

Community

#SupportDG 

EDITION 8
Friday 1 May 2020

Roadside message at Monreith



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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

Welcome the edition 8 of
Community.

Today we have two articles on carers, the first focusing on the work of Dumfries and Galloway Health and Social Care Partnership, and the other on support available to unpaid carers from Dumfries and Galloway Carers Centre.

We also hear about the Bishop family from Creetown who received a letter from a very important person. And we hear how a local hotelier and restaurateur is serving free meals to vulnerable members of their community. These and more in your twice-weekly community bulletin!

We continue to be overwhelmed by how communities are responding to COVID-19, and showing great community spirit and resilience – and we thank you.

Remember. Stay Home. Stay Safe. Save Lives.

with best wishes

Elaine and Rob

#StayHome

#StaySafe

#SaveLives



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader

Chat With Us...

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

Chat With Us...Qualifications

Our first Children, Young People and Parents event was about qualifications. The video of this event is now live for you to view. You can watch it here: <https://supportdg.dumgal.gov.uk/article/20849/Chat-with-us-on-Children-Young-People-and-Parents->

Chat With Us...Support for citizens and communities affected by COVID-19

Our first live Community Support event is on Tuesday (5 May) at 7pm. The topic for this event is support for citizens and communities affected by COVID-19. For this event we will have Council staff answering your questions. If you have a question about this topic you can submit it advance by 9am on Tuesday, and can do so anonymously if you wish. To register for this event, to ask a question in advance, or for more info please see <https://supportdg.dumgal.gov.uk/article/20850/Chat-with-us-on-Community-Support>

Chat With Us...Online resources for learning and staying safe online

The next Children, Young People and Parents Q&A takes place Wednesday (6 May) – the theme is online resources for learning and staying safe online. For further information or to have a question answered during the event see <https://supportdg.dumgal.gov.uk/article/20849/Chat-with-us-on-Children-Young-People-and-Parents-> Questions for this Q&A must be submitted in advance by 9am on Monday (4 May).

Working to keep our citizens and communities safe

Give Your Carer Space

We all know that staying two metres apart and avoiding interaction with others is key to preventing the spread of coronavirus. But what happens if you're a care worker, providing essential support out in the community?

Dumfries and Galloway's Health and Social Care Partnership are keen to protect workers, by putting out a request for us all to help care staff carrying out their duties.

Community Health and Social Care General Manager Graham Abrines said, "When a Care at Home worker is due to visit your home, we'd ask that anyone other than the person receiving care creates space for the worker to carry out their duties".



While we shouldn't be moving between households, it's recognised that other people might live at the same address, and of course, current guidance allows someone to visit another home, if they're providing care to a vulnerable person.

Graham continued, "If people are present for those reasons, we would ask if they could arrange to either be out of the house or in another room when the Care at Home worker calls. This will really help, as it means that the worker is only coming into contact with the person needing support, keeping that interaction to the very minimum".

By looking out for the carers, they can continue to look out for us.

Hill Fire Heroes

All the good weather we've been having has been wonderful, but it's meant our hills are tinder-dry. Firefighters of the Scottish Fire and Rescue Service battled for five days to tackle a wildfire which spread across six square miles of Dumfries and Galloway. At its height, ten appliances, several dozen firefighters, and two helicopters battled the blaze near the village of Mossdale.

Firefighters worked tirelessly, in partnership with various forestry groups, specialist air assets and landowners, to protect property and save as much of the environment as possible.

Area Commander Craig McGoldrick said, "The local crews have been incredible. I've had to encourage people to go home to rest, knowing they would have continued relentlessly if allowed to do so. I've also been humbled by the generosity of the community. I had organised feeding arrangements for one hundred operational staff, and as I left the scene we had fed over one hundred and twenty people – and still had more rations, due to the kind donations of locals."

While the fire is largely extinguished, Scottish Fire and Rescue will continue to monitor the area to deal with any remaining hotspots.



Communities responding to COVID-19

BANKING ON THE POST OFFICE

If you're self-isolating and can't get to a bank or post office for money, the Post Office is now making two of its existing services available to all banks, building societies and credit unions, to help you access your cash.

Both options are designed to be used by a trusted person known to you – which might be a friend, relative or carer, and there is no need to share your card details with anyone.

- **Payout Now** gives the option to get a special barcode from your bank, which your trusted person then takes to the Post Office so they can get your money out for you.
- **Fast Pace** is the other option, which allows you to write a cheque to the Post Office, so your trusted person can get it cashed for you, and deliver the money to your door.

