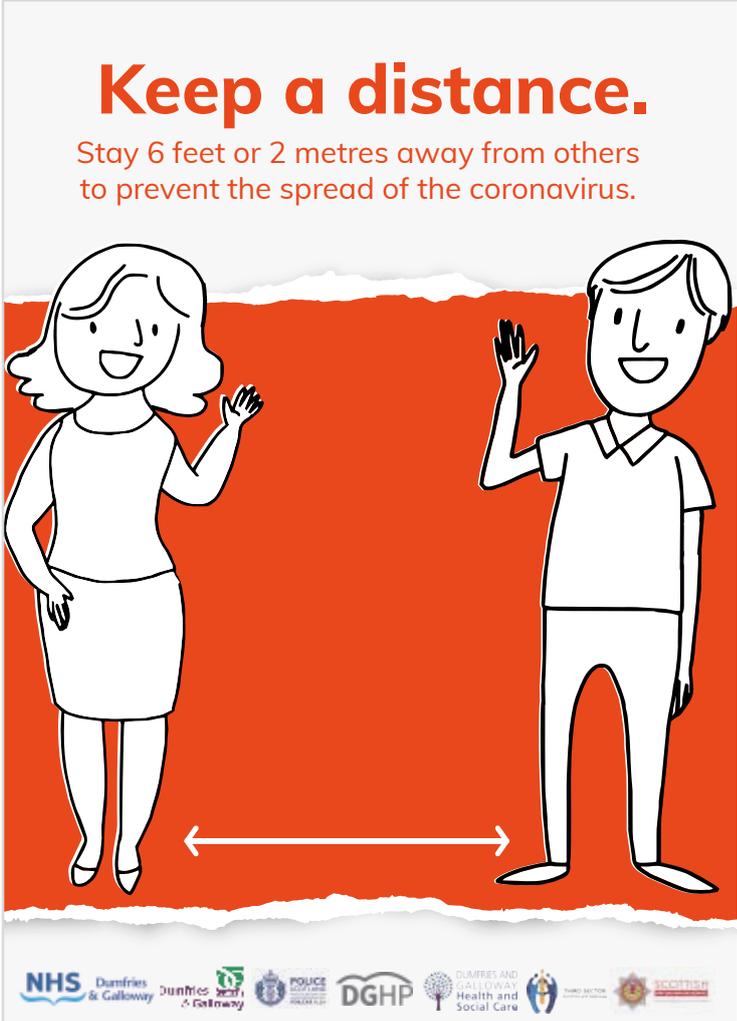
with best wishes
Elaine and Rob



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Deputy 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 Council Dumfries & Galloway Police DGHP Dumfries and Galloway Health and Social Care Scottish Fire and Rescue Service

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Working to keep our citizens and communities safe

Advice following national suspension of screening programmes

A national decision was taken recently to suspend screening programmes because of the ongoing coronavirus pandemic.

The reasoning was that while there are risks to individuals through delayed diagnosis of conditions that these screening programmes would have picked up, these risks need to be weighed up in the context of the pressures on the NHS in Scotland posed by COVID-19.

Interim Director of Public Health Valerie White said, *"This was a difficult decision to take at a national level. Members of the public can be assured we will restart screening programmes as soon as it is safe to do so. When this happens, invitations will be re-issued, and appointments will be rearranged"*.

"As at any time, it is important that everyone is aware of any symptoms or signs of the conditions being screened for".

Things to be aware of include:

BOWEL CANCER - people should be aware of bleeding from their bottom and/or blood in their poo, a persistent and unexplained change in bowel habit or unexplained weight loss.

BREAST CANCER - women are encouraged to look out for a change in the size or shape of one or both breasts, discharge from the nipple, a lump or swelling in either their breasts or armpits, dimpling on the skin of their breasts, a rash on or around their nipple, or a change in the appearance of the nipple such as becoming sunken.

CERVICAL CANCER - women who experience bleeding during or after sex, between periods or after the menopause.

