

Community

#SupportDG 

EDITION 2
Friday 10 April 2020

A Garage Door, Riddell Avenue, Dumfries



What's Inside

Easter messages from
your Leaders

Communities
responding to Covid-19

Spotlight on youth
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#ClapForOurKeyWorkers

Yesterday, and every Thursday, at 8pm, households the length and breadth of the country are encouraged to "Clap for our Key Workers". People are taking to their windows, balconies or doorways – practising safe social distancing - to show appreciation for all the key workers who are keeping the nation running throughout the COVID-19 crisis.

The applause salutes cleaners, supermarket workers, delivery drivers, health care workers and social care workers, to name a few, who are all working round the clock to keep us safe and fed.

If you haven't already, why not join in next week, and Clap for our Key Workers in Dumfries and Galloway and across the UK.

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Welcome to Community

Your Dumfries and Galloway Community Bulletin

This Easter weekend, we want to take this opportunity to thank everyone who continues to provide frontline services to our most vulnerable citizens and communities in these most challenging of times. No matter your role, you're playing a critical part of our region's response to COVID-19.

Of course, there are things we can all do to contribute to the health and wellbeing of our family, friends, colleagues, neighbours and communities:



Cllr Elaine Murray
Council Leader



Cllr Rob Davidson
Depute Leader



Be Kind

People in every community will face the challenges of COVID-19 in some way, from needing basic provisions to help while they are unwell. Think of others, consider your actions and be kind.



Connect

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Reach out to your neighbours, share phone numbers, use social media and technology to stay connected - our community bulletin is full of great examples of how people are doing this.



Take Notice

Keep up-to-date with news, share accurate information and advice and be a positive part of your online community conversations. Again, we'll aim to keep you updated with this bulletin.



Support

Different groups are at increased risk – social-isolation and loneliness are key concerns for all ages. Support anyone who may be anxious about COVID-19 by listening and pointing them to key websites like www.nhsinform.scot.



Give

There are things you may be able to do, like volunteering for local support services or donating to foodbanks to help. Give your time, your words, your presence.

And, please continue to follow government advice by staying home – by doing this, you are saving lives.

We hope that Edition 2 of our Community bulletin will help to keep us all connected.

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with best wishes
Elaine and Rob



Easter Message

from Valerie White,
Interim Director of Public Health,
NHS Dumfries and Galloway

#StayHome

#StaySafe

#SaveLives

I hope this community bulletin finds you all as well as can be expected in the midst of this Coronavirus emergency. As a community we have now been under restrictions, the like of which we have never seen, for nearly three weeks. I know that for many of you this will be feeling very difficult, stressful, and lonely. We have never faced anything like this in recent times.

But as we approach this Easter weekend, which is usually so filled with the excitement of school holidays, family time and Easter egg fun, we all need to remember why we are staying at home.

It is to SAVE LIVES. Lives of our family, our friends, our neighbours, our work colleagues, our health

and social care staff and all the other key workers out there doing their bit to keep the wheels of our region turning.

It is normally thought of as the role of the NHS to save lives, but quite simply how this all plays out is down to each and every one of us playing our part.

I know this is so tough but we must stick with it.

**So for Easter 2020 –
Stay Home, Stay Safe, Save Lives.**

with best wishes Valerie

Asthma UK

In the previous few weeks, Asthma UK has had a large number of calls to its helpline asking how to tell the difference between asthma, coronavirus, common cold and hay fever, particularly as tree pollen makes its annual return.

Their team created this handy chart to help people distinguish between them all, and you can find more advice on the relevant sections of their website at www.asthma.org.uk



CORONAVIRUS: Recognise The Symptoms

SYMPTOMS	CONRONAVIRUS Symptoms range from mild to severe	ASTHMA	HAY FEVER	COLD Gradual onset of symptoms	FLU Rapid onset of symptoms
Fever	Common	No	No	Rare	Common
Cough	Common (usually dry and continuous)	Sometimes (wheeze and cough)	Sometimes (usually dry)	Mild	Common (usually dry)
Shortness of breath	Sometimes	Sometimes	No	No	No
Headache	Sometimes	No	Sometimes	Rare	Common
Sore throat	Sometimes	No	'Itchy' throat	Common	Sometimes
Runny / stuffy nose	Rare	No	Common	Common	Sometimes
Sneezing	No	No	Common	Common	No
Aches and pains	Sometimes	No	No	Common	Common
Fatigue	Sometimes	No	Sometimes	Sometimes	Common
Diarrhoea	Rare	No	No	No	Sometimes (for children)

asthma.org.uk/coronavirus

Communities responding to COVID-19

All go at Dunmuir Park!

Dunmuir Park Housing Support Service in Castle Douglas have been working hard to adapt to the challenges of keeping residents active and safe.