First, you need to contact your own bank or building society to make sure they are offering these services.

There's more information here:

www.onepostoffice.co.uk/secure/latest-news/

Martin Kearsley, banking director at the Post Office, said, "Being able to easily access cash is a vital service for older people and those self-isolating."

"Our Payout Now and Fast Pace services mean they can access cash quickly and securely to repay someone for a helpful service like shopping, or simply manage their finances, providing peace of mind that cash can be securely sourced with the help of any trusted helper."



QUEEN THANKS KIDS

The Bishop family in Creetown have been enjoying receiving school lunches delivered to their door. But they enjoyed an even bigger surprise recently – when a letter from Windsor Castle dropped on the doormat.



To brighten up the day, and let neighbours who might be isolated know they were thinking of them, Peter (16), Matthew (12) and Isla (11) have been making salt-dough rainbow hearts, and delivering them round their village, using social-distancing and gloves. Decorated in rainbow colours, the hearts are ideal for people to hang in their windows, to show support for key workers. The family also sent hearts to Dumfries and Galloway Royal Infirmary, to show appreciation to staff.

Finally, they sent them to First Minister Nicola Sturgeon, Prime Minister Boris Johnson and the Queen, to acknowledge the weight of responsibility these national leaders have just now. Mum Liz was delighted when their kindness was rewarded.

"To our huge surprise and delight we received a lovely letter from Windsor Castle... thanking us on behalf of the Queen for the heart!"

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Wigtown Live

A series of online events marketed as **#WigtownWednesdays** continue from Wigtown Book Festival, who are putting a little festival spirit into lockdown life.

These events are broadcast live every Wednesday, and will feature interviews with authors about their work, online live book clubs, pub quizzes and workshops.



Outwith Wednesdays, the festival's website also has a vast selection of online entertainment for you to enjoy, with everything from a recent Bookshop Band concert to 'Vintage Wigtown', looking at past festival favourites.

Check it all out at www.wigtownbookfestival.com



Caring For Carers

Alongside the heroic efforts of the health and social care workforce in tackling this pandemic, we mustn't forget an even larger workforce - our unpaid care providers.

There are around 20,000 people with caring responsibilities in Dumfries and Galloway. Unpaid and often unrecognised, carers are family members who take on the role of caring for people in their families or extended networks. The role of the carer is vital, and one that requires support to do this on top of other commitments – especially in these times of uncertainty.

Dumfries and Galloway Carers Centre is one of many services that continue to provide information, advice and support to this vital workforce. Although they can't currently offer face-to-face appointments or group work, they're adapting their services online and over the phone, to support our region's carers.



If you are a carer, either registered with the service or not, and you need help, support, or someone to talk to, please phone **01387 248600** to be put in touch with your local Carers Support Worker. Lines are open 10 am to 3pm daily.

You can also email info@dgalcarers.org or visit www.dgalcarers.co.uk



Pub Grub, Served With Love

Things are tough for us all just now – not least licensed premises. Pubs and hotels which have always been at the centre of our socialising in our communities are currently closed. But Stephen Montgomery and Jan Livingstone owners of the Townhead Hotel in Lockerbie, and the Jolly Harvester in Dumfries are continuing to – literally – serve their community, by cooking up around 250 free meals per week, and supplying them to families who are in need, those self-isolating or who are vulnerable.

Working in partnership with children's charity Aberlour, Megan Harrison from the charity said, "We know it's a very uncertain time for many in the hospitality sector. Under normal circumstances these establishments bring people together for celebrations and other social events. They really are the heartbeat of the community."





SPOTLIGHT ON: Participatory Budgeting

Participatory budgeting (PB) is recognised internationally as a way for citizens to have a direct say in how local money is spent. Our Council supports PB as a tool for community engagement and as a resource to build on the wider development of participatory democracy in Dumfries and Galloway.

For the third year in a row we have used Tackling Poverty Through Participatory Budgeting for citizens to help direct funding to projects focused on tackling poverty and addressing inequalities in your area. Recently, we announced 52 new projects benefiting from the £200,000 fund.

PB is used for 1% of the Council budget, to let communities directly influence local spending decisions. It's done by:

- working in communities to identify local priorities
- working together to generate solutions to meet those local priorities
- choosing the most popular solutions

Our Council PB funding gives you the chance to make decisions about how, and where, money is allocated for projects.

Chairman of Communities Committee Councillor Andy Ferguson said, *"We wanted to make sure communities are at the heart of our decision making. Together, we can achieve more and better outcomes for each of our local communities"*.