Anyone having these symptoms should contact their GP practice.

Men who have small or medium-sized aortic aneurysms and are on regular surveillance scans have been written to individually.

People who have significant concerns with their vision, and attend Diabetic Retinopathy Screening, are asked to contact their optometrist or GP practice.

Referrals will be made to ophthalmology as required.



Valerie White

Interim Director of Public Health, NHS Dumfries and Galloway

For further information, please visit the NHS Inform website:

<https://www.nhsinform.scot/healthy-living/screening>

#EVERY9MINUTES

Every nine minutes Police Scotland respond to calls of domestic abuse.

If you have committed or are committing domestic abuse towards your partner, or ex-partner, it will not be tolerated and there will be consequences.

Time is running out and there is no hiding place. Domestic abuse is your fault and no one else's. Police Scotland and its partners are looking for you.

Controlling behaviours include a range of emotional and mental controls used by perpetrators. To apply pressure is to exert control over the victims. Any criminal behaviour will be actively pursued by Police.

We're coming for you, and anything you say or do to a partner can and will be used against you.



If you, or anyone else you know, is experiencing domestic abuse, don't delay in seeking help during the current coronavirus situation.

You're not alone and help is available for you whenever need it.

Scotland's Domestic Abuse Helpline on 0800 027 1234

Police on 101 to report it or 999 in an emergency. Domestic abuse is a crime.

Communities responding to COVID-19

Over the Rainbow



Since COVID-19 came on our radar, rainbows big and small have been popping up across Dumfries and Galloway, to show solidarity with our communities, and support our key workers. We've brought together two rainbow stories from opposite ends of the region and hope they'll brighten up your day.

In Annandale and Eskdale, cousins Evie (7), Millie (4), Oscar (3) and Olivia (1) have been on a colourful mission to raise money for the NHS, by drawing rainbows for family, friends and neighbours in return for a small donation. The children are raising funds for the Dumfries and Galloway Health Board Endowment Fund, which makes a real difference to patient care in our local hospitals and community.

So far, the fantastic four have raised over £1,500, and have set up an NHS Rainbows Facebook page to encourage children throughout the region to share rainbow pictures with their community and to make a small donation where possible – with over 80 rainbows shared already.

For details, see the cousins' Facebook page <https://www.facebook.com/NHSRainbows/> or visit www.justgiving.com/fundraising/NHSrainbows



Over in Newton Stewart, the Scottish Ambulance Service recently put out an appeal for children's rainbow drawings, to provide every ambulance with a cheerful and reassuring mascot, and also act as an uplifting message for staff who are facing long, tough shifts at the moment. Paramedics set up a Rainbow Box in the local Aldi supermarket for children to post their drawings, and the response has been fantastic, with drawings pouring in. So much so that there's

been enough rainbows to pass on the Scottish Fire and Rescue Service in Newton Stewart too.

As a result, ambulances and fire engines are now travelling to emergency callouts with children's rainbows on board, carrying a message of support and gratitude from the local community as they provide critical services in such difficult times.



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Walking the DINOSAUR

No, your eyes are not deceiving you - reports of dinosaurs dancing outside Merse House Nursing Home are correct.

In a bid to brighten up the streets, Coronavirus Community Help Kirkcudbright – a local volunteer group – arranged for Dan the Dino and friends to visit Merse House, where residents were delighted to see them through the windows.



Coronavirus Community Help Kirkcudbright's team of 80 volunteers have set up a helpline offering support in a variety of ways, from picking up shopping to walking dogs – as well as delivering dinosaurs of course! Linking up with the local Rotary, the community council and various regional organisations, the group has also arranged for emergency food supplies, set up prescription deliveries, established a buddy service, and referred some vulnerable people to the Council's Shielding Team.



One of the organisers Audrey Kelly said, "Initially, we set up a Facebook page, which helped us find volunteers, whose first job was to distribute emergency support cards to every home in the town".