The staff have re-organised rooms to create two new, essential spaces, each designed to accommodate a maximum of two residents at a time.

Service Manager James Lochrie explains, *"Firstly, with support from ARC [Activity and Resource Centre] colleagues, we've created an 'Activity Centre', which will run daily activities including bingo, arts and crafts and board games. We also have a range of weather-dependent outdoor activities, for example, basketball hoop, garden Connect-4, football and more."*

Staff are particularly proud of the new 'Big Team Challenge', which involves residents exercising by walking around our courtyard as many times per-day as they want to. This week, they set a target of 100 collective laps – and are on track to beat that number already!

The second new space is the Rainbow Café, complete with jukebox and other equipment to provide access to a familiar environment. Residents have also been busy making fantastic rainbow pictures and paper chains to decorate these spaces.

James continued, *"We at Dunmuir Park hope all of you reading this are safe and well, and finding ways to keep your spirits up. We understand that routine, familiarity and social contact are very important to our residents and, despite current restrictions, we continue to provide support in terms of both mental health and physical care requirements."*

"I'd like to give a special mention to all staff for their selfless commitment and flexibility at this challenging time. They are a credit to the caring profession and our communities."



Food, Phones and Friends

Doors may have closed at Ecclefechan Day Centre last Thursday, but Centre manager Allison Menzies and her six staff are continuing their meals on wheels service, to care for elderly people across Annandale.

Allison said, *"Our phone hasn't stopped ringing with people enquiring about food being delivered, and we are determined to not turn anyone away."*



As many as forty meals are being delivered to addresses in Ecclefechan, area, with staff following strict hygiene measures. And the team are helping those stuck indoors by collecting prescriptions, and dropping off necessities such as milk. They've also launched a 'Phone a Friend' initiative to reach those who are worried or lonely.

Allison explained, *"When we told our membership we'd be closing, they were sad and said they would miss the company. We decided it would be worthwhile to check how they are doing, especially when people might be frightened at what they're seeing on the news every day."*

To ask about meals on wheels in the area, phone 01576 300227.

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Fed Up – and Dishing Out!

Established in 2018, the Fed Up Community Café is a vital hub in Stranraer, offering free food, drinks and support services for those in need – all possible because of local fundraising, community and business donations.

Forced to close their eat-in services because of the pandemic, the team at Fed Up quickly moved to provide a takeaway and delivery service instead, initially providing about 40 meals per day. This rapidly escalated to 100 free meals, and, from this week onward, working in conjunction with the Community Reuse Shop staff and volunteers, the team will be cooking and delivering 175 free hot meals.

Paul Smith, Chief Executive Officer said, 'In the coming weeks, with an expectation of more people being affected by the virus, this figure is projected to rise significantly. We're working closely with Dumfries and Galloway Council, Rhins Basics Foodbank and Apex Scotland to co-ordinate our response'.

If you live in the Rhins and require a hot meal, please contact the team via Facebook messenger or phone 07487 522884. The team will take your contact details and book in an afternoon delivery.



Women's Aid

Women's Aid is at the forefront of shaping and co-ordinating responses to domestic abuse, and you can still contact them if you need help and support. You don't have to suffer in silence.

Dumfriesshire and Stewartry Women's Aid

07710 152772

Wigtownshire Women's Aid

01776 703104

Summerhill Community Centre Here to Serve

Tucked in the heart of North West Dumfries is a small community that's making a big difference.



Summerhill Community Centre has been serving their community for over ten years and in the face of COVID-19 they have yet again stepped up to the plate – quite literally. This past week alone, they have cooked 1,000 tubs of soup to donate to First Base Foodbank, sent 34 bags of groceries out to local families and taken a minibus up to the FareShare warehouse in Glasgow to get more supplies for the community.

The heroic team of ten volunteers are continuing to work hard to help those who need it most. David Sellers, from the community centre, wrote this poem in response to their ongoing work:



“Though the days seem long,
We will still be Strong,
For this is our Song for Today!
And though we are scared
We will still stay True,
For this is our Song for Today,
For together we stand,
Together we share,
Together we do this,
By Hope and by Prayer,
Together we fight this,
Together as one,
Together for one another,
We will always be there!”



If you live in Summerhill and surrounding area and are needing extra supplies, email summerhillcentre@hotmail.co.uk or call 01387 247344.

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SPOTLIGHT ON:

YOUTHWORK
DUMFRIES & GALLOWAY

Youth Work Service

This issue's spotlight is on our Council's Youth Work team who, overnight, have adapted their service to still meet the needs of young people – despite not being able to run normal face-to-face groups.

Prior to COVID-19 the Youth Work Service delivered sessions and groups six-days a week across Dumfries and Galloway, providing a safe and enjoyable space for young people.