Building on the success, feedback and evaluations from the first two rounds of PB, this funding stream is managed by the Participatory Budgeting Steering Group, which is made up of councillors, council officers, and volunteers from the Tackling Poverty Reference Group. One PB innovation which is proving very popular is the new online voting website. This was developed in conjunction with COSLA (Convention of Scottish Local Authorities), and is used Scotland-wide.

"We are delighted that so many applications have received funding and very much look forward to working with them to develop and deliver each and every project"

Councillor Ferguson



Vice-chair of Communities Committee Councillor John Martin said, *"Your Community, Your Money, You Decide! was the call we put out to communities – and it was answered spectacularly, with 3,453 online votes being cast"*.

Together with results received from earlier in person voting events, held before the lockdown, all the votes were compiled and considered, with 52 projects ultimately receiving offers of funding. These projects include everything from support for Sandside Community Garden, to home starter packs for Wigtownshire Women's Aid, to funding for the Kate's Kitchen in Annan for a health and wellbeing project. Whilst they are many and varied, each project will look at tackling the following types of disadvantage:

- Rural isolation particularly rural transport
- Fuel poverty
- Food Insecurity

In addition, several the projects will also give participants hands-on experience and new life skills, by providing employment, volunteering opportunities, and the chance to engage with their peers. It's hoped this will ultimately lead to further employment, and improving the quality of life for many people who might not get the chance otherwise to access these opportunities.

To find out more about Participatory Budgeting, and for details of the new anti-poverty projects in your area, go to <https://www.dumgal.gov.uk/article/17630/Participatory-Budgeting-Your-Community-Your-Money-You-Decide->

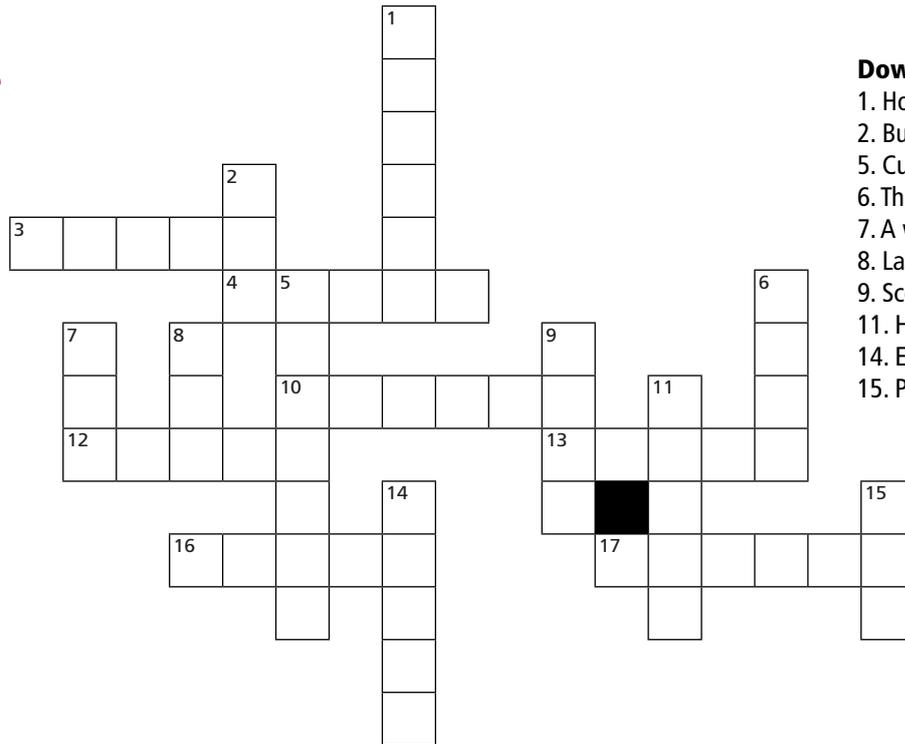
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"With your head full of brains and your shoes full of feet, you're too smart to go down any not-so-good street." Dr Seuss

Activities Page

Crossword

Answers on back page



Down

1. Holiday on a boat (6)
2. Busy insect (3)
5. Cutting tooth (7)
6. Thick string (4)
7. A white lie (3)
8. Lacking brightness (3)
9. Scottish loch (4)
11. H2O (5)
14. Eskimo canoe (5)
15. Pen liquid (3)

Across

3. _ Towers UK theme park (5)
4. Rome's river (5)
10. Feta or Edam e.g. (6)
12. Disney deer (5)
13. Crow seen in fields (5)
16. Hawaiian greeting (5)
17. Two-way ticket (6)

Where Am I?



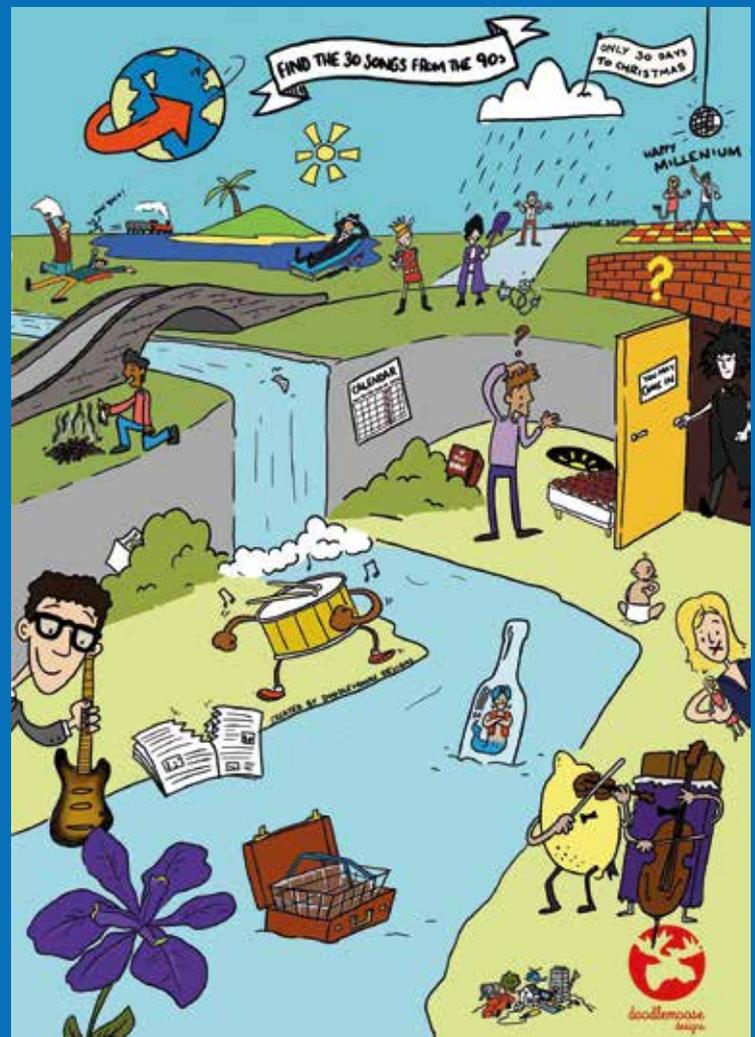
Palnackie Harbour

Castle Douglas and Dalbeattie merchants wished to bring in larger vessels than could make use of Garden Creek. There was even a proposal to build a canal with locks between Orchardton Bay on the Urr and the Carlingwark Loch at Castle Douglas, but this was ultimately considered to be uneconomic. Palnackie remained as the outlet for Castle Douglas's exports until the railway reached the town.

Palnackie (Barlochan) Basin is now the only commercially operating part of the Port of Dalbeattie. Vessels of 350 tons could load and unload cargo, although silting up has significantly reduced the depth available at present. During the 1940s and 1950s, ammunition barges would unload at Palnackie to send their cargoes by road to Edingham Depot for storage. Dalbeattie Town History

Songs from the 90s

Answers on back page.



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.

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

COVID-19

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

- Answers**
- 30 Songs of the 90s** –
- Tom • Waterfalls • Two princes
 - Gangsters paradise • Iris
 - Around the world • Wonderwall
 - Losing my religion • Vogue
 - Buddy Holly • Basket case
 - November rain • Under the
 - bridge • Don't speak • Genie in a
 - bottle • Baby got back • Rhythm
 - is a dancer • Barbie girl • Enter
 - samman • Bed of roses • Black
 - All hole sun • Runaway train • All
 - the small things • Bittersweet
 - symphony • Relight my fire
 - Diamonds and pearls • Disco
 - 2000 • Why does it always rain
 - on me • Friday I'm in love
 - Killing my softly
- Across** 3. Alton, 4. Tiber, 10. Cheese, 12. Bambi, 13. Scare, 16. Aloha, 17. Return
- Down** 1. Cruise, 2. Ant, 5. Incisor, 6. Rope, 7. Fib, 8. Dim, 9. Ness, 11. Water, 14. Kayak, 15. Ink