The card gives the helpline number, which is **07586 678260**, and there's also an option, if you can't make phone contact, to tick which service you need and put the card in the window. The bright yellow card is also visible in an emergency.

Who knows – there may be dinosaurs down your way soon!

Writing to Reach YOU

There's nothing nicer than getting a friendly letter in the post – especially when so many of us are apart from those we love. Thinking about how to get in touch with her own elderly relatives gave Emma Currie from Stranraer the idea of writing to reach other older folk in the region too.



She said, "I thought about how I'd need to phone or text them regularly so that they wouldn't feel too lonely. And then I thought about the fact that there will be many elderly people in our community that would probably get a lot out of receiving a letter or an email. So, I've set up a Facebook page called *Community letters against Loneliness*".

Her newly-minted Facebook page invites volunteers to send letters, drawings or poems to the elderly in homes and in self-isolation. The page includes a list of postal and email addresses of nursing homes to make it easy for anyone to send something.

Emma continued, "I got in contact with the nursing homes in Wigtownshire. I have had some members of the community give me their relatives' addresses so that I can write to them too".

Emma's had a hugely positive response, with people from Stranraer to the Philippines and even Dubai sending letters. **So please visit her page, and spread the**

word <https://www.facebook.com/LettersAgainstLoneliness/>



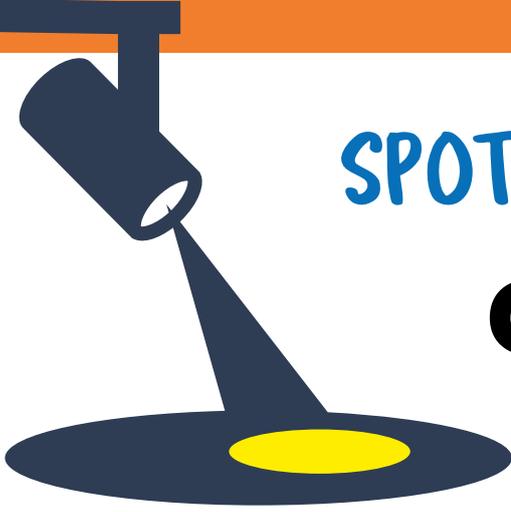
Playing Your Tune

If you're missing going to concerts, why not have the music come to you?

Fourteen-year-old Lockerbie Academy pupil Rose Byers has found a novel way to raise people's spirits during lockdown. With a love of traditional Scottish music and a talent for playing the fiddle and singing, Rose has created her own YouTube channel, Trad Tunes in Lockdown, as a platform to perform and entertain. The new channel features traditional Scottish favourites such as Rambling Rover and Mary Mack. Rose, who's performed across the region and in Russia, both as a solo performer and in the Spectrum Ceilidh band and Rainbow Tribe choir, said, "Hopefully the channel will give people a bit of happiness – and maybe be a brand-new type of music they've never listened to before".

To view and listen to Rose's music go to

<https://www.youtube.com/channel/UC2-bwyGkHmNfCVT2ZPGZX-Q>



SPOTLIGHT ON:

Council Services

We're connecting with you in many ways during COVID-19, but we want to do more.

Today's spotlight is on Council services, and more importantly an opportunity to let you know where you can learn more about what our Council and partners are doing in our response to COVID-19 pandemic across Dumfries and Galloway.

From this Wednesday (29 April) we will be broadcasting a weekly online live Q&A on a range of themes important to us all in Dumfries and Galloway. Hosted by staff and our partners, they will provide the most up-to-date position on our COVID-19 response. These sessions will allow you to ask questions that will be answered online.

We're starting with Children, Young People and Parents on Wednesday (29 April) and Community Support on 5 May. We will then host a Business and Economy Q&A on 12 May. Times for these events will be advertised in future editions of the bulletin.

Gavin Stevenson, Chief Executive said, *"These are unprecedented times, and our Council services have adapted to enable us to best respond to COVID-19. It's so rewarding to be part of the sheer effort and witness the goodwill of our staff, as we deliver frontline services where they are most needed for our citizens and communities"*.

Our first Q&A theme is on Children, Young People and Parents. Ahead of this, Gillian Brydson, our Director for Skills, Education and Learning said, *"I am looking forward to the Q&A sessions. This will give you the chance to ask questions on our schools, and to talk more about the support for children, young people and parents during COVID-19"*.

Our community partners are playing a major role in our COVID-19 response, particularly around food care and basic needs, community resilience and volunteering. Director for Communities, Derek Crichton said, *"I've been overwhelmed by the huge number of volunteers that have come forward to help in their local communities. The Community Support online Q&A on 5 May will look at the wide range of community support on offer"*.

Small and medium-sized businesses are critically important to the local economy of Dumfries and Galloway. Lorna Meahan, who is our Depute Chief Executive said, *"We are working closely with the Scottish Government and other agencies to best support our local businesses and to safeguard our economy. I hope you can participate in our online Q&A on 12 May to discuss this"*.

If you're a citizen of Dumfries and Galloway, these webcasts are for you, so please join the chat with us.

It's easy to register and ask a question, just go to <https://supportdg.dumgal.gov.uk/chat-with-us>



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"Simplicity is the key to brilliance."

Bruce Lee

Activities Page

Sudoku

Answers on back page

	8		5			4		
				6		9		
		9			3			5
			2	5				1
4	5		8		1		9	2
1				9	7			
3			9			8		
		2		4				
		1			5		4	

This or That?

Circle your favourite!

Slippers or Trainers

Tea or Coffee

Cats or Dogs

Pizza or Pasta

Eastenders or Coronation Street

Breakfast or Dinner

Crisps or Chocolate

Rain or Sunshine

Music or Movies

Baking or Cooking

Where Am I?



Orchardton Tower

Scotland has thousands of free-standing tower houses, and they come in a variety of shapes and sizes. But only one of them is circular: Orchardton Tower, a remarkably complete structure near Palnackie.

Perhaps the oddest thing about Orchardton is that despite its uniqueness, it feels remarkably familiar. This may come from the striking similarity in basic shape to the 500 brochs that dot the Highlands and Islands, defensive

domestic structures built up to 2,000 years earlier like Mousa Broch in Sheland, Dun Carloway in the Western Isles or the Broch of Gurness in Orkney.

Orchardton Tower was built by John Cairns,

probably soon after he retired to his Galloway estates in 1456. The tower stayed with the Cairns family for a century. It was then passed to the Crown in 1555 pending the resolution of a messy succession that left the tower and estate divided between several daughters and their husbands.

It took until 1615 for all the shares in the estate and the tower to be brought together again, by Sir Robert Maxwell, 1st Baronet of Orchardton.

Source: Undiscovered Scotland

Emoji D&G Quiz

Name the town or village.
Answers on back page.

1. 🏠 🍷

2. 🌴 🦻 🍲

3. 🗝️ 🦻 🏠 🏠

4. 🍲 +

5. 🕒 🗝️ 🗣️

6. 🍲 🧑

7. 🐣 🧑

8. 🌍 ❤️ 🐘 🐝

9. 🚢 🏠

10. 🏠 🐘 🧀

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
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.



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

Emoj! Quiz Answers
 1. Whithorn
 2. Palmerston
 3. Lochbarroggs
 4. Drummore
 5. Wanlockhead
 6. Tinvale
 7. Mouswald
 8. Sweetheart Abbey
 9. Rhonehouse
 10. Kirkcudbright

2	8	3	5	1	9	4	7	6
5	1	4	7	6	2	9	3	8
6	9	7	4	8	3	1	2	5
7	3	9	2	5	4	6	8	1
4	5	6	8	3	1	7	9	2
1	2	8	6	9	7	3	5	4
3	4	5	9	2	6	8	1	7
9	7	2	1	4	8	5	6	3
8	6	1	3	7	5	2	4	9

Sudoku Answers