Committed to continuing this, within 48 hours, the team switched to delivering their groups online, making sure that young people still had access to their youth workers and safe spaces when they needed them most. There are now at least fourteen online groups being run every week, on everything from autism awareness activities to mass-karaoke – and everything in-between.

The Youth Work Service are also continuing 1-2-1 support with young people engaged with the Youth Information in Schools Project or Youth Enquiry Service, again, providing this lifeline support online, or by phone. Young people are being supported



daily through phone call check-ins with their youth workers as well, enabling them to be supported and to stay safe.

Kelly Ross, Senior Youth Development Worker said, *“Another thing we've done is create a range of daily challenges on*

social media to support young people's health and wellbeing. By taking part in these challenges, young people can gain their Hi5 qualification (SCQF) Level 2. These awards are also being delivered as part of the 'Isolation Packs' funded by our Council and the Holywood Trust”.

To date, one-thousand 'Isolation Packs' have been assembled and delivered to the region's young people, and requests for new packs continue to flood in. These packs aim to support young people who may not have access to activities, providing them with something to work towards whilst staying at home. This week, Nithsdale Police generously donated £500 from their canteen fund, enabling more packs to reach doorsteps across Dumfries and Galloway.



Kelly concluded, *“I'm very proud that we continue to deliver for our young people across Dumfries and Galloway. This is a fantastic example of a team that has been able to respond to a crisis quickly, by adapting and delivering core services in a different way”.*

If you are a young person living in Dumfries and Galloway who would like to know more about the Youth Work Service, contact them **@YouthWorkDG** on Facebook, Twitter, Instagram and TikTok.



For all other enquiries please contact youth.work@dumgal.gov.uk or phone 01387 260243.

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Wordsearch *Dumfries and Galloway*

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

ANNAN
 BEESWING
 CARSPHAIRN
 COLLIN
 DALBEATTIE
 DRUMMORE
 DUMFRIES
 GELSTON
 GRETNA
 KELLOHOLM
 LOCHMABEN
 MOFFAT
 MONIAIVE
 NEWTON STEWART
 PORTPATRICK
 SANQUHAR
 SOUTHERNESS

Riddles

answers on back page?

- 1 What has to be broken before you can use it?
- 2 I'm tall when I am young, and short when I am old?
- 3 What month of the year has 28 days?
- 4 What is full of holes, but still holds water?
- 5 What can't talk, but will reply when spoken to?
- 6 The more of this there is, the less you can see?

Where Am I?

The Striding Arches



The Striding Arches are a series of iconic red sandstone arches in an area of Dumfries & Galloway known as Cairnhead.

Nearest village is Moniaive, from where the arches can be reached by driving about seven miles along a narrow, but highly scenic road.

All the arches are around four metres in height and are made from red Dumfriesshire sandstone. The Striding Arches have been created by local artist Andy Goldsworthy and has also created arches in New Zealand, Canada and the USA.

Many of the Striding Arches are on hill tops involving strenuous walks and some of the arches have no defined paths leading to them.

Source - VisitScotland

Quiz Time

answers on back page?

1. Who was the first 'test tube' baby? What year was she born?
2. How many stars and how many stripes are on the flag of the USA?
3. Where did Captain James Cook first land in Australia?
4. Name the character played by Michael J Fox in 'Back to the Future'?
5. What was the name of Earth's first artificial satellite?
6. What was the name of the first aeroplane designed by Orville and Wilbur Wright?
7. How was the name of Tutankhamun's wife?
8. What was James Dyson's first original invention?
9. What is the name of the actor who played Luna Lovegood in the Harry Potter films.
10. Who founded Sweetheart Abbey in New Abbey?

Key Contacts

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
Domestic Violence Helpline	0808 2000 247
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.

Blether Tel 01387 260243

It's always good to talk - and we are here for a blether. Launched at the end of March, Youth Work Dumfries and Galloway's '**Blether Service**' is a new phone line to support people of all ages who might be finding social isolation particularly hard, for example if you're an older person, or a young person living on your own.

Open to all, you can call the Blether line on 01387 260243. Lines are open from 9am-9pm Monday - Saturday, and when you call, you'll get to speak to a Youth Worker for a chat about anything and everything you please, whether that's what's on the telly or the weather. It's important to note that Blether is not an emergency crisis line or a helpline relating to COVID-19 – it's just another way we're able to come together in difficult times.



Riddles answers
1 An egg, 2 A candle, 3 All of them, 4 A sponge, 5 An echo, 6 Darkness

Quiz answers
1 Louise Brown, 1978, 2 50 Stars and 13 Stripes, 3 Botany Bay, 4 Marty McFly, 5 Sputnik, 6 Flyer, 7 Ankhnesenamun, 8 The Ballbarrow, 9 Evana Lynch, 10 Devorgilla of Galloway